



Rialtas na hÉireann
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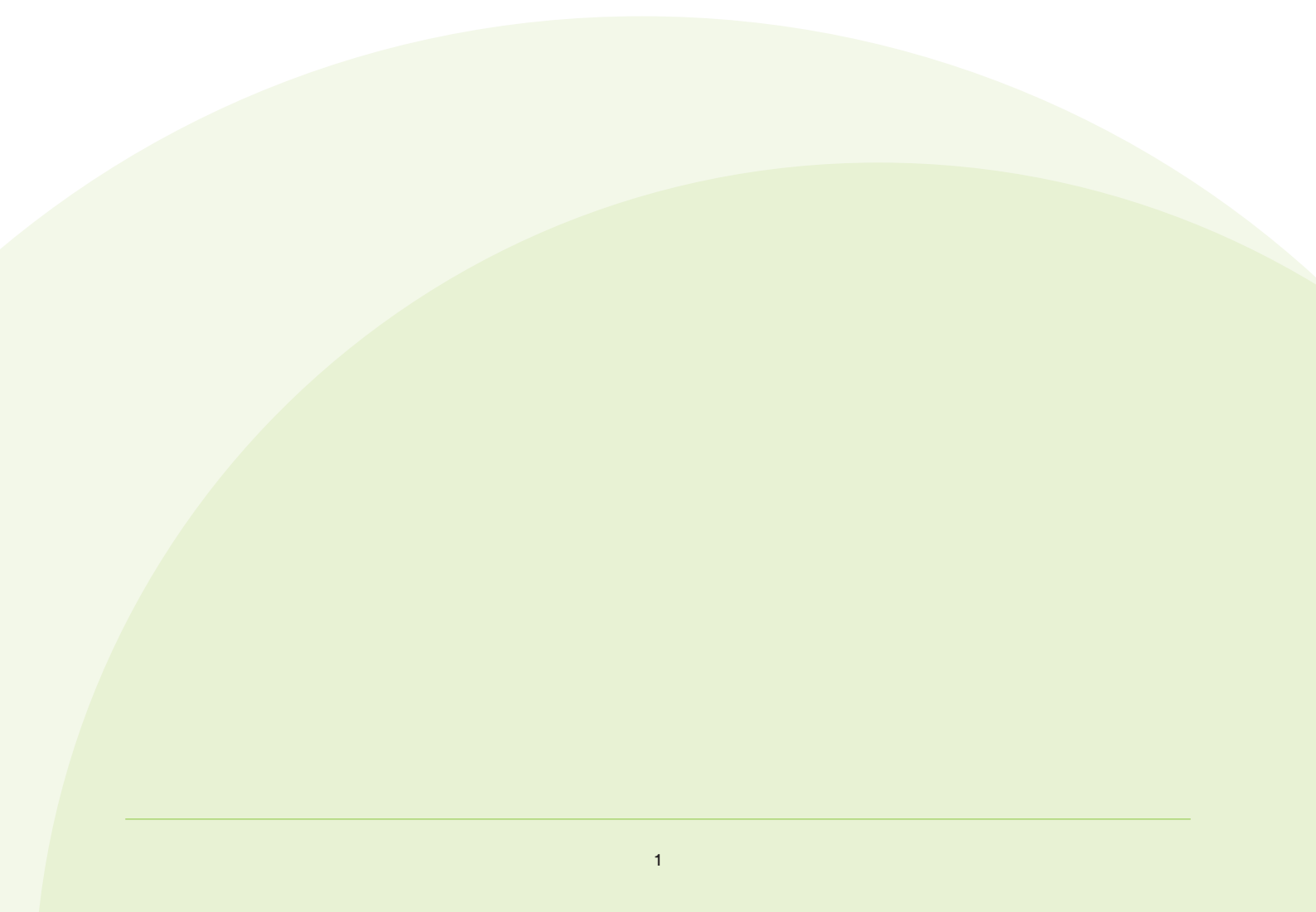


National Physical Activity Plan Implementation Summary 2020



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Background

Get Ireland Active! – the National Physical Activity Plan for Ireland (NPAP) was launched on 14 January, 2016. The key target identified in the Plan is to increase the number of people taking regular exercise by 1% per annum over the lifetime of the Plan, to be achieved by making physical activity a normal part of everyday life and giving people more opportunities to be active.

The goal is to create an environment where everybody lives, works and plays in a society that facilitates, promotes and supports physical activity, sport and an active way of life, with less time spent being inactive.

An Implementation Group was established in 2016 to progress the recommendations of the Plan. It is co-chaired by the Department of Health and Department of Tourism, Culture, Arts, Gaeltacht, Sport and Media (DTCAGSM). It includes representatives from the Departments of Children, Equality, Disability, Integration and Youth (DCEDIY), Education (DoE), Housing, Local Government and Heritage (DHLGH). The Department of Rural and Community Development (DRCD) joined the Implementation Group in early 2019. The HSE, Sport Ireland, the Federation of Irish Sport, the Local Government Management Association and the academic sector are also represented.

Implementation of the NPAP has been overseen by the Implementation Group since 2016.

Three previous Reports, giving overviews of the achievements under the NPAP from 2017 - 2019, have been published and can be accessed on the Healthy Ireland website.¹

Structure of the Report

The 60 Actions in the National Physical Activity Plan are grouped under 8 Action Areas as follows:

Action area 1 – Public Awareness, Education and Communications

Action area 2 – Children and Young People

Action area 3 – Health

Action area 4 – Environment

Action area 5 – Workplaces

Action area 6 – Sport and Physical Activity in the Community

Action area 7 – Research, Monitoring and Evaluation

Action area 8 – Implementation through Partnership

This fourth Summary Report provides an updated overview, highlighting some of the positive developments which took place in 2020 to promote physical activity in Ireland, and details the impacts of the Covid-19 pandemic in this area.

1. <https://www.gov.ie/en/policy-information/b60202-national-physical-activity/>

Progress to date – an overview

The NPAP has a wide scope, including action areas that address public communication, children and young people, health, the environment (both natural and built), workplaces, community sport and physical activity and research, monitoring and evaluation. All of these action areas have been implemented through partnership and very significant progress has been made, with the vast majority of actions having been progressed, at least to some degree, at this stage.

Given the successes to date, the main question, in terms of the future of physical activity policy, is to determine, as part of a forthcoming Review of the NPAP in 2021-2022, the ways in which partnership working can be extended to further develop a systems approach to increasing population activity levels and decreasing inactivity.

Implementation to date has concentrated on a range of priority activities including:

- Incorporation of physical activity as a key element of the Healthy Ireland National Communications Campaigns;
- Supporting the Department of Education in the provision of physical activity and physical education (PE) in schools;
- Establishment and expansion of the Healthy Ireland Fund, which has a focus on supporting health and wellbeing measures aimed at disadvantaged groups or communities, children and young families;
- Extension of the number of Community Sport and Physical Activity Hubs;
- Continued expansion of community walking groups under the *Get Ireland Walking Strategy*;
- Engagement with key stakeholders to progress actions aimed at increasing national participation in physical activity;
- Co-ordination and implementation of the aims and objectives of the NPAP with the *National Sports Policy 2018 – 2027*, in co-ordination with the Sports Leadership Group that leads NSP implementation;
- Progressing research into effective physical activity interventions, including the work of Ireland's Physical Activity Research Collaboration (IPARC);
- Monitoring levels of physical activity, both in terms of informing domestic policy development and evaluation and to meet our international reporting requirements;
- Considering the role of the environment, both built and natural, in enabling and promoting physical activity.

Measuring progress – what have recent reports told us?

The NPAP targets commit to increasing the proportion of the population meeting the National Guidelines for physical activity by 1% per annum. In summary, these guidelines stipulate that children and young people (2-18 years) should be physically active for at least 60 minutes every day, whilst adults should be physically active for at least 30 minutes for five days a week.

The *Healthy Ireland Survey 2019* found that 46% of the population are achieving the minimum level of physical activity recommended by the National Guidelines, up from 44% in 2015. However, the Survey also found that a significant gender gap in physical activity levels persists, with 54% of men vs 38% of women meeting the Guidelines.

The numbers of children taking part in sufficient physical activity is a particular cause for concern. The *Health Behaviour in School Age Children (HBSC) Survey 2018* found that 52% of children report exercising four or more times per week. This figure is unchanged from 2014.

The *Children's Sport Participation and Physical Activity Study 2018 (CSPPA)* found that only 13% of children (17% of boys and 9% of girls) are active enough to meet the physical activity guidelines of 60 minutes or more of moderate to vigorous activity per day. The numbers decline as children get older; 17% of primary school children meet the National Physical Activity Guidelines, but only 10% of children at post-primary level do so.

The new *National Sports Policy 2018-2027*, launched in July 2018, includes significant commitments to increasing participation levels, and commits to significantly increased investment in sport up to 2027 in pursuit of those commitments.

Impact of Covid 19 on physical activity

No 2020 progress report would be complete without a discussion of the impacts of the Covid-19 pandemic. For example, the HSE's necessary decision to prioritise COVID-19 work, and the consequent redeployment of staff to facilitate this, affected the planned level of promotion of physical activity across all relevant HSE areas.

The restrictions imposed in response to Covid-19 impacted on sports facilities, team sports and other sporting activities, delaying progress on a number of actions and impacting very significantly on people's ability to engage in team sports, indoor sports and other group activities. However, not all impacts have been negative.

Research published by Sport Ireland, through the Irish Sports Monitor, shows that individual adult activity levels had risen in the initial phase of the pandemic, with more people participating in walking, cycling, running and outdoor swimming in Q2, 2020 than in 2019 and previous years. The most recent report of the Irish Sports Monitor (ISM)² shows that overall levels of physical activity have increased on 2019 figures despite a decrease in organised sport participation.

The research, conducted by Ipsos MRBI on behalf of Sport Ireland, examined the impact of Covid-19 restrictions on Sport and Recreational Walking in the period January – March 2021, comparing the results to the same period in 2019 and equivalent studies undertaken during the period of most intense Covid-19 restrictions in March – May, 2020.

The number of adults walking for recreation is up from 65% in 2019 (the most recent Irish Sports Monitor report) to 76% in Q1 2021. This figure however is down from the all-time high of 80% during April to May 2020. Running and cycling have experienced similar trends, with the report showing an increase on the same period in 2019 but a decrease in participation levels during Covid-19 restrictions.

In This Together and Keep Well campaigns; the promotion of physical activity during the pandemic

Bearing in mind the vital role of physical activity in terms of protecting varied aspects of both physical and mental health and wellbeing, the *In This Together* campaign was launched in Q2, 2020, shortly after the introduction of necessary Covid-19 restrictions. It provided supports for health and wellbeing in the context of the restrictions, providing resources to keep people occupied and reassured during this period of change and upheaval in their lives. In the context of individual forms of physical activity and exercise, the campaign provided resources for outdoor exercise within limited distance from home (as specified by the restrictions at the time) and for indoor or garden-based activity for more vulnerable people who had been advised to cocoon at the time.

The *Keep Well* national citizen engagement campaign was launched in late 2020 as part of the Government's Resilience and Recovery Plan. This campaign aimed to promote resilience and to provide a range of supports for our citizens, during what proved to be a challenging winter period.

The key message in this phase of the campaign was to support people to find things that will help you "Keep Well", such as going for a walk, engaging in a hobby, connecting with friends and family etc. These messages were rolled out across TV, radio and digital media.

The campaign had several themes, one of which was "Keeping Active". This was in clear recognition of the role of physical activity in supporting positive mental health and improving mood and reducing anxiety, in addition to keeping people fit and healthy and improving their general wellbeing.

Sport Ireland led a series of initiatives to support people in keeping active and exercising within their own local areas. Some additional resources were provided to specific cohorts also: those who were pregnant or had recently given birth, older adults and families with children. In addition, sporting organisations and clubs developed ways to support local communities within the public health regulations.

The Active School Flag provided significant supports during periods of school closures, adapting the annual Active School Week in April/May 2020 to Active Home Week and providing resources for teachers and families to remain active from home, in the context of the restrictions in place at the time.



Key achievements in the eight Action Areas

Action Area 1 – Public Awareness, Education and Communication

Irish people will better understand the health benefits of physical activity and how to be more active in their daily lives.

An essential goal for communication of the Plan is to enhance general knowledge among the public and all other relevant stakeholders of the benefits of physical activity in terms of improved health and wellbeing, and of how to build the recommended activity levels into daily routines.

Key achievements in this action area include:

National Communications Campaign

A National Healthy Ireland Communications and Citizen Engagement campaign has been running since 2018. Prior to the onset of the Covid-19 pandemic, the campaign sought to raise public awareness of **gov.ie/HealthyIreland** as the place to go for trusted sources of information and supports, collected in one place, to help people get started on making healthy changes under three key themes – healthy eating, physical activity and mental wellbeing.

Following the arrival of the pandemic, the campaign was adapted to provide support to the public on how to look after their physical and mental wellbeing, stay active and stay connected during the pandemic. During the first months of restrictions, this was carried out through the “*In This Together*” campaign. From October 2020 the focus of the Campaign has been on building resilience under the theme of “*Keep Well*”.

European Week of Sport

The European Week of Sport 2020 saw 535 events (including 11 flagship events) taking place nationally throughout the week, including #BeActive Paddle Day, National Walking Day, and the European School Sports Day. Twelve Local Sports Partnerships delivered innovative #BeActive events. Most of the planned events were adapted to comply with the Covid-19 measures and public health guidelines in place at the time. Many of the events were held on the basis of individual participation, with people encouraged to log their activities online.

National Amenities Database

Sport Ireland completed a pilot phase in establishing a base register and digital database for sport and recreation amenities in 2020, with support from Healthy Ireland.

Action Area 2 – Children and Young People

Children and young people will learn the necessary skills for confident engagement with physical activity and will have opportunities to adopt an active way of life.

Physical activity plays an important role in the lives of children and young people. It is vital for healthy growth and development. Whether in a school setting or otherwise, it is important that children develop the knowledge, skills and behaviours which are likely to enhance lifelong engagement in physical activity and good health.

Key achievements in this action area include:

Active School Flag

The Active School Flag process is a flexible programme that can, and does, respond with agility to challenges, opportunities and feedback. This was identified as a strength of the ASF programme by DCU in their research paper '10 Years Flying the Active Flag'.

A number of adaptations were put in place in response to COVID-19:

- **Active Home Week** - ASF promoted Active Home Week during the first period of school closures. The feedback from both schools and parents (900 parental responses) in relation to #AHW20 was extremely positive.
- **Adapted Criteria** - The ASF criteria were adapted to ensure that all ASF activities could be undertaken in compliance with Covid guidelines.
- **Webinars** - ASF supported schools through a series of online focussed and targeted webinars throughout the school year, replacing face to face meetings.
- **Adapted Processes** - The ASF accreditation process was adapted to ensure that schools could continue to engage with and complete the process, working within Covid guidelines.

Active School Flag – Post Primary

The post-primary school Active School Flag is in research and development phase. It began in 2017 with 3 pilot schools, progressing to 6 pilot schools in 2019/2020 (the pilot will expand to 18 pilot schools in

2021/2022). ASF has adopted a co-design approach, working with a research team from the University of Limerick and pilot schools to develop a new model for the post primary sector.

Physical Education

Significant and positive curricular change has been taking place in recent years, enabling a greater focus on wellbeing and PE. The Senior Cycle Framework had a phased introduction in 2018, and a National Rollout commenced in September 2020. The Leaving Certificate Physical Education specification, which was piloted in some schools from 2018-2020, is now a subject option for all schools. A new specification for Junior Cycle Physical Education is due to go for public consultation in September 2021. A new Primary Curriculum has been undergoing consultation through the NCCA, with Wellbeing, which includes PE, receiving additional focus and proposed additional time commitment.

Owing to necessary Covid-19 restrictions, schools were unable to deliver the full physical education programme during the school year due to infection control considerations, periods of school closure and pool closures. Schools were provided with guidance to prioritise physical education and to deliver many aspects of the PE curriculum in a safe and effective manner. These include the use of outdoor environments, individual activities and a focus on key areas such as Fundamental Movement Skills and non-contact games.

Smart Start

The HSE Healthy Ireland Smart Start (HISS) programme was expanded and revised to provide content for Early Learning and Care services from 0-5. A strategic policy level review was completed to inform future development and sustainability of the programme. Training workshop delivery to early years staff was impacted by COVID-19 during 2020.

Healthy Campuses

Work on the Healthy Campus Framework and Charter was advanced in partnership between Healthy Ireland and the Department of Further and Higher Education, Research, Innovation and Science, with a view to publication in 2021.

Action Area 3 – Health

The Health Service will promote greater awareness and understanding of the health benefits of physical activity and deliver programmes to encourage increased participation.

The Health Service has a pivotal role to play in providing leadership in the promotion of physical activity, through ensuring greater awareness and understanding of the role physical activity plays as part of a healthy lifestyle, and in delivering programmes which promote, educate, support and encourage physical activity generally.

Key achievements in this action area include:

Making Every Contact Count

This is the national programme for brief intervention knowledge and skills development in the Health Services, delivered through a blended learning programme. It incorporates a module on physical activity. Activity in 2020 included:

- E-Learning module participants: 1505 participants completed training;
- No of Skills-to-Practice Workshops delivered: 14;
- Skills-to-Practice workshop participants: 130 participants;
- Implementation learning sites: 78 Health Service sites (66 CHO sites and 12 Hospital sites) have been identified in 2020 and are at various stages of implementation.

Active Cities Fund

Sport Ireland have developed relationships with the Healthy Cities and Counties initiative and have invested €800,000 of 2020 Dormant Account Funding through an Active Cities fund, which will invest in sport and physical activity initiatives in five cities. The mission of Active Cities is to create the opportunity for citizens to lead healthier lifestyles in the context of sport and physical activity.

Inclusion

Sport Ireland and the network of LSPs rolled out a 4-week physical activity plan for people with a disability in October and November 2020 to empower them to be more active. A physical activity resource was developed by Sport Ireland and a working group of LSP Sport Inclusion Disability Officers (SIDOs) in conjunction with Cara. The resource aims to improve an individual's Gross Motor Skills (core strength, balance, bilateral movement and ball skills) in a fun way while also helping people to reach their minimum recommended daily physical activity, as recommended in Ireland's National Physical Activity Plan.

As part of the "Keep Well" campaign, Sport Ireland produced a series of exercise videos for children with autism. The 6-part series was designed to focus in on movement patterns that are beneficial for development, combined with low and higher intensity exercises that use a similar pattern to aid learning.

Action Area 4 – Environment

Ireland's natural and built environments promote increased levels of physical activity.

Promoting the recreational use of the natural and built environment and active transport are practical and sustainable ways to increase physical activity as part of everyday routine. Amenities such as greenways, blueways, cycle paths and parks can provide opportunities, choices and support for being more physically active.

Key achievements in this action area include:

Sport Ireland led on a number of initiatives in 2020 including:

- Development and publication of the [Walking Trail Criteria for Ireland](#). These criteria ensure the high-quality development of walking trails in Ireland;
- Development of a national campaign #Outdoorsforeveryone. Through this campaign, Sport Ireland promoted the outdoors while releasing a number of [Practical tips and advice](#) for responsible outdoor recreation during the pandemic;
- Sport Ireland is a member of the Blueway partnership which supports and provides guidance to Blueway developers on sustainable development and promotion of Blueways;
- The *Design Manual for Urban Roads and Streets*, which incorporates good planning and design practice to support and encourage more sustainable travel patterns in urban areas, was updated in 2020, with the publication of an *Interim Advice Note - Covid-19 Pandemic Response* that will assist with its implementation.
- The Advice Note encouraged local authorities to develop mobility plans to prioritise temporary walking and cycling facilities as an immediate response to the Covid- 19 pandemic. Over the medium-longer term, the advice note recommended that such changes be monitored to inform more permanent design solutions.

- Extensive work is ongoing to ensure walking and cycling strategies are central to City and County Development Plans, LECPs, Tourism Strategies, Local Transport Plans and other plans. The Covid-19 pandemic and associated restrictions have emphasised the importance of access to walking and cycling opportunities, given the emphasis on safe, individual outdoor activities. There are also significant synergies with climate change mitigation efforts and the promotion of Active Travel.
- The National Planning Framework (NPF) is now the overarching national planning policy document, of direct relevance to the planning functions of regional and planning authorities, including An Bord Pleanála. Implementing the objectives of the National Planning Framework is supported by a €2 billion Urban Regeneration and Development Fund (URDF) in the period to 2027.
- A second call for proposals was launched in January 2020 (with allocations to be announced in 2021). The types of proposals eligible for funding include, but are not limited to, the following: public amenity, streetscape / public realm, parks, recreational facilities, transport and services infrastructure, infrastructure to enable improved accessibility; and in particular, sustainable modes such as walking and cycling, public transport and multi-modal interchange.



Action Area 5 – Workplaces

Employers will make it easier for people to be more physically active as part of everyday working lives.

Workplaces have an important role in encouraging and supporting opportunities for physical activity in daily lives, particularly given the length of the working day and considerable commuting times for many Irish people.

Key achievements in this action area include:

National Framework for Healthy Workplaces

Development of a National Framework for Healthy Workplaces is almost complete, overseen by a sub-group co-chaired by the Department of Health and the Department of Business, Enterprise and Innovation. A consultation report, literature review and a review of tools and resources to support implementation have been completed. The Post Graduate Workplace Wellness Course is now in its third year in NUIG and a report to inform the development of awards for healthy workplaces has been completed. The Institute of Public Health have updated the Profile on Worker Health in Ireland and the report on Worker Health Outcomes was published by the Research Unit in the Department of Health. Work is underway to develop a website to support all workplaces.

Sustainable Transport

The National Transport Authority supports a number of sustainable transport programmes, such as Marchathon and Walktober, which encourage staff and students to walk for all or part of their commute, and to improve health and wellbeing. The Cycle Challenge and Bike Week encourage new and lapsed cyclists to get on the bike for commuting and leisure trips. In 2020, Marchathon ran from the 2nd until the 27th of March. 5,303 people from 83 workplaces and campuses took part.

CycleLocal ran from July 20th until August 9th and was designed to increase activity, build team spirit, and encourage a move to cycling, while being mindful of Government public health guidance. The focus of CycleLocal was on participation and reaching manageable weekly cycle trip targets. 385 individuals from 39 organisations formed 146 teams to take part. In 2020, Walktober ran from the 5th of October until the 1st of November, with a total of 4,343 people from 66 workplaces and campuses taking part. This uptake was higher than the projected participation rates due to the increasing Covid-19 restrictions.

A Universal Design Walkability Audit Tool was developed in partnership with the NTA, Green Schools and Age Friendly Ireland. The tool is available to download on the NTA website.



Action Area 6 – Sport and Physical Activity in the Community

Local stakeholders work together to promote active communities and increase physical activity levels among all members of the community with a particular focus on disadvantaged areas, people with disabilities, older people, women and those who are otherwise socially excluded.

There are many good examples in Ireland of community-based programmes which encourage greater participation in physical activity by targeting communities, neighbourhoods, families, parents, and disadvantaged groups. These programmes also provide social benefits, as they harness community resources and mobilise people to engage with their neighbours and community. If more is done to develop community level interventions, through developing better partnership and working arrangements, this will address barriers to participation and encourage access.

Key achievements in this action area include:

Community Sports and Physical Activity Hubs

A Community Sports and Physical Activity Hub (CSH) is a collective of progressive sports clubs and other local organisations that want to work together to improve the sport offered in their local community. In 2020, an additional 12 CSHs were approved for support, bringing the total number of such Hubs nationwide to 49 at the end of 2020.

Sport Ireland has completed two evaluations of the CSH's, one of the nine original Phase 1 hubs first invested in 2015, and one of the following 18 Phase 2 and 3 hubs originally invested in 2016 and 2017. The findings of these evaluations conclude that community sports hubs lead to:

1. Increased access to sport and physical activity opportunities, delivered in welcoming and safe environments to people that face multiple disadvantages;

2. Improved links between local organisations;
3. Enhancement in skills and capacities and, anecdotally;
4. Improved health and social outcomes for people.

Local Community Development Committees (LCDCs) are an administrating partner for Healthy Ireland. Through the Healthy Ireland Fund, a number of projects with physical activity elements continue to be progressed through the LCDCs.

Get Ireland Walking

Sport Ireland provided €125,000 in Dormant Account Funding and provided strategic oversight to support Get Ireland Walking to continue with the expansion of a number of Community Walking Projects. These include a Schools Walking Project, a Woodlands for Health Walking Programme, Waterways for Health, and a walking programme for older Men within the Men's Sheds initiative. 52 Active Community Walking groups registered for the Active Community Walking Programmes throughout the LSP network in 2020.

Community Sports Development Officers

Community Sports Development Officers (CSDOs) foster and encourage a culture of active participation, supporting opportunities for and access to sport and physical activity in local communities. The CSDO will address barriers to participation and encourage access and increase opportunities for participation by those who experience disadvantage for any reason. In 2020, Sport Ireland invested €875,500 to maintain the full network of 29 Community Sport Development Officers (CSDOs).

Sport Ireland increased LSP programme investment to €1.13m to develop, expand and roll out evidence informed projects targeting communities of disadvantage. Sport Ireland invested a further €7.1m of Dormant Account Funding in communities of disadvantage to deliver 49 Community Sports Hubs, 15 Urban Adventure Initiatives, Volunteer Supports, Youth Leadership, NGB programmes, Get Ireland Walking, Running, Swimming and Cycling programmes.

Local Sports Partnerships

Local Sports Partnerships are a key partner in delivering sport in the community. In 2020, Sport Ireland Invested €4.2m of Dormant Account Funding in the network of LSPs. Sport Ireland representatives met individually with all 29 LSPs in 2019. The insights from these site visits were analysed and incorporated into CSDO and SIDO reports. These reports will inform the long-term sustainable development of the local sports partnerships.

Sport Ireland invested an additional €1.9m in the LSP network to roll out programmes and grant schemes in response to the COVID-19 pandemic. The COVID 19 Club Small Grant Scheme was designed by Sport Ireland to reduce the risk of COVID-19 infection in club and community sports settings. The fund was developed to support clubs, which may not have the finances to implement COVID-19 related hygiene and social distancing protocols. The Restart and Renewal Programme fund aimed to promote and develop new programmes to advance sport and physical activity in the COVID-19 public health era.

National Governing Bodies

In 2020, a total of €13.8m was allocated by Sport Ireland in Core Funding to nearly 60 National Governing Bodies of Sport. This investment contributes to the sustainable development of these sports bodies and assists in particular the structures necessary to facilitate increased numbers of both participants in physical activity and volunteers across the sports concerned.

Disability Inclusion

In 2020, Sport Ireland invested €916,500 to maintain the network of Sports Inclusion Disability Officers in all 29 LSPs, delivering on Action 12 of the National Sport Policy. The SIDO's are aligned with the Sport Ireland Policy on Participation in Sport by People with Disabilities. Sport Ireland invested an additional €180,000 of Dormant Account Funding in 21 Sports Inclusion Disability Capital Projects delivered through the LSPs.

Sport Ireland invested €270,000 in CARA to deliver on key objectives for the Sport Ireland Policy on Participation in Sport by People with Disabilities, including delivery of national training initiatives through LSPs and NGBs, development of a national Fit for All Initiative in conjunction with Ireland Active and the LSP network, promoting the National Sports Inclusion Disability Charter, targeting LSPs, NGBs and Clubs, and delivery of the National Inclusion Seminar and Awards.

Sport Ireland also invested €1,798,000 of Core Funding in Disability Sport NGBs, including Special Olympics Ireland, Irish Wheelchair Association-Sport, Vision Sports Ireland and Deaf Sports Ireland.



Action Area 7 – Research, Monitoring and Evaluation

We will increase the efficiency and effectiveness of public measures through the monitoring and evaluation of participation, policies and programmes relating to physical activity.

Research, monitoring and evaluation are vital. The objectives of this action area are to:

- Monitor and track participation in physical activity throughout the population, both to support policy development and implementation and to fulfil national and international reporting requirements;
- Understand the dynamics of participation in physical activity;
- Introduce a more systematic approach to understanding the influence of policies and programmes on physical activity behaviour;
- Quantify the economic, social and other benefits of activity at a population level;
- Identify methods for standard evaluation of interventions so that the most effective can be more easily identified.

Key achievements in this action area include:

Surveys

The Irish Sports Monitor survey was administered during 2019 to almost 8,500 adults aged 16+ and looks at their active and social participation in sport, as well as their participation in recreational walking, walking for transport, and cycling for transport. As such, the ISM is the largest ongoing survey of sport and physical activity behaviour in Ireland. The main report was launched in September 2020.³

In 2020 Sport Ireland rolled out population monitoring surveys from March to September 2020 to understand the impact of the COVID 19 pandemic on Sport and Physical Activity. Three COVID 19 reports on Sport and Physical Activity levels were published in 2020.⁴

Sport Ireland Database

Through the roll out of systemic evaluation protocols, Sport Ireland have developed a comprehensive database which captures the effectiveness of large numbers of physical activity programmes and initiatives across a broad range of demographic cohorts, environments, seasons and geographic locations. Systemic self-report data on levels of participation in Sport and Physical Activity for over 5,000 participants of LSP and NGB initiatives have now been collated.

I-PARC

Ireland's Physical Activity Research Collaboration (I-PARC) aims to inspire the best use of evidence, effective delivery methods, and supportive environments for improving physical activity levels across the island of Ireland. A key aim of the I-PARC is to develop a Standard Evaluation Framework for physical activity initiatives and work on this was progressed throughout 2020. I-PARC also held a very successful conference and series of workshops in January 2020, prior to the Covid-19 pandemic.



3. <https://www.sportireland.ie/sites/default/files/media/document/2020-09/irish-sports-monitor-2019-report-lower-res.pdf>

4. <https://www.sportireland.ie/news/four-out-of-five-adults-make-physical-activity-part-of-weekly-routine>

Action Area 8 – Implementation through Partnership

Leadership, co-ordination and oversight will drive implementation of this Plan and will include representation from key stakeholders.

Clear vision, leadership, partnership and coordination are necessary to drive implementation of the Plan. This requires a concerted effort across central and local government, in the community and voluntary sector, supported by education, the business community and others. This will ensure that better results are obtained from existing programmes and resources, that reform occurs where necessary and that encouragement is given to the development of new partnerships.

Key achievements in this action area include:

NPAP Implementation Group

Following publication of the NPAP, a cross sectoral Implementation Group was established and meets regularly to drive implementation of the Plan. The Group met twice in 2020.

National Sports Policy 2018 – 2027

The National Sports Policy 2018 – 2027 contains a commitment to almost double the funding for sport by 2027. A Sports Leadership Group, comprised of representatives of the key Government departments, Sport Ireland and the wider sports sector, local government, and the leisure sector among others, has been established to drive implementation of the Policy, led by Minister of State for Sport and the Gaeltacht, Jack Chambers, T.D. The Group met twice in 2020.

Sport Ireland

In 2020, Sport Ireland invested €8.3m of Core Funding in LSPs and €13.8m of Core Funding in NGBs (excluding High Performance investment). Sport Ireland secured Dormant Account Funding to invest a further €4.2m in LSPs and €2.3m in NGBs in 2020. Sport Ireland also invested an additional €607,605 in the Age and Opportunity Go For Life Programme and €270,000 in Cara. Sport Ireland are involved in the SHARE project, focussing on how funding for innovations in sport and PA can be accessed through the ESIF.

Sport Ireland organised several LSP engagements in 2020 to support LSPs in the delivery of the NPAP and NSP objectives and held a number of meetings throughout the year, virtually and in person. Prior to the lockdown, Sport Ireland held a national coordinator meeting in person. Since March 2020, Sport Ireland has held a number of online meetings via Zoom to address specific issues with the LSPs. Since November 2020, the Sport Ireland LSP team have held biweekly coordinator meetings with all coordinators. In these meetings, any relevant issues are discussed and LSPs are encouraged to bring up any items which they would like to discuss.

Sport Ireland held CSDO and SIDO networking days virtually in July 2020 with a focus on cross collaboration projects.



Summary

The impact of Covid-19 and the future of physical activity policy

The importance of PA in terms of reducing risk from infectious disease

In terms of public health and the importance of sport and physical activity, we have learnt a lot from our experience of the Covid-19 pandemic. We have long known that inactivity, along with obesity, tobacco use and excessive alcohol consumption, is one of the four major risk factors for chronic disease.

A significant impact of the pandemic on physical activity, worth highlighting here, is the recent research that indicates the positive effects of meeting the physical activity guidelines on outcomes from Covid-19.

Public health advice from the Health Information Quality Authority (HIQA) to the National Public Health Emergency Team (NPHE), following a wide review of published studies, concluded that *"...in general those who are overweight or obese, who smoke, who have inadequate levels of Vitamin D, are physically inactive and consume excessive amounts of alcohol are more likely to contract COVID-19 or have poorer outcomes."*⁵

Needless to say, it is unlikely that Covid-19 is the only infectious disease where adherence to public health guidelines regarding activity levels, weight and tobacco and alcohol misuse is protective. This is borne out by the scientific literature – for example:

- Regular physical activity can reduce the risk from upper respiratory tract infections⁶;
- High levels of regular physical activity has been shown to result in 31% decreased risk of contracting infectious disease in the community⁷;
- Active individuals show a 37% decrease in risk of infectious disease mortality as compared with inactive individuals⁴;
- Regular physical activity has been shown to increase antibody levels post-vaccination, with these effects more marked in older adults⁸.

It is clear, therefore, that national policies, such as the National Physical Activity Plan and the National Sports Policy, that seek to tackle one or more of these risk factors and to improve public health, may be even more vital in terms of protecting public health and wellbeing than previously realised. These risk factors lower resistance to infectious disease as well as increasing the risk of developing chronic conditions.

5. https://www.hiqa.ie/sites/default/files/2021-08/Advice-to-NPHET_Interventions-to-prevent-COVID-19.pdf

6. Grande AJ, Keogh J, Hoffmann TC, Beller EM, Del Mar CB. Exercise versus no exercise for the occurrence, severity and duration of acute respiratory infections. *Cochrane Database Syst Rev*. Published online 2015. doi:10.1002/14651858.CD010596.pub2

7. Chastin SFM, Abaragou U, Bourgois J, Dall PM, Darnborough J, Duncan E, Dunmortier J, Jiménez Pavón D, McParland J, Roberts N, Hamer M. Physical activity, immune function and risk of community acquired infectious disease in the general population: Systematic review and Meta analysis. Available at SSRN: <https://ssrn.com/abstract=3673184> or <http://dx.doi.org/10.2139/ssrn.3673184>

8. Pascoe AR, Fiatarone Singh MA, Edwards KM. The effects of exercise on vaccination responses: A review of chronic and acute exercise interventions in humans. *Brain Behav Immun*. 2014;39:33-41. doi:10.1016/j.bbi.2013.10.003

Physical activity and the impact of restrictions

The increase in physical activity levels while restrictions were in place was another interesting finding. It is possible that the transition to home working (and reduction of commuting time) for many people allowed more time for outdoor activities such as walking, running, cycling or open-water swimming.

The future for many seems likely to encompass blended working. This may allow better work-life balance for many of us, enabling both a continued focus on work and some additional time for self-care, such as exercise. It may be important to focus on this in future; recent work published by the CSO indicates a higher rate of illness benefits amongst commuters, with higher rates again amongst those leaving earlier in the morning⁹.

The impact of the restrictions on activity levels in children and young people in early/mid 2020 was also significant. A study of Irish adolescents, carried out by researchers based at the University of Limerick¹⁰, found that approximately 20% had increased their activity levels during the initial period of restrictions, while roughly 30% had maintained their exercise levels. These findings are interesting, given that this age cohort typically has higher engagement with team sports, school sports and extracurricular activities and lessons involving group activities (e.g. swimming, dance) than would be typical in adults, and access to these was suspended while higher levels of Covid-19 restrictions were in force.

Of significant concern, however, was the finding that 50% had reduced their activity levels as a consequence of restrictions and that this 50% had been less active prior to the pandemic, and more likely to be overweight or obese than their peers who had managed to maintain or increase activity levels. It may be advisable to focus on this cohort in particular, when developing policy and interventions post-pandemic.

Living with Covid-19

At time of writing, we are moving into a period of reduced restrictions. Outdoor and indoor sports and activities have largely resumed, with limited guidance regarding infection control measures remaining.

It is important to note however, that while there is considerably less risk of transmission of COVID-19 outdoors compared to indoors, outdoor activities are not entirely risk-free. HIQA undertook an evidence review on higher-risk environments and activities for the NPHET in November 2020, drawing on national and international evidence. The review found that while there is consistent evidence that the risk of outdoor transmission of COVID-19 is substantially lower, there is still evidence of some transmission occurring in outdoor environments.

This is particularly the case when there are large gatherings, where social distancing or the use of face coverings are neglected, and where there is dense congregation and mixing among groups. There are also risks linked to what might precede and follow outdoor gatherings, including associated events and activities and shared travel to or from events or activities.¹¹

The challenge, for future years, will be to further develop ways of participating in team sports, indoor sports and group forms of physical activity in ways that maximise health benefits while minimising infection risks.

Future of the NPAP

The National Physical Activity Plan has achieved many, if not most, of its aims, delivering results against a significant majority of the Actions originally included. Participation amongst adults has increased during the lifetime of the Plan. The Implementation Group have decided, on the basis of significant interruptions to the timelines resulting from the Covid-19 pandemic, to extend the NPAP to the end of 2022.

A Review of the NPAP will take place in 2021-2022, to evaluate the impacts of the Plan, and provide an independent evaluation and recommendations for further development of physical activity policy for the future.

9. <https://www.cso.ie/en/releasesandpublications/er/ibeca/illnessbenefitsemloymentandcommutinganalysis2016-2017/>

10. <https://bmjopensem.bmj.com/content/bmjosem/6/1/e000919.full.pdf>

11. The review is available here (<https://www.hiqa.ie/reports-and-publications/health-technology-assessment/activities-or-settings-associated-higher-risk>.)

Appendix 1

National Physical Activity Plan – Outline of Actions

Action Area One: Public Awareness, Education and Communication		
NPAP Action and Roles	Activity 2020	HIGH LEVEL Activity Planned 2021
<p>Action 1 Develop a three-year communication strategy including the development of print, online and social media resources</p> <p>Lead: DH Partners: All stakeholders</p>	<p>With the arrival of Covid-19 in early March 2020, all pre-existing Healthy Ireland Citizen Engagement campaigns were put on hold. However, wider campaigns, which were launched to maintain population resilience in the context of the pandemic and necessary Covid-19 restrictions, included physical activity as a core element and provided significant resources to support people in maintaining their individual activity levels in compliance with public health restrictions in place at the time.</p> <p>The Healthy Ireland communications team in the Department of Health, together with the HSE and DOH, along with Government Information Systems (GIS), led the collaborative development and delivery of the Government’s Covid-19 Wellbeing campaign ‘<i>In This Together</i>’ from April to June to promote cross-Departmental resources and initiatives to support health and wellbeing during this challenging time.</p> <p>Given the context of a very challenging winter, the campaign was refocused on maintaining and enhancing individual and community resilience and was launched under the banner of <i>Keep Well</i> in October 2020. The campaign was supported until the end of June 2021 to help manage people’s anxiety levels and promote ways to wellbeing. Keeping Active was one of the main <i>Keep Well</i> themes, with resources available through the Healthy Ireland and Sport Ireland websites.</p>	<p>A new campaign, <i>Let’s Get Back</i>, to be launched to encourage people to return to sport, following the successful national vaccination campaign. The Healthy Ireland Communications campaign will also be relaunched, entitled <i>Let’s Get Set</i>.</p> <p>Healthy Ireland sponsored Operation Transformation, which aired from January to March 2021 and was viewed by over 450,000 people. It focussed on supports for physical activity and healthy eating.</p>
<p>Action 2 Conduct an annual evidence based national physical activity promotion campaign</p> <p>Lead: DH Partners: All stakeholders</p>	<p>Resources to promote physical activity, both outdoors and for those cocooning, were included in the “<i>In This Together</i>” campaign. The “<i>Keep Well</i>” campaign had “<i>Keeping Active</i>” as one of its five themes. Under this heading, Sport Ireland led a series of initiatives to support people in keeping active and exercising within our own local areas throughout the winter.</p>	<p>A new campaign, <i>Let’s Get Back</i>, was launched to encourage people to return to sport. The Healthy Ireland Communications campaign was also relaunched, including a focus on PA (<i>Let’s Get Set</i>).</p>

Action Area One: Public Awareness, Education and Communication

NPAP Action and Roles	Activity 2020	HIGH LEVEL Activity Planned 2021
<p>Action 3</p> <p>Develop the Get Ireland Active website (www.getirelandactive.ie) as a 'one-stop shop' for physical activity</p> <p>Lead: DH, HSE</p> <p>Partners: All stakeholders</p>	<p>The strategic decision to prioritise COVID-19 communications affected the planned level of promotion of physical activity across all relevant HSE social media and digital activity. During the year, relevant physical activity content was developed and made available via www.hse.ie and promoted.</p> <p>DH worked with Sport Ireland to develop and promote the physical activity pillar of the wellbeing campaigns delivered over 2020, which were promoted through both the Healthy Ireland and Sport Ireland websites, both of which include comprehensive supports for sport and physical activity.</p> <p>https://www.sportireland.ie/</p> <p>https://www.gov.ie/en/campaigns/healthy-ireland/</p> <p>Note: www.getirelandactive.ie content transitioned to core HSE.ie platform in 2018, in line with HSE Digital Strategy. It is not, at this point, a standalone website.</p>	<p>NPAP-IG to review this action.</p>
<p>Action 4</p> <p>Identify and promote existing evidence based best practice policy, programmes, initiatives and infrastructure that are promoting increased levels of physical activity</p> <p>Lead: HSE</p> <p>Partners: All stakeholders</p>	<p>Sport Ireland: National roll-out of Community Sports Hubs with adjustments made to investment application forms to reflect latest evaluation learnings.</p> <p>Modification of the Community Coaching Programme to a Volunteer Supports Programme.</p> <p>Roll out of targeted supports to the Get Ireland Swimming, Running and Cycling initiatives.</p> <p>Sport Ireland published a new policy on sport and physical activity in outdoor setting.</p> <p>Sport Ireland developed a Sports Participation Plan, which will be based on and guided by the National Sports Policy and the Sport Ireland Strategy. This strives to identify what Sport Ireland plans to achieve, how it is proposed to achieve it and the resources required to facilitate change in participation levels over the next five years.</p>	<p>To implement the learnings from the CSDO and SIDO evaluation findings into application forms and initiatives.</p> <p>Publish the Participation Plan.</p> <p>Publish the Adolescent Girls Get Active Research Report, which was undertaken to discover how to encourage teenage girls, particularly those currently disengaged with sport and exercise, to take part in regular physical activity.</p> <p>Implement learnings from the Urban Outdoor Adventure Initiative evaluation into application forms and initiatives.</p> <p>Continue supporting the roll out of training on the Accessibility in the outdoors guidelines through Cara.</p>
	<p>HSE - Work to progress rollout of the following programmes was significantly delayed in 2020 due to necessary COVID-19 restrictions and the re-deployment of staff to essential services, including contact tracing, testing, the frontline management of patients and, latterly, vaccination:</p> <ul style="list-style-type: none"> • Men on Move programme (community based) • Physical Activity & Education Programme (adult disability day services) • CAREpals (day and residential services for older people) • Making Every Contact Count (health services staff) 	<p>HSE - Revise approaches to support delivery in the context of the ongoing COVID-19 pandemic.</p>

Action Area One: Public Awareness, Education and Communication

NPAP Action and Roles	Activity 2020	HIGH LEVEL Activity Planned 2021
	<p>Department of Education: The following Active School Flag research papers were published during 2020:</p> <ol style="list-style-type: none"> 1. Teachers’ Perception of the Benefits of Engagement with the ASF Process 2. It’s not What You Do It’s the Way that You Do It: Process vs Product Approach 3. 10 Years Flying the Active School Flag <p>Research indicates that engagement with the ASF process brings a wide range of benefits including:</p> <ul style="list-style-type: none"> • Happier children • More active children • Improvements in focus and concentration • Fewer difficulties during break times • Stronger and more balanced PE programmes • Greater variety of physical activity opportunities • Meaningful opportunities for student voice and student leadership • More positive school atmosphere • Improved teacher/student relations • Strengthened school links with homes and local communities. <p>DEIS findings:</p> <ul style="list-style-type: none"> • DEIS ASF schools increased in their daily moderate to vigorous physical activity levels (MVPA) increased by significant margins (6-12 minutes) • A significant increase in the proportion of students displaying asset behaviour and a significant decrease in the proportion of students displaying problem behaviour, was reported at all DEIS ASF schools over the research period. • Results indicate an 88% chance that ASF participation will support a significant increase in student asset behaviour and an 83% likelihood that participation in ASF will support a significant decrease in problem behaviour in DEIS schools. <p>Active School Flag Post Primary (ASFPP)</p> <p>ASF has adopted a co-design approach, working with a research team from the University of Limerick and pilot schools, to develop a new ASF framework for post primary schools. The programme suffered some delays as a result of Covid-19 but will be back on track for further expansion by autumn, 2021.</p>	<p>ASF, subject to funding, hopes to continue the Active Sitting initiative piloted by 18 ASF renewal primary schools during 20/21.</p> <p>ASF, subject to funding, hopes to maintain and expand research arm at post primary level.</p>

Action Area One: Public Awareness, Education and Communication

NPAP Action and Roles	Activity 2020	HIGH LEVEL Activity Planned 2021
<p>Action 5</p> <p>Develop a publicly accessible national sport/recreation facilities and amenities directory</p> <p>Lead: HSE</p> <p>Partners: DHLGH, DH, DTCAGSM, LAs, LSPs, NGBs</p>	<p>Sport Ireland continued to promote all developed recreational trails in Ireland on the website https://www.sportireland.ie/outdoors/find-your-trails</p> <p>Sport Ireland completed a pilot phase in establishing a base register and digital database for sport and recreation amenities in 2020, through support from Healthy Ireland. The pilot phase of the database showcased potential public and stakeholder uses of the system which generated greater stakeholder buy in.</p>	<p>Sport Ireland will continue to promote all developed recreational trails in Ireland on the website https://www.sportireland.ie/outdoors/find-your-trails</p> <p>Sport Ireland will continue the development of the base register and digital database for sport and recreation amenities with the aim to have the database implemented for recreational trails by the end of 2021 with the remainder of the data to follow in 2022-2023.</p>
<p>Action 6</p> <p>Conduct an annual National Week of Physical Activity and Sport to link in with the European Week of Sport</p> <p>Lead: SI</p> <p>Partners: DH, DE, DTCAGSM, EU Commission, FIS, HSE, LSPs, NGBs</p>	<p>Sport Ireland is the designated National Coordinating Body by the European Commission for the European Week of Sport in Ireland. The European Week of Sport took place between 23rd -30th September 2020.</p> <p>The European Week of Sport is a week-long celebration of sport and physical activity and in 2020 had 535 events taking place nationally throughout the week including #BeActive Paddle Day, National Walking Day, and the European School Sports Day as part of the 11 flagship events. 12 Local Sport Partnerships delivered innovative #BeActive events as part of European Week of Sport 2020</p> <p>In 2020 Sport Ireland implemented an online registration process where clubs and organisations could register their own European Week of Sport event. In total, over 700,000 people took part in events during European Week of Sport.</p> <p>Due to the ongoing COVID-19 pandemic, each partner was required to submit additional plans to anticipate restrictions being in place during European Week of Sport 2020. Many of the planned events adapted and reverted to their 'Plan B' given the Covid-19 measures that were in place. All events adapted where required and ran in line with the most up to date public health guidelines from the Government and the HSE. Various events took place with an individual/online component in 2020; for example, rather than joining a group walking or cycling event, people registered to complete their own walk or cycle trip over a given distance</p> <p>The European Week of Sport flagship events reflected Sport Ireland's participation strategy by supporting and promoting flagship events which target specific population groups including; women, people with a disability, migrants, older adults, young people and families. The European flagship events are summarised below.</p>	<p>Continue to develop and grow the European Week of Sport as the National Week of Physical Activity and the network of partners involved in the week as resources (and necessary Covid-19 restrictions) allow.</p>

Action Area One: Public Awareness, Education and Communication

NPAP Action and Roles	Activity 2020	HIGH LEVEL Activity Planned 2021
	<p>While the Active School Week does not coincide with the European Week of Sport (#ASW is typically held in April/May each year), there are activities promoted through the Active School Flag programme during the European Week of Sport.</p> <p>Since its inception, ASF has supported European Week of Sport. For the past 2 years ASF, in partnership with get Ireland Walking (GIW), has promoted Walkway Day as part of the #BeActive week. Schools are incentivised to share the ways that they use their Active School Walkway to promote physical activity and learning on the move. ASF supports the European Sports Day initiative (Sport Ireland/IPPEA) as well as the #Take On The Teachers challenge promoted by Ireland Active.</p> <p>Active School Week (#ASW) is a national event promoted every April. All schools at both primary and post primary levels, including Special schools, are encouraged to build an #ASW into their annual school calendars. #ASW promotes fun and inclusive physical activity school times and seeks to raise awareness about the breadth and variety of physical activity opportunities available in every local community.</p> <p>In 2020, the Active School Week was re-titled Active Home Week, as the schools were closed at the time; resources were made available through the ASF website and through participating schools to encourage parents and children to be active at home.</p>	<p>ASF will continue to promote #BeActive EWS in partnership with Get Ireland Walking, supporting school-based initiatives from other agencies</p> <p>The Active School Flag week took place, as per usual practice, in school in Q2, 2021, as students had returned to school campuses by then.</p>

Action Area One: Public Awareness, Education and Communication

NPAP Action and Roles	Activity 2020	HIGH LEVEL Activity Planned 2021
<p>Action 7</p> <p>Raise awareness among schools, particularly primary schools, of opportunities to educate through physical activity</p> <p>Lead: DE</p>	<p>In 2020, in the context of the Covid-19 pandemic, all Department of Education Covid guidance material to schools stressed the importance of engaging children in physical activity and provided schools with a wide range of supports, resources and materials to support PA. Schools were guided to engage children and their parents in physical activity, both at home (when schools were closed, or in the context of restricted movements for individuals and families) and in school (when return to school was possible), with an emphasis on the use of outdoor environments.</p> <p>Return to School Guidance Document (September 2020) - Department of Education</p> <ul style="list-style-type: none"> • DoE directed that schools should focus on PE as one of the priority areas during the return to school phase • DoE advised that movement breaks should form part of the school day as a means to promote concentration and focus and for the associated wellbeing benefits. • DoE encouraged schools to find ways to bring learning outdoors. <p>Most ASF initiatives are designed to have cross-curricular learning potential, in particular the Active School Walkway, associated cross-curricular challenges and RUN Around Ireland. The feedback from schools, once they were able to return to school facilities in autumn, 2020, and subsequently, has been incredibly positive in relation to the quality of these resources and their usefulness in facilitating teachers to bring learning outdoors.</p> <p>ASF primary provided a suite of supports to raise awareness of education through physical activity. They include:</p> <ul style="list-style-type: none"> • Published research papers on the benefits of engagement with ASF home week • Adapted criteria for use during the Covid-19 pandemic • Webinars <p>New initiatives including Run Around Ireland, Feel Good Fridays, Active Sitting Pilot and new improved signage for Walkways with cross curricular links</p>	<p>This guidance will remain in place for 2021. The DE will continue to emphasise the importance of educating children through physical activity in its guidance and advice to schools</p> <p>NEW Walkway challenges will be available to schools in September to promote learning about numbers, colours, flags, time and maths shapes.</p> <p>Run Around IRELAND - Part 2 will be promoted in March 2021.</p>

Action Area Two: Children and Young People

NPAP Action and Roles	Activity 2020	HIGH LEVEL Activity Planned 2021																									
<p>Action 8</p> <p>Develop guidance to support schools adopt and implement policies that promote the wellbeing of their communities under the Get Active! Framework</p> <p>Lead: DE</p> <p>Partners: DH, LSPs, schools</p>	<p>The Get Active Framework is available on the DE website https://www.gov.ie/en/publication/d53e68-get-active-physical-education-physical-activity-and-sport-for-childr/</p> <p>The Get Active in the Classroom resource is also available from the HSE/DE at the following link: https://www.hse.ie/eng/about/who/healthwellbeing/our-priority-programmes/heal/healpublications/classroom-based-physical-activity-for-schools.pdf</p>	<p>Continued promotion of activity in the school context, through the PE curriculum, Active School Flag programme and more.</p>																									
<p>Action 9</p> <p>Extend the Active School Flag programme to 500 further schools</p> <p>Lead: DE</p> <p>Partners: DH, FIS, HSE, Ireland Active, LAs, LSPs, NGBs</p>	<p>To date, 2021 schools (1959 primary schools) have engaged with the ASF programme since inception, with 740 primary schools holding a current Flag (Flags are held for 3 years following a successful application, after which schools are invited to apply for renewal).</p> <p>At primary level, 258 flags were awarded during the 2020-2021 year through a process of online accreditation. Given that this was achieved during a period of Covid restrictions and school closures, this represents very good progress. The standard of applications was extremely high.</p> <table border="1" data-bbox="411 1149 1107 1491"> <thead> <tr> <th>Flags Awarded</th> <th>Sept. – Dec.</th> <th>Jan. - March</th> <th>April - June</th> <th>Total</th> </tr> </thead> <tbody> <tr> <td>2017/2018</td> <td>42</td> <td>28</td> <td>227</td> <td>297</td> </tr> <tr> <td>2018/2019</td> <td>20</td> <td>24</td> <td>255</td> <td>299</td> </tr> <tr> <td>2019/2020</td> <td>58</td> <td>15</td> <td><i>School Closures</i></td> <td>73</td> </tr> <tr> <td>2020/2021</td> <td><i>Covid Restrictions 20</i></td> <td><i>School Closures 36</i></td> <td><i>Covid Restrictions 202</i></td> <td>258</td> </tr> </tbody> </table> <p>A number of factors benefitted the process during 20/21:</p> <ul style="list-style-type: none"> • DoE directed that schools should focus on PE as one of the priority areas during the return to school phase • DoE advised that movement breaks should form part of the school day as a means to promote concentration and focus and for the associated wellbeing benefits. • DoE encouraged schools to find ways to bring learning outdoors. The Active School Walkway and the Run Around Ireland initiative, in particular, proved extremely useful resources for schools in this regard. • The training webinars allowed the ASF team to punctuate the school year with more regular, more targeted and more focussed support. • Schools took longer to complete the ASF process. This gave extra time for initiatives to become established and to embed fully into school routines. 	Flags Awarded	Sept. – Dec.	Jan. - March	April - June	Total	2017/2018	42	28	227	297	2018/2019	20	24	255	299	2019/2020	58	15	<i>School Closures</i>	73	2020/2021	<i>Covid Restrictions 20</i>	<i>School Closures 36</i>	<i>Covid Restrictions 202</i>	258	<p>To continue to promote ASF within the primary sector for new applicant and renewal schools.</p> <p>To continue to expand the ASFPP process within the post primary sector and to strengthen existing and establish new partnerships to support this work. 18 pilot schools have been selected after an application process, to take part in 2021/2022.</p> <p>There were 72 post-primary schools that expressed an interest. 26 post-primary completed the application form. 18 post-primary schools were chosen to participate in the pilot in 2021/2022.</p> <p>ASF Calendar Events for 21/22 – View HERE</p>
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Action Area Two: Children and Young People

NPAP Action and Roles	Activity 2020	HIGH LEVEL Activity Planned 2021															
	<p>Acceptability</p> <p>Feedback from schools clearly shows that primary schools are very happy with the ASF process and view it as a valuable and worthwhile initiative. This is also evidenced by the large numbers of renewal schools that re-engage with the ASF process every year. It is also clearly evident through school engagement on Twitter Active School Flag - Twitter</p> <p>Active School Flag - Twitter</p> <table border="1" data-bbox="411 689 1112 925"> <tbody> <tr> <td>New Applicant</td> <td>122</td> <td>122</td> </tr> <tr> <td>Renewal – Flag 2</td> <td>98</td> <td rowspan="4">136</td> </tr> <tr> <td>Renewal – Flag 3</td> <td>35</td> </tr> <tr> <td>Renewal – Flag 4</td> <td>2</td> </tr> <tr> <td>Renewal – Flag 5</td> <td>1</td> </tr> <tr> <td>Total</td> <td>258</td> <td>258</td> </tr> </tbody> </table> <p>Flexibility and Responsiveness</p> <p>The ASF process is a flexible programme that can, and does, respond with agility to challenges, opportunities and feedback. This was identified as a strength of the ASF programme by DCU in their research paper '10 Years Flying the Active Flag'. In response to COVID:</p> <ul style="list-style-type: none"> • Active Home Week - ASF promoted Active Home Week during the first period of school closures. The feedback from both schools and parents (900 parental responses) in relation to #AHW20 was extremely positive. • Adapted Criteria - The ASF criteria were adapted to ensure that all ASF activities could be undertaken in compliance with Covid guidelines. • Webinars - ASF supported schools through a series of online focussed and targeted webinars throughout the school year, replacing face to face meetings. • Adapted Processes - The ASF accreditation process was adapted to ensure that schools could continue to engage with and to complete the process, working within Covid guidelines. 	New Applicant	122	122	Renewal – Flag 2	98	136	Renewal – Flag 3	35	Renewal – Flag 4	2	Renewal – Flag 5	1	Total	258	258	
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Action Area Two: Children and Young People

NPAP Action and Roles	Activity 2020	HIGH LEVEL Activity Planned 2021
	<p>NEW Initiatives during 2020/2021</p> <ul style="list-style-type: none"> • Run Around IRELAND – This 4-week running initiative was open to all schools. The idea behind the campaign was to build running breaks in to the school day while also promoting learning across several subject areas. It was hugely successful. Run Around IRELAND part 2 has already been designed for promotion in March 2022. • #FeelGoodFridays – The idea behind this campaign is to reinforce the message that physical activity makes you feel good. On the last teaching Friday of each month schools were asked to share ideas and initiatives to promote physical activity. Each month had a different focus. This campaign (HIF3 funded), proved very popular with schools and will be further developed during 2021/2022. • Active Sitting Pilot – ASF provided x18 renewal schools with advice, support and resources to allow them to offer stability balls as an alternative to chairs (HIF3 funded). The feedback is very positive and very interesting. ASF will continue to work with and to learn from these schools during 2021/2022. • Accreditors' Awards – This year the ASF team had the budget (HIF3 funded) to provide 'stand-out' schools with an outdoor speaker, in recognition of their efforts, innovation and commitment to the ASF process. • Partnership with the Olympic Federation of Ireland – The OFI lent its' support to Active School Week by providing a selection of Team Ireland Athlete Challenge videos for #ASW21. It is hoped to develop this partnership further during 20/21. 	

Action Area Two: Children and Young People

NPAP Action and Roles	Activity 2020	HIGH LEVEL Activity Planned 2021																												
	<p>Active School Flag Post Primary (ASFPP)</p> <p>The post-primary school Active School Flag is in research and development phase. It began in 2017 with 3 pilot schools, progressing to 6 pilot schools in 2019/2020. 18 schools will be piloting the scheme in 2021/2022.</p> <p>ASF has adopted a co-design approach working with a research team from the University of Limerick and pilot schools to develop a new model for the post primary sector.</p> <p>Interest in ASFPP</p> <p>Interest levels from post primary schools in ASFPP is very high. In January 2021: Invites issued to 50 post primary schools that had previously contacted MEC in relation to ASF</p> <table border="1" data-bbox="411 837 1107 987"> <thead> <tr> <th>Webinar</th> <th>Date</th> <th>No. Attendees</th> <th>No. Schools</th> </tr> </thead> <tbody> <tr> <td>ASFPP – What’s It All About?</td> <td>24/2</td> <td>69</td> <td>36</td> </tr> <tr> <td>ASFPP – We’re Interested</td> <td>10/3</td> <td>78</td> <td>30</td> </tr> </tbody> </table> <table border="1" data-bbox="411 1010 1107 1323"> <thead> <tr> <th colspan="2">ASFPP – Engagement for September 2021</th> </tr> </thead> <tbody> <tr> <td>ASFPP – Current Pilot Schools</td> <td>6 schools</td> </tr> <tr> <td>ASFPP – Current DEIS Schools</td> <td>2/6 schools</td> </tr> <tr> <th colspan="2">ASFPP – NEW Schools for September 2021</th> </tr> <tr> <td>ASFPP – Applications Received</td> <td>26 schools</td> </tr> <tr> <td>Invites Issued</td> <td>18 schools</td> </tr> <tr> <td>Invites – DEIS Schools</td> <td>8/18 schools</td> </tr> <tr> <td>Round 1 Acceptances</td> <td>18/18 schools</td> </tr> </tbody> </table>	Webinar	Date	No. Attendees	No. Schools	ASFPP – What’s It All About?	24/2	69	36	ASFPP – We’re Interested	10/3	78	30	ASFPP – Engagement for September 2021		ASFPP – Current Pilot Schools	6 schools	ASFPP – Current DEIS Schools	2/6 schools	ASFPP – NEW Schools for September 2021		ASFPP – Applications Received	26 schools	Invites Issued	18 schools	Invites – DEIS Schools	8/18 schools	Round 1 Acceptances	18/18 schools	
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Invites – DEIS Schools	8/18 schools																													
Round 1 Acceptances	18/18 schools																													
<p>Action 10</p> <p>Evaluate the Be Active After School Initiative</p> <p>Lead: HSE</p> <p>Partners: LSPs, SI</p>	<p>Work to deliver <i>Wellbeing through Physical Activity</i> training to schools – integrating components of Be Active After School programme was not progressed in 2020 due to COVID-19</p>	<p>Deliver <i>Wellbeing through Physical Activity</i> training to schools – integrating components of Be Active After School from September 2021</p>																												

Action Area Two: Children and Young People

NPAP Action and Roles	Activity 2020	HIGH LEVEL Activity Planned 2021
<p>Action 11</p> <p>Fully implement the physical education curriculum for all primary and post-primary pupils to meet Department of Education and Skills guidelines</p> <p>Lead: DE</p> <p>Partners: Schools</p>	<p>Significant curricular changes have been introduced in schools in recent years, with Junior Cycle Wellbeing Curriculum introduced for incoming first years in autumn 2017, the Senior Cycle and Leaving Cert PE curricula introduced in pilot schools in 2018, and the Wellbeing Policy Statement and Framework for Practice published in 2018 also.</p> <p>Further developments continue, with a new specification for Junior Cycle Physical Education due to go for public consultation in September 2021. The Senior Cycle Framework had a phased introduction in 2018 and a National Rollout commenced in September 2020. The Leaving Certificate Physical Education specification is now a subject option for all schools. A public consultation has been held by the NCCA on a new primary curriculum, for which it is envisaged that Wellbeing, including PE, will receive more emphasis and an enhanced time allocation.</p> <p>Necessary Covid-19 restrictions in 2020: Primary schools were unable to deliver the full physical education programme during the school year due to necessary Covid-19 restrictions, which at times required school closures and pool closures. Schools were provided with guidance to prioritise physical education and to deliver many aspects of the PE curriculum in a safe and effective manner, online under some circumstances. These include the use of outdoor environments, individual activities and a focus on key areas such as FMS and non-contact games.</p>	<p>The new Junior Cycle Physical Education specification will go for public consultation.</p> <p>Both Primary and Post Primary schools will be guided to implement the PE curriculum as fully as possible subject to public health advice.</p>

Action Area Two: Children and Young People

NPAP Action and Roles	Activity 2020	HIGH LEVEL Activity Planned 2021
	<p>ASF</p> <p>Research indicates that schools perceive that PE programmes are strengthened and more balanced as a result of engagement with the ASF process (see research papers). At the outset of the process primary schools are required to self-evaluate their provision in relation to Physical Education. Schools wishing to achieve ASF status must provide evidence that they are fulfilling the following ASF criteria:</p> <p>ASF Criteria - PHYSICAL EDUCATION</p> <p>As a whole staff, we discussed and completed the SELF-EVALUATION questions for Physical Education</p> <p>All pupils are timetabled with 60 minutes of PE per week, as a minimum</p> <p>All teachers teach 5, or more, different PE strands every year (Athletics, Aquatics, Dance, Games, Gymnastics, Outdoor and Adventure)</p> <p>All teachers allocate a balanced amount of time to each of the different PE strands</p> <p>All teachers work together to prioritise a different PE strand for further development every year</p> <p>All teachers use the PSSE lesson plans and the Move Well, Move Often resources to guide their delivery of the PE curriculum</p> <p>Our school teaches Land PAWS, at one or more class levels each year</p> <p>All teachers ensure that PE activities are planned so that they are accessible by all pupils</p> <p>Every child's progress is discussed with parents at PT meetings and feedback is included in the annual report</p> <p>Member(s) of staff have undertaken CPD in PE during the past 12 months. New knowledge, ideas and resources have been shared out amongst staff members</p> <p>Our school carries out a PE audit once a year, disposing of old and broken equipment.</p> <p>Our PE resources are clearly labelled, well organised and easily accessible.</p> <p>Renewal Criteria</p> <p>All teachers, using the Move Well, Move Often resource prioritise 4 or more fundamental movement skills (FMS) for further development within their PE programme every year All pupils receive PE homework once a week related to the PE strand that they are working on at the time</p>	

Action Area Two: Children and Young People

NPAP Action and Roles	Activity 2020	HIGH LEVEL Activity Planned 2021
	<p>Sport Ireland provided support for the 2020 Physical Education Expo. Support was given in the area of social media, photographer on the day, video footage including interviews with key organisers and providing judges for various categories of the competition.</p> <p>Sport Ireland is supporting the Dept. of Education in the development of resources and other materials to support teaching, learning and assessment in Leaving Certificate Physical Education (LCPE). Sport Ireland has provided funding and working group is being formed with representatives from Sport Ireland, Dept. of Education, the National Council for Curriculum and Assessment, the State Examinations Commission and the Department's support services for teacher CPD.</p>	<p>Sport Ireland will work with the Department of Education and NGB's to develop support resources for the Leaving Certificate PE curriculum.</p> <p>Sport Ireland will continue to provide support for PE-Xpo.</p>
<p>Action 12 Evaluate the quality of teaching and learning in physical education in a sample of primary and post-primary schools annually</p> <p>Lead: DE Partners: Schools, HEA, IPPEA, PEAI</p>	<p>A full programme of Physical Education subject inspections are typically carried out by the PE Inspectorate as part of the annual inspection programme.</p> <p>The inspection of PE and other curriculum areas at primary level was paused for much of the 2020-2021 school year. A programme of incidental inspections was carried out in Q2, 2021 which incorporated the inspection of physical education.</p> <p>More typical inspection routines will resume subject to public health advice, as Covid-19 restrictions are lifted following the successful national vaccination campaign.</p>	<p>The Inspectorate will re-engage with the inspection of PE and other curriculum areas in a phased manner during the next school year, subject to public health advice.</p>

Action Area Two: Children and Young People

NPAP Action and Roles	Activity 2020	HIGH LEVEL Activity Planned 2021
<p>Action 13</p> <p>Develop and provide a programme of continuous professional development in physical education</p> <p>Lead: DE</p> <p>Partners: PDST, PE Subject Associations, Teacher Professional Networks, HSE, LSPs, NGBs, JCT</p>	<p>PDST</p> <p>The PDST is providing Continuous Professional Development (CPD) for both Primary and Post Primary Schools. National rollout of Leaving Cert PE and Senior Cycle PE commenced in September 2020. Note: CPD for PE was impacted considerably due to Covid 19 in that, from March 2020, events were all conducted online. Some events could not take place at all and have been postponed. However, it is hoped that more typical service can resume from H2 2021 onwards, in line with the gradual and safe relaxation of public health guidelines following the successful national vaccination campaign.</p> <p>PDST - Primary PE - The PDST Health and wellbeing team continued to provide professional learning support to all primary schools in the area of PE and in particular the PDST's Physical Literacy /Fundamental Movement Skills suite of supports.</p> <ul style="list-style-type: none"> • 700 schools had a teacher trained FMS Move Well Move Often Seminar 4: Motivation and Confidence with 28 events taking place nationally. • 223 primary teachers attended PDST 18 Dance Workshops • The team also provided bespoke school support to all primary schools who applied • Several innovative resources were developed during the school closures to ensure Continuity in PE . Resources were also developed for September 2020 reopening in relation to socially distanced PE • Beyond the Classroom : 30 activity packs – outdoor and at home plus 92 videos • Suite of inclusive and adaptive exemplars based on the PDST FMS Move Well, Move Often • 120 Activities for Non-Contact PE which promote social distancing in the PE classroom <p>PDST – Post Primary PE team continued to provide CPD for the Leaving Certificate PE – Phase 1 and Phase 2 schools.</p> <ul style="list-style-type: none"> • 116 PE Phase 1 schools attended Seminar Days 12 and 13 of the CPD Framework. • 36 local PLCs were held with a total attendance of 305 LCPE teachers • 269 Phase 2 teachers attended Seminar Day 1 – 26 events all online • The PDST Post Primary PE team continued to provide CPD for Senior Cycle PE • 406 PE teachers attended 20 evening workshops • 35 PE teachers attended PLC meetings • During School Closures , team created SCPE Learning Paths on Scoilnet.ie under the Following Headings: https://www.scoilnet.ie/pdst/physlit/beyond/ 	<p>A programme of CPD for the new Physical Education specification is in place for 2021/2022.</p> <p>Primary</p> <p>FMS Seminar 4 : Motivation and Confidence – 1600 teachers</p> <p>Workshops : Gymnastics, Co-operative Learning , Orienteering</p> <p>School Support on application</p> <p>Webinars : developing the physically literate child</p> <p>PE Pop In Clinics (during school closures Jn/Feb – 600 teachers</p> <p>Post Primary</p> <p>Phase 1 LCPE Day 14 (Final Day)</p> <p>Phase 2 LCPE Days 2, 3, 4 and 5 – 300 teachers</p> <p>Phase 3 LCPE – Days 1, 2 and 3 – 200 teachers</p> <p>LCPE PLCs – 27 planned</p> <p>SCPE Phase 2 – Days 1 and 2 – 150 teachers</p> <p>Webinars for SCPE Planning</p>

Action Area Two: Children and Young People

NPAP Action and Roles	Activity 2020	HIGH LEVEL Activity Planned 2021
	<ul style="list-style-type: none"> • An Overview of the SCPE Framework • Planning for SCPE Using the Framework • SCPE - Sport Education Overview • SCPE - Teaching Games for Understanding (TGfU) Overview • SCPE - Adventure Education Overview • SCPE - Contemporary Issues Overview • SCPE - Health Related Physical Activity Overview • SCPE - Teaching Personal and Social Responsibility (TPSR) Overview <p>Due to Public Health advice a number of LCPE events were postponed owing to the need for face to face training . It is hoped to conduct these when face to face CPD resumes</p> <p>ASF</p> <p>Despite the challenging circumstances of Covid attendance and school closures 1477 people attended ASF and ASFPP live online support meetings/webinars during 20/21.</p> <p>The ASF process incentivises schools to engage in CPD relating to Physical Education and to share new learnings and resources out across the staff.</p> <p>ASF Criteria – PHYSICAL EDUCATION</p> <p>Member(s) of staff have undertaken CPD in PE during the past 12 months. New knowledge, ideas and resources have been shared out amongst staff members</p>	
<p>Action 14</p> <p>Include physical activity in the development of plans of Children and Young People’s Services Committees</p> <p>Lead: DCEDIY</p> <p>Partners: LAs, HSE, Gardaí, Tusla, Education and Training Boards</p>	<p>Through their work in local areas, CYPSCs aim to realise the five national outcomes set out in <i>Better Outcomes, Brighter Futures: The National Policy Framework for Children and Young People (2014 – 2020)</i>. This includes a commitment under the ‘Active and Healthy’ Outcomes which is included in their plans and also relates to the Healthy Ireland Initiative.</p> <p>The Healthy Ireland Fund and DCYA have been co-funding local projects managed by CYPSCs since 2017. Positive feedback has been received from CYPSCs on the Healthy Ireland Initiative to date.</p> <p>Co funding of €1.3m between DCYA and DOH/Healthy Ireland was secured for the purpose of enabling CYPSCs to co-ordinate and deliver Healthy Ireland projects in 2020 with local partners in their area.</p>	<p>HSE teacher training workshops not delivered to teachers during 2020 due to COVID-19 restrictions. Schools and teachers were supported and updated in the interim through the development of newsletters and provision of information, support and resources through interagency working with the Department of Education</p> <p>HSE teacher training workshop delivery is still impacted by necessary Covid-19 restrictions but delivery planned for Quarter 4 2021 (4 workshops planned) if possible</p> <p>The Healthy Ireland Fund and DCYA will continue to co-fund local projects managed by CYPSCs in 2021.</p>

Action Area Two: Children and Young People

NPAP Action and Roles	Activity 2020	HIGH LEVEL Activity Planned 2021
<p>Action 15</p> <p>Review the National Play and National Recreation Policies and develop a new strategic direction for promoting physically active play</p> <p>Lead: DCEDIY</p> <p>Partners: DHLGH, DE, DH, DTCAGSM, HSE, LAs, SI</p>	<p>Under strategic Action 3.3 of First 5, DCYA is committed to conducting a mapping exercise of current play policy, practice and provision with a focus on early childhood and, on the basis of findings, to make recommendations for future actions. Researchers from DCU have compiled a report mapping out the full range of playgrounds and MUGAs across Ireland, part-funded by DCYA, with work continuing in 2020</p>	<p>Work to continue on promoting active play in 2021</p>
<p>Action 16</p> <p>Include children and young people in the development and implementation of programmes in which they are involved</p> <p>Lead: DCEDIY, DE</p> <p>Partners: All stakeholders</p>	<p>There is a range of topics covered in PE lessons (e.g. LCPE) for which negotiation and discussion at class level between teacher and students is included in the curricular design and lesson plans</p> <p>Students are involved in choosing areas of learning for classroom-based assessment as part of the proposed new Junior Cycle Physical Education specification.</p> <p>ASF at primary Level</p> <p>At primary level, pupil voice is fostered in the following ways:</p> <ul style="list-style-type: none"> • The school ASF team comprises staff and pupils • Pupils are trained as playground leaders • Senior pupils conduct a survey on physical activity in the local community • The school's ASF team invites suggestions from pupils about the design of Active School Week • Renewal schools are required to survey pupils, to listen to their feedback and respond by action. 	<p>Inclusion of children and young people in development and implementation of programmes relevant to them, to continue in 2021</p>

Action Area Two: Children and Young People

NPAP Action and Roles	Activity 2020	HIGH LEVEL Activity Planned 2021
	<p>Active School Flag Post Primary (ASFPP)</p> <p>The Active School Flag post primary (ASFPP) model is a whole-of-school initiative, with student voice and student leadership at its core. It is fully aligned with the Wellbeing Framework and School Self-Evaluation process and in accordance with the Lundy Model for Participation ASFPP provides young people with Space – Voice – Audience – Influence</p> <p>The ASFPP process has 3 stages and offers schools a flexible timeframe for completion:</p> <ol style="list-style-type: none"> 1. Stage 1: 'Try It Out' 2. Stage 2: Certificate 3. Stage 3: Flag <p>A key part of the ASFPP process is the whole-of-school online surveys (students and staff) that takes place at the start of every school year. The ASFPP student questionnaire was designed by the ASF team and a UL research team led by Prof. Catherine Woods, in consultation with students and staff from 6 post primary pilot schools, Hub na nOg and Comhairle na nOg members. It includes questions from the CSPPA study which allows schools to compare their results with national data, in relation to the following:</p> <ul style="list-style-type: none"> • Physical Activity Levels • Muscular Endurance Training • Use of Step Tracking Devices/Step Counts • Active Travel <p>A timetabled ASF class in TY is tasked with using the questionnaire feedback to develop a school specific action plan focussing on:</p> <ol style="list-style-type: none"> 1. Stage 1: Organising fun and inclusive whole school physical activity events 2. Stage 2: Increasing participation in school-based physical activity opportunities 3. Stage 3: Increasing participation in community-based physical activity events 	
<p>Action 17</p> <p>Conduct the LifeSkills Survey every three years</p> <p>Lead: DE</p> <p>Partners: DH</p>	<p>The Life Skills Survey was last published in 2015. https://www.gov.ie/en/publication/07a9a3-lifeskills-survey/</p> <p>In 2018, the Survey was renamed the Wellbeing and Lifeskills Survey and launched in schools by the then Minister for Education, Joe McHugh T.D. and Minister of State with responsibility for Health, Wellbeing and the National Drugs Strategy, Catherine Byrne T.D. https://www.gov.ie/en/press-release/7087cb-minister-for-education-and-skills-joe-mchugh-td-and-minister-of-stat/</p> <p>Publication of the 2018 Survey has been delayed by the Covid-19 pandemic.</p>	<p>Subject to delays resulting from the Covid-19 pandemic.</p>

Action Area Two: Children and Young People

NPAP Action and Roles	Activity 2020	HIGH LEVEL Activity Planned 2021
<p>Action 18 Develop National Guidelines on Physical Activity for early childhood (0-5 years)</p> <p>Lead: DH, HSE Partners: DE, HRB, DCEDIY, academic institutions</p>	<p>HSE Healthy Ireland Smart Start (HISS) programme was expanded and revised to provide content for Early Learning and Care services from 0-5. A strategic policy level review of the programme was completed to inform future development and sustainability of the programme. Training workshop delivery to early years staff was impacted by COVID-19 during 2020.</p> <p>A request to DoH Research Services and Policy Unit has been submitted for research and guidance around developing PA guidelines for this age-group for Ireland. The research paper will be completed in 2021, for consideration by the NPAP IG and will form part of the Review of the NPAP.</p>	<p>Thirty workshops are planned for delivery in 2021 across a range of ELC services through a HSE partnership agreement with the National Childhood Network</p> <p>Recommendations on sedentary behaviour are to be developed and included in consideration by the planned review of the NPAP</p>
<p>Action 19 Include the promotion of physical activity in children, including through play, as an integral component of education and training programmes that lead to qualifications in early childhood care and education</p> <p>Lead: DE Partners: QQI and educational institutions</p>	<p>Please see Actions 8 and 9 for details regarding the Active School Flag for further details of resources available to support physical activity in classrooms, including through play as well as PE and extracurricular sports.</p>	<p>See Actions 8 and 9</p>
<p>Action 20 Develop a framework for health promoting colleges to include physical activity</p> <p>Lead: HSE Partners: HEA, SSI, Third level institutions</p>	<p>Launch of the Healthy Ireland Healthy Campus Framework was delayed in 2020 as a result of the onset of the COVID-19 pandemic. Healthy Campus Network meetings were not possible due to COVID-19 restrictions. However, this was successfully launched in 2021.</p> <p>https://www.gov.ie/en/press-release/23489-minister-donnely-and-minister-harris-launch-healthy-campus-framework/</p>	<p>Following launch of the Framework in July 2021, Healthy Campuses will be developing their plans for implementation and roll-out.</p>
<p>Action 21 Promote the assessment of PE by facilitating teachers and students in managing the assessment dimension of senior cycle physical education through the development of an App (for phones/tablets) and to trial the App with a number of schools in 2016</p> <p>Lead: DE Partners: NCCA, DH, UL</p>	<p>The Phyz App, which supports the Senior Cycle PE curriculum, is currently available on the Google Play and Apple App stores.</p>	<p>Action complete.</p>

Action Area Three: Health

NPAP Action and Roles	Activity 2020	HIGH LEVEL Activity Planned 2021
<p>Action 22</p> <p>Incorporate training on the preventative and treatment role of physical activity as a core component of undergraduate and in-service training for all health professionals</p> <p>Lead: HSE</p> <p>Partners: Third Level Institutions</p>	<p>Continued implementation of agreed Chronic Disease curriculum, incorporating Making Every Contact Count by Higher Education Institutes as a component of undergraduate and graduate programmes for all healthcare professionals (medical, nursing, allied healthcare).</p>	<p>Continued implementation of the Chronic Disease curriculum by Higher Education Institutes</p>
<p>Action 23</p> <p>Develop and implement a brief intervention model for delivery of physical activity advice</p> <p>Lead: HSE</p> <p>Partners: DH</p>	<p><i>Making Every Contact Count</i> is the national programme for brief intervention knowledge and skills development in Health Services delivered through a blended learning programme. It incorporates a module on physical activity. eLearning module participants:</p> <p>Making Every Contact Count CPD training largely switched to online delivery during the Covid-19 pandemic, with significant disruption to in-person training as a result of the pandemic.</p> <p>1505 participants completed training. No. of Skills-to-Practice Workshops delivered: 14. Skills-to-Practice workshop participants: 130 participants. No. of Health Service sites implementation learning sites: 78 Health Service sites (66 CHO sites and 12 Hospital sites) have been identified in 2020 and are at various stages of implementation.</p>	<p>It is hoped to increase the delivery of CPD training as pressures related to the Covid-19 pandemic ease.</p> <p>3946 participants complete eLearning module</p> <p>790 participants to attend Skills-to-Practice Workshops.</p> <p>Increase implementation learning sites to 100</p>
<p>Action 24</p> <p>Develop local physical activity plans for four pilot areas as part of the National Healthy Cities and Counties Network</p> <p>Lead: HSE</p> <p>Partners: Local stakeholders</p>	<p>Sport Ireland have developed relationships with Healthy Cities and have invested €800,000 of 2020 Dormant Account Funding through an Active Cities fund, which will invest in sport and physical activity initiatives in five cities. The mission of Active Cities is to create the opportunity for citizens to lead healthier lifestyles in the context of sport & physical activity.</p> <p>HSE - HSE Health & Wellbeing funding to LSP sector continued informed by agreed strategy.</p> <p>National Sports Policy 2018-2027 – Action 8 commits to the development of Local Sports Plans by all Local Authorities supported by Sport Ireland.</p>	<p>Sport Ireland will invest a further €800,000 through the active cities fund in 2021.</p> <p>HSE - Recommend review of Action wording</p> <p>Support the delivery of Sport Ireland led Active Cities initiative</p>

Action Area Three: Health

NPAP Action and Roles	Activity 2020	HIGH LEVEL Activity Planned 2021
<p>Action 25 Develop and implement a pilot programme for the National Exercise Referral Framework</p> <p>Lead: HSE Partners: All stakeholders</p>	<p>Sport Ireland provided investment through the 2020 Dormant Accounts innovation for sport inclusion strand to fund to three local sports partnerships to collaborate with ExWell. The “Physical Activity for People with Chronic Illness” project aims to develop a framework, within which people with or recovering from chronic illness/ conditions will have opportunities to increase their levels of physical activity through accessible, inclusive and sustainable physical activity programming.</p> <p>There were significant disruptions to in-person attendance at exercise classes in March 2020 and from October 2020 as a result of necessary Covid-19 restrictions.</p>	<p>Sport Ireland and the LSPs will work with programmes to explore opportunities for sustainable transfer from exercise referral programmes to sustained community based sport and physical activity opportunities.</p> <p>Additionally, Sport Ireland will aim to fund and support further projects through the 2021 Dormant Accounts innovation for sport inclusion strand such as the “True Transformation” project being undertaken by Laois LSP.</p>
<p>Action 26 Include questions on physical activity levels in risk factor screening and brief intervention/ patient education</p> <p>Lead: HSE Partners: ICGP, ISCP, NMBI</p>	<p>HSE - See Action 22 & 23.</p> <p>HSE focus remains on integration of physical activity across healthcare programmes.</p> <p>Significant delays to implementation of this action were experienced as a result of the introduction of necessary Covid-19 restrictions in March, 2020, and the redeployment of HSE staff to frontline duties such as testing, contact tracing and front-line patient care during periods of significant Covid-19 transmission.</p>	<p>HSE - Scope Physical Activity Pathway in Healthcare Model for HSE</p> <p>Work to be carried out on MECC dataset for physical activity to align it with GP Patient Management systems</p>
<p>Action 27 Review HSE physical activity programmes and workforce and implement recommendations</p> <p>Lead: HSE Partners: HSE staff</p>	<p>Significant delays to implementation of this action were experienced as a result of the introduction of necessary Covid-19 restrictions in March, 2020, and the redeployment of HSE staff to frontline duties such as testing, contact tracing and front-line patient care during periods of significant Covid-19 transmission.</p>	<p>Scope Physical Activity Pathways in Healthcare Model for HSE</p>

Action Area Three: Health		
NPAP Action and Roles	Activity 2020	HIGH LEVEL Activity Planned 2021
<p>Action 28</p> <p>Develop national guidelines on sedentary behaviour</p> <p>Lead: DH</p> <p>Partners: HRB, HSE</p>	<p>A request to DoH Research Services and Policy Unit has been submitted for research and guidance around developing guidelines for Ireland. The research paper will be completed in 2021, for consideration by the NPAP IG and will form part of the Review of the NPAP.</p>	<p>Finalise recommendations on sedentary behaviour, include recommendations in consideration for review of the NPAP</p>
<p>Action 29</p> <p>Develop guidelines, support materials and referral pathways to promote physical activity for organisations providing mental health services and disability services</p> <p>Lead: HSE</p> <p>Partners: DH, MHC, Cara Centre, NDA, SI</p>	<p>Sport Ireland and the network of LSPs rolled out a 4-week physical activity plan for people with a disability in October and November to empower them to be more active. A resource was developed by Sport Ireland and a working group of LSP Sport Inclusion Disability Officers (SIDOs) in conjunction with Cara. The resource aims to improve an individual's Gross Motor Skills (core strength, balance, bilateral movement & ball skills) in a fun way while also helping people to reach their minimum recommended daily physical activity, as recommended in Ireland's National Physical Activity Plan.</p> <p>As part of the "Keep Well" campaign Sport Ireland produced a series of exercise videos for children with autism. The 6-part series was designed to focus in on movement patterns that are beneficial for development, combined with low and higher intensity exercises that use a similar pattern to aid learning.</p> <p>See Action 49 for more details on Disability supports provided by Sport Ireland.</p>	<p>Sport Ireland will continue to work with Cara to ensure there are ongoing collaborations with both NGBs and LSPs to identify gaps in guidelines and materials which contribute to increased physical activity for those with a disability. Specifically there will be work carried out around access to the outdoors, the national rollout of the Xcessible Bronze programme, and a scoping exercise to Identify inclusive guidelines and resources needed that are specific to supporting community organisations</p>
	<p>Risk factor recording, brief intervention and care planning on physical activity rolled out as part of introduction of the standardised Physical Health Assessment for all admissions to Adult Acute Mental Health Services.</p> <p>Project to develop, deliver and evaluate Physical Activity Education Programme in 10 adult disability day care services with CARA affected by COVID-19 regulations, closure of day-services and re-deployment.</p>	
<p>Action 30</p> <p>Develop guidelines to integrate physical activity into long-term care planning and practice</p> <p>Lead: HSE</p> <p>Partners: DH</p>	<p>Delivery of CAREpals training via Age & Opportunity's Go for Life programme was affected by COVID-19 impact in Nursing Homes and closure of day-services – no training delivered.</p> <p>The <i>In This Together</i> and Keep Well campaigns provided PA resources in terms of advice on what forms of activity could be undertaken by those isolating within their own home.</p>	<p>Revise CAREpals programme approach to support delivery in COVID environment. 9 online courses offered from June 2021</p> <p>Development of Get Up, Get Dressed, Get Moving initiative</p>

Action Area Four: Environment

NPAP Action and Roles	Activity 2020	HIGH LEVEL Activity Planned 2021
<p>Action 31</p> <p>Develop guidelines and support materials for those working in developing the built environment to promote the importance of physical activity</p> <p>Lead: HSE</p> <p>Partners: All Stakeholders</p>	<p>In 2020, Sport Ireland developed and published the Walking Trail Criteria for Ireland. These criteria ensure the high quality development of walking trails in Ireland.</p> <p>Sport Ireland developed and led a national campaign #Outdoorsforeveryone. Through this campaign, Sport Ireland promoted the outdoors while releasing a number of Practical tips and advice for responsible outdoor recreation during Covid.</p> <p>Sport Ireland is a member of the Blueway partnership which supports and provides guidance to Blueway developers. Through this partnership, Sport Ireland are involved in the development of supporting guidelines for the sustainable development and promotion of Blueways.</p> <p>The Design Manual for Urban Roads and Streets, which incorporates good planning and design practice to support and encourage more sustainable travel patterns in urban areas, was published by DTTAS* and DHPLG in 2013. The document was updated in 2020, with the publication of an Interim Advice Note - Covid 19 Pandemic Response that will assist with the implementation of the Manual. The Advice Note encouraged local authorities to develop mobility plans to prioritise temporary walking and cycling facilities as an immediate response to the Covid- 19 pandemic. Over the medium-longer term the advice note recommended that such changes be monitored to inform a more permanent design solution.</p> <p>The National Transport Authority's National Cycle Manual has guided the design of cycle infrastructure since 2011. An updated Manual will be published to take account of changes to design standards and to complement the guidance in Design Manual for Urban Roads and Streets. It will also consider issues such as personal security needs which is particularly important for off-road infrastructure. Emerging personal mobility modes are another important factor to consider in the design of cycle infrastructure. In recent years there has been noticeable growth in the use of electric bikes, cargo bikes and tricycles, multi-seat family cycles, plus hand cycles and adapted cycles catering for users with a range of mobility limitations. Cycling infrastructure, both old and new, should be capable of accommodating all users and bike types and infrastructure design should not unintentionally impede accessibility and dissuade greater uptake of active modes of travel. The updated Manual will be complemented with a series of training sessions for relevant stakeholders.</p>	<p>Sport Ireland are in the process of developing updated cycle trail, water trail and horse trail criteria which will</p> <p>Sport Ireland will continue to develop guidelines and support through our #Outdoorsforeveryone campaign.</p> <p>Sport Ireland, in collaboration with the Blueway partnership, are involved in developing a consumer proposition which will be used when promotion Blueway nationally and internationally. The consumer proposition will engage and promote the use of Blueways in Ireland.</p> <p>An updated National Cycle Manual to be published in 2022</p>

Action Area Four: Environment		
NPAP Action and Roles	Activity 2020	HIGH LEVEL Activity Planned 2021
<p>Action 32</p> <p>Develop and promote walking and cycling strategies in each local Authority area</p> <p>Lead: LAs, LGMA</p> <p>Partners: DHLGH, GIW, LSPs, SI</p>	<p>The development, promotion and implementation of walking and cycling strategies is central to planning in each local authority area.</p> <p>18 of the 31 LA areas provided an update on the implementation of this action and outlined how they are actively delivering on their walking and cycling strategies. Extensive work is ongoing to ensure walking and cycling strategies are central to City and County Development Plans, LECs, Tourism Strategies, Local Transport Plans and other plans. The Covid-19 pandemic and associated restrictions has emphasised the importance of access to walking and cycling opportunities.</p> <p>Further details on the responses are available if required.</p>	<p>Sport Ireland will continue to support and provide input to Local Authorities in the development of walking and cycling strategies through the local sport partnerships.</p>
	<p>The NTA has plans to develop Cycle Network Plans, including as part of Metropolitan Area Transport Strategies (MATS) in 2021-2022.</p>	<p>Continued development and promotion of walking and cycling strategies is planned for 2021 in each Local Authority area.</p> <p>The NTA is to develop a 2021 GDA Cycle Network Plan to support the Draft Transport Strategy for the GDA, 2022-2042.</p> <p>Cycle network plans are being developed as part of Metropolitan Area Transport Strategies (MATS), in close collaboration with the Active Travel Teams in Local Authorities</p>
<p>Action 33</p> <p>Ensure that the planning, development and design of towns, cities and schools promotes cycling and walking with the aim of delivering a network of cycle routes and footpaths.</p> <p>Lead: LAs, LGMA</p> <p>Partners: DHLGH, DE, DTCAGSM, DT, NTA</p>	<p>17 of the 31 Local Authority areas indicated that City and County Development Plans and Local Area Plans contain policies and objectives to ensure that the planning, development and design of towns, cities and schools promotes cycling and walking with the aim of delivering a network of cycle routes and footpaths.</p> <p>In 2020 work progressed to ensure that these plans were implemented and review. For example, in Letterkenny URDF funding is aiding Donegal County Council in preparing a Regeneration Strategy for the Town. One of the key deliverables within this strategy is the linkages throughout the town and how easily the town can be accessed on foot or on bicycle.</p> <p>Further details on the responses are available if required.</p> <p>The NPAP IG was represented on the Town Centres First National Advisory Group, run by DHLGH, which considered the importance of renewal and revitalisation of Irish towns. The importance of liveability, walkability and active transport (walking and cycling) was raised in the context of participation in this process.</p>	<p>Continued promotion of walking and cycling strategies in each Local Authority area. Delivery of cycling and walking infrastructure will be a key measure in 2021.</p>

Action Area Four: Environment

NPAP Action and Roles	Activity 2020	HIGH LEVEL Activity Planned 2021
<p>Action 34 Ensure that the planning, development and design of towns and cities promotes the development of local and regional parks and recreational spaces that encourage physical activity</p> <p>Lead: LAs, LGMA Partners: DHLGH</p>	<p>Sport Ireland is also represented on the Town Centres First National Advisory Group</p> <p>17 of the 31 Local Authority areas stated that their City or County Development Plan ensures that planning, development and design of towns and cities promotes the development of local and regional parks and recreational spaces that encourage physical activity.</p> <p>There has been significant progress in promoting and developing recreational spaces that encourage physical activity in all local authorities, for example, some local authorities undertook dedicated public realm strategies. Further details on the responses are available if required.</p>	<p>Sport Ireland will support Local Authorities and the network of LSPs in the development of Local Sports Plans in line with Action 8 of the National Sports Policy.</p> <p>Work ongoing in 2021 to ensure that the development of local and regional parks and recreational spaces is a key measure involved in the planning, development and design of towns and cities.</p> <p>City/County Development Plans which are being reviewed or renewed in 2021 will reinforce the strategic focus on the delivery of parks & recreational infrastructure to promote physical activity. There is a need to identify where a deficit of amenities and recreational facilities exist and how such communities may be better served.</p>
<p>Action 35 Develop a programme of continuous professional development on the role of physical activity for those working in developing the built environment</p> <p>Lead: DHLGH Partners: Planning, architectural & engineering professional organisations</p>	<p>DMURS facilitates greater physical activity through active travel. A Working Group was established which put in significant work on training and CPD events subsequently, to provide information of best practise outcomes and updates.</p> <p>The National Transport Authority in collaboration with Engineers Ireland and the Roads and Transportation Society are developing a series of Webinars entitled The Active Travel Series which shared knowledge on the planning, design and delivery of walking and cycling schemes. Topics will include active travel project appraisal and approval, planning and statutory processes, cycle design and urban design, quick-build measures, and communications. The Active Travel Series will be relevant to engineers, planners, local authority staff and all those with an interest in active travel.</p>	<p>Sport Ireland will continue to develop and deliver education and training opportunities for both professionals and volunteers involved in the development of infrastructure to support physical activity in the outdoors in 2021.</p> <p>The NTA and partners will deliver the Active Travel series in 2021-2022</p>

Action Area Four: Environment

NPAP Action and Roles	Activity 2020	HIGH LEVEL Activity Planned 2021
<p>Action 36</p> <p>Prioritise the planning and development of walking and cycling and general recreational / physical activity infrastructure</p> <p>Lead: DHLGH</p> <p>Partners: LAs, LGMA, DT</p>	<p>In 2020, Sport Ireland developed and published the Walking Trail Criteria for Ireland. These criteria ensure the high quality development of walking trails in Ireland.</p> <p>Sport Ireland Outdoors acts as national coordinator for the development of the EuroVelo routes in Ireland. The route passes through 10 counties on the western and southern coast. The route is complete in 8 of the 10 counties and funding applications are in progress for the final two counties.</p> <p>The National Planning Framework (NPF) was in its second year of implementation in 2020, having been launched in 2018. The NPF now represents the overarching national planning policy document, of direct relevance to the planning functions of regional and planning authorities, including An Bord Pleanála.</p> <p>The NPF recognises the strong link between our health and environment and includes at National Policy Objective 26, to support the objectives of public health policy, including Healthy Ireland and the National Physical Activity Plan, through integrating such policies, where appropriate and at the applicable scale, with planning policy.</p> <p>The NPF also includes National Policy Objective 27; to ensure the integration of safe and convenient alternatives to the car into the design of our communities, by prioritising walking and cycling accessibility to both existing and proposed developments, and integrating physical activity facilities for all ages.</p> <p>Implementing the objectives of the National Planning Framework is supported by a €2 billion Urban Regeneration and Development fund (URDF) in the period to 2027. A second call for proposals was launched in January 2020. Successful application will be announced through 2021. The Fund is the most broadly applicable urban regeneration initiative in Ireland for many years and was established to support more compact and sustainable development of Ireland's five cities and other large towns.</p> <p>The types of proposals eligible for funding include, but are not limited to, the following: public amenity, streetscape / public realm, parks, recreational facilities, transport and services infrastructure, infrastructure to enables improved accessibility in particular sustainable modes such as walking and cycling, public transport and multi-modal interchange.</p> <p>16 survey respondents provided details of measures in place to support and prioritise the planning and development of walking and cycling and general recreational / physical activity infrastructure.</p> <p>Local Authorities were active in 2020 at securing funding e.g Large Scale Sport Infrastructure Fund (LSSIF) funding or EU INTERREG funding to develop/improve walking, cycling and general recreational and physical activity infrastructure. Further details on the responses are available if required.</p> <p>The Programme for Government committed that €360 million in cross-Government funding will be spent on walking and cycling per annum over the lifetime of the Government. This investment will help support the delivery of almost 1,000 kilometres of new and improved walking and cycling infrastructure by 2025 as well as additional investment in Greenways</p>	<p>In 2021, Sport Ireland are developing updated cycling trail criteria for Ireland.</p> <p>Sport Ireland will continue to work towards launching the Eurovelo route by summer 2021.</p> <p>Work ongoing in 2021 to build upon works started in 2020 to enable the planning and development of walking and cycling and general recreational / physical activity infrastructure.</p> <p>In 2022, €290m to be allocated for Active Travel projects and circa €60 million for Greenways projects. In addition to the funding for walking and cycling infrastructure this investment will also support a number of behavioural change programmes namely, Green Schools, Smarter Travel Workplace and Campuses, Bike Week and CycleRight cycle training.</p>

Action Area Four: Environment

NPAP Action and Roles	Activity 2020	HIGH LEVEL Activity Planned 2021
<p>Action 37</p> <p>Explore opportunities to maximise physical activity and recreation amenities in the natural environment</p> <p>Lead: DTCAGSM</p> <p>Partners: DAFM, DECC, DHLGH, SI</p>	<p>Sport Ireland Outdoors work with a number of sporting bodies and other organisations to develop and promote a variety of outdoor sports throughout the country. Throughout the pandemic, Sport Ireland Outdoors worked collaboratively with key stakeholders to develop the Stay Local, Stay Apart & Stay Safe in the Outdoors campaign which aimed to reintroduce society to outdoor activities in a safe manner and ensure people were kept up to date on the current health guidelines at that time. This document can be viewed on our website. https://www.sportireland.ie/news/stay-local-stay-apart-stay-safe-in-the-outdoors-0 In August 2020, Sport Ireland were involved in the Love This Place, Leave No Trace initiative which was a joint initiative led by the Government of Ireland and involved National Parks and Wildlife Service (NPWS), Waterways Ireland, Inland Fisheries Ireland, Fáilte Ireland, Sport Ireland, The Department of Community and Rural Development, the Office of Public Works, Coillte and Leave No Trace Ireland. This campaign was launched to tackle a growing littering issue throughout the country, particularly in some of our most scenic locations which had become littering hotspots during the pandemic.</p> <p>While we want to encourage people to use the natural environment to partake in physical activity, it's equally important that they understand that they should leave no trace when doing so. In September 2020, Sport Ireland Published its new Policy on Sport and Physical Activity in the Outdoors, with a vision to create opportunities for everyone to participate in and enjoy sport and physical activity in the outdoors. Sport Ireland have developed this policy around four key target areas: Provide Leadership, Build Capacity, Support Infrastructure Development and Create Opportunities.</p> <p>There are 18 policy goals which underpin each of the key target areas and policy goal 4.4 is prime example of how Sport Ireland intend on maximizing opportunities in the outdoors. Policy Goal 4.4 – “Activate and promote existing and new outdoor recreation infrastructure in the State including Trails, Greenways, Parks, Forest Recreation Sites, Mountain Bike Trails and Blueways” Sport Ireland funded 15 Local Sports Partnerships in 2020 through the Dormant Account Funding to deliver the Urban Outdoor Adventure Initiative in their respective counties. Opportunities for young people living in disadvantaged communities to experience outdoor adventure sports is limited due to natural environments, distance from traditional outdoor settings (forests, mountains etc.) where activities are usually offered, and need for equipment, supervision, training and support to engage in these sports. This initiative brings the adventure to them and allows them to experience outdoor activities in their local green spaces, local rivers etc.</p>	<p>Sport Ireland are developing a National Digital Database of Sport and Recreation facilities which will be used as a needs analysis tool for planning and development of physical activity and recreation amenities in the natural environment. Additionally, this Database will be vital tool in the promotion of these facilities to the public.</p> <p>In 2021, Sport Ireland provided Cara funding to deliver online training on the Accessibility in the outdoors guidelines. The training aims to provide planners and developers information on how to make amenities in the natural environment more accessible for people with a disability. Sport Ireland are in the process of developing updated cycling, water and horse trail criteria to ensure the quality development of these facilities in the outdoors. The developed criteria will act as the platform to create a methodology of assessment for these trails.</p>

Action Area Four: Environment

NPAP Action and Roles	Activity 2020	HIGH LEVEL Activity Planned 2021
	<p>In February 2020, Sport Ireland Outdoors commenced an initial implementation phase to establish a national database of Sport and Recreation Amenities in Ireland. Technical consultants ESRI Ireland were appointed to work on this project and a project manager was also retained to coordinate this phase of the project. The primary output from this pilot phase of the project was to establish and test the feasibility and functionality of a digital database. The pilot phase was completed in September 2020 and Sport Ireland led on this phase, which was funded by Healthy Ireland with ESRI Ireland as technical consultant. The technical and design aspects were completed, as were most of the consultations. This project continues to progress into 2021. Sport Ireland Outdoors launched their new digital trails inspection system just before the new year. The system will provide a more accurate and efficient trail inspection system and programme, and has the potential to significantly improve the overall sustainability and management of recreational trails around the country. All Registration Inspections and Trail Audits will now be undertaken using this GIS-based system, improving accuracy and detail, while reducing report processing times significantly. It will also allow Sport Ireland, trail managers and other stakeholders to access live key data through online interactive dashboards.</p>	

Action Area Five: Workplaces

NPAP Action and Roles	Activity Planned 2020	HIGH LEVEL Activity Planned 2021
<p>Action 38 Develop a framework for workplace health and wellbeing including physical activity</p> <p>Lead: DH Partners: HSA, HSE, DETE</p>	<p>Development of a National Framework for Healthy Workplaces is progressing, overseen by a sub-group co-chaired by the Department of Health and the Department of Business, Enterprise and Innovation. The draft Framework was updated to reflect the impact of COVID 19 and the Remote Working Strategy.</p>	<p>Launch of the National Healthy Workplace Framework</p>
<p>Action 39 Develop a toolkit for employers to provide practical guidance on promoting physical activity at work</p> <p>Lead: HSE Partners: All Stakeholders</p>	<p>Not progressed, pending publication of DoH led Workplace Health & Wellbeing Framework</p>	<p>To be reviewed/completed following the launch of the HI Healthy Workplace Framework</p>
<p>Action 40 Continue to support the Smarter Travel Workplace and Campus Programme</p> <p>Lead: DT, DTCAGSM Partners: NTA</p>	<p>Programme events such as Marchathon and Walktober encourage staff and students to walk for all or part of their commute, and to improve health and wellbeing. The Cycle Challenge and Bike Week encourage new and lapsed cyclists to get on the bike for commuting and leisure trips.</p> <p>In 2020, Marchathon ran from the 2nd until the 27th of March. Due to the Covid-19 crisis, adjustments were required during the Challenge. 5,303 people from 83 workplaces and campuses took part.</p> <p>CycleLocal ran from July 20th until August 9th and was designed to increase activity, build team spirit, and encourage a move to cycling, while being mindful of government public health guidance. The focus of CycleLocal was on participation and reaching manageable weekly cycle trip targets. 385 individuals from 39 organisations formed 146 teams to take part.</p> <p>In 2020, Walktober ran from the 5th of October until the 1st of November. A total of 4,343 people from 66 workplaces and campuses took part in Walktober. This uptake was higher than the projected participation rates due to the increasing Covid-19 restrictions.</p> <p>A Universal Design Walkability Audit Tool was developed in partnerships with the NDA, Green-Schools and Age Friendly Ireland. The tool is available to download on the NTA website.</p>	<p>Marchathon 2021 took place in line with Covid-19 Government guidelines.</p> <p>National Bike Week will take place from the 12th to 18th of September.</p> <p>Walktober will take place from the 4th to 31st of October and will be similar to the previous step challenges.</p>

Action Area Six: Sport and Physical Activity in the Community

NPAP Action and Roles	Activity 2020	HIGH LEVEL Activity Planned 2021
<p>Action 41</p> <p>Continue to support the Community Sport and Physical Activity Hubs in disadvantaged areas</p> <p>Lead: SI</p> <p>Partners: HSE, Ireland Active, LAs, LSPs, NGBs, schools</p>	<p>A Community Sports and Physical Activity Hub (CSH) is a collective of progressive sports clubs and other local organisations that want to work together to improve the sport offered in their local community. A hub will provide information, support and advice on a wide range of sports and physical activities to make it easier for people in disadvantaged areas to get involved and engage in a more active and healthier lifestyle. The overall aim of a CSH is to increase the number of people of all ages participating in sport and physical activity in their communities, with a specific focus on adolescents / young people.</p> <p>Hubs are developed under a framework of four pillars: Providing the Pathway, Well Trained People, Strong Organisations and Quality Facilities.</p> <p>In 2020, an additional 12 CSHs were approved for support, bringing the total number of such Hubs nationwide to 49 at the end of 2020.</p> <p>Sport Ireland has completed two evaluations of the CSH's one of the 9 original Phase 1 hubs first invested in 2015 and one of the following 18 Phase 2 and 3 hubs originally invested in 2016 and 2017. The findings of these evaluations conclude that community sports hubs lead to:</p> <ol style="list-style-type: none"> 1. increased access to sport and physical activity opportunities, delivered in welcoming and safe environments to people that face multiple disadvantages; 2. improved links between local organisations; 3. enhancement in skills and capacities and, anecdotally; 4. Improved health and social outcomes for people. <p>Additionally, through our core investment in LSP staff and operating costs we provide the organisational infrastructure through which Slaintecare projects, such as the Slaintecare Healthy Communities project can be delivered. Sport Ireland programme funding has also established the local partnerships and social capital which optimise delivery of health promoting physical activity programmes. Slaintecare applications are made and managed by individual LSPs based on local needs.</p>	<p>In 2021 Sport Ireland intends on providing investment for a further 10 Community Sports Hubs.</p> <p>In 2021 Sport Ireland will continue to provide core investment to LSPs, who will deliver on health promoting physical activity programmes in disadvantaged areas.</p>

Action Area Six: Sport and Physical Activity in the Community

NPAP Action and Roles	Activity 2020	HIGH LEVEL Activity Planned 2021
<p>Action 42</p> <p>Include actions that promote increased levels of physical activity in all Local Economic and Community Plans</p> <p>Lead: LCDCs, LAs, LGMA</p> <p>Partners: HSE, LSPs, community representatives</p>	<p>Sport Ireland provided LSPs with advocacy pillars to assist LSPs in preparing submissions during the County Development Plan Review process. As county development plans renew at different times LSP's will engage with Sport Ireland to allow Sport Ireland to support their submissions.</p> <p>The Healthy Ireland Framework 2013-2025 supports Government's response to Ireland's changing health and wellbeing profile. LCDCs are the administrating partner for Healthy Ireland. Through the Healthy Ireland Fund, a number of projects with physical activity elements continue to be progressed through the LCDCs. A number of campaigns have been run in 2020 which included the Keep Fit campaign.</p> <p>14 survey respondents provided details of actions that promote increased levels of physical activity in Local Economic and Community Plans. Events and promotional campaigns have been implemented in collaboration with a wide range of stakeholders including Sports Partnerships, Healthy Ireland, Foróige and sports clubs. Funding has been secured by local authorities through, for example, the Sports Inclusion Development Programme. Further details on the responses are available if required.</p>	<p>Sport Ireland will support Local Authorities and the network of LSPs in the development of Local Sports Plans in line with Action 8 of the National Sports Policy.</p> <p>Sport Ireland will continue to assist LSP's in preparing submissions for county development plans.</p> <p>DRCD/DHLGH are currently drafting the Local Economic and Community Plan guidelines for the next round of LECPs. This will include reference to the NPAP in order to support full consideration of the NPAP when developing the LECP at a local level</p> <p>In 2021 there will be a continued effort to deliver actions that promote increased levels of physical activity in all Local Economic and Community Plans.</p> <p>A Healthy Ireland Strategic Action Plan, mapping out priority actions for the second half of the HI Framework, was published in Q2, 2021</p>
<p>Action 43</p> <p>Rollout a new Active Communities Walking Programme in all LSP areas and support over 500 new active community walking groups around the country under the Get Ireland Walking programme</p> <p>Lead: SI</p> <p>Partners: Age & Opportunity, Arthritis Ireland, GAA, HSE, IHF, Ireland Active, LAs, LSPs, Mountaineering Ireland</p>	<p>Sport Ireland provided €125,000 in Dormant Account funding and provided strategic oversight to support Get Ireland Walking to continue with the expansion of a number of Community Walking Projects. These include a Schools Walking Project, a Woodlands for Health Walking Programme, Waterways for Health, and a walking programme for older men, within the Men's Shed's initiative.</p> <p>Through the work of Get Ireland Walking, there were 52 Active Community Walking groups registered for the Active Community Waking Programmes throughout the LSP network in 2020. Unfortunately, these programmes were postponed due to the Covid-19 pandemic, however Get Ireland Walking continued to support the 1,958 registered walking groups and clubs.</p>	<p>Sport Ireland support Local Authorities and the network of LSPs in the development of Local Sports Plans in line with Action 8 of the National Sports Policy.</p> <p>In 2021, Get Ireland Walking will continue to support walking clubs and groups in Ireland while supporting the development of new community walking groups.</p>

Action Area Six: Sport and Physical Activity in the Community

NPAP Action and Roles	Activity 2020	HIGH LEVEL Activity Planned 2021
<p>Action 44</p> <p>Implement and support participation programmes with a focus on disadvantaged communities</p> <p>Lead: DTCAGSM, SI</p> <p>Partners: Community development groups, HSE, LCDCs, LSPs, NGBs</p>	<p>In 2020, Sport Ireland invested €875,500 to maintain the full network of 29 CSDOs. Sport Ireland will continue to develop and deliver education and training opportunities for both professionals and volunteers involved in the development of infrastructure to support physical activity in the outdoors in 2020.</p> <p>Sport Ireland increased LSP programme investment to €1.13M to develop, expand and rollout evidence informed projects targeting communities of disadvantage.</p> <p>Sport Ireland invested a further €7,115,000 of Dormant Account funding in communities of disadvantage to deliver 49 Community Sports Hubs, 15 Urban Adventure Initiatives, Volunteer Supports, Youth Leadership, NGB programmes, Get Ireland Walking, Running, Swimming and Cycling programmes.</p> <p>LCDCs are groups established in each local authority area and draw on the expertise and experience of public and private people and organisations in each local authority area.</p> <p>The purpose of the LCDC is to develop, co-ordinate and implement a coherent and integrated approach to local and community development.</p> <p>LCDC promote meaningful citizen and community engagement in the planning and evaluation of development programmes.</p> <p>LCDCs manage the Social Inclusion and Community Activation Programme (SICAP) at a local level with support from Local authorities and actions are delivered by Local Development Companies (LDCs).</p> <p>Local Economic and Community Plan (LECP) is an important element of the local planning process detailed in the Local Government Reform Act 2014 and is linked with broader national and regional planning processes. The LECP sets out the objectives and actions that will be needed to promote the economic, local and community development of the relevant area, both by the Local Authority directly and in partnership with other relevant economic and community development stakeholders.</p>	<p>In 2021, Sport Ireland will invest €945,000 to maintain the full network of 29 CSDOs.</p> <p>Sport Ireland increase LSP programme investment to €2.16M to develop, expand and rollout evidence informed projects targeting communities of disadvantage.</p> <p>Support for participation and engagement is a significant theme of the five year strategy to support the community and voluntary sector a cross governmental strategy being led by DRCD.</p> <p>A full public consultation will be undertaken by each LA to support the development of the next iteration of LECPs.</p> <p>Dormant account funding has been secured for the development of toolkits for Local Authorities who are involved in the LECP process to assist marginalised communities to engage fully with the process.</p>

Action Area Six: Sport and Physical Activity in the Community

NPAP Action and Roles	Activity 2020	HIGH LEVEL Activity Planned 2021																								
<p>Action 45</p> <p>Develop a physical activity for health culture in Ireland through the development of new Get Ireland Running, Get Ireland Cycling, Get Ireland Swimming initiatives</p> <p>Lead: SI</p> <p>Partners: Athletics Ireland, Cycling Ireland, DTCAGSM, HSE, Ireland Active, LAs, LSPs, Swim Ireland</p>	<p>In 2020, Sport Ireland increased its core funding investment in all three governing bodies</p> <ul style="list-style-type: none"> • Athletics +€50K • Swimming +€40K • Cycling +€70K <p>In addition all three sports received additional funding under Women in Sport, Healthy Ireland and Dormant Accounts.</p> <ul style="list-style-type: none"> • Athletics +€56,500 in DAF & +€50k in HI • Swimming +€121,750 in DAF & + €5k in HI • Cycling +€50k in DAF <p>See full breakdowns below.</p> <table border="1" data-bbox="411 808 1109 1140"> <thead> <tr> <th></th> <th>Athletics Ireland</th> <th>Swim Ireland</th> <th>Cycling Ireland</th> </tr> </thead> <tbody> <tr> <td>Core</td> <td>€1,000,000</td> <td>€950,000</td> <td>€420,000</td> </tr> <tr> <td>Women In Sport</td> <td>€75,000</td> <td>€75,000</td> <td>€50,000</td> </tr> <tr> <td>Dormant Accounts Fund</td> <td>€156,500</td> <td>€221,750</td> <td>€150,000</td> </tr> <tr> <td>Healthy Ireland</td> <td>€120,000</td> <td>€120,000</td> <td>€110,000</td> </tr> <tr> <td>Total</td> <td>€1,351,500</td> <td>€1,366,750</td> <td>€730,000</td> </tr> </tbody> </table> <p>For 2020 the Combined Membership Rates for these Sports sits at 102,000 members up from 49,000 in 2010 and 87,000 in 2015.</p>		Athletics Ireland	Swim Ireland	Cycling Ireland	Core	€1,000,000	€950,000	€420,000	Women In Sport	€75,000	€75,000	€50,000	Dormant Accounts Fund	€156,500	€221,750	€150,000	Healthy Ireland	€120,000	€120,000	€110,000	Total	€1,351,500	€1,366,750	€730,000	<p>The Get Ireland Running, Cycling and Swimming initiatives to be supported in 2021</p>
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<p>Action 46</p> <p>Strengthen and enhance the capacity of the LSPs to further develop locally led plans and more long-term sustainable physical activity programmes</p> <p>Lead: DTCAGSM, SI</p> <p>Partners: FIS, HSE, Ls, LSPs, NGBs</p>	<p>In 2020, a total of €8.3m of core funding was invested by Sport Ireland in the national network of 29 LSPs. Every LSP now has a minimum of four core staff, a coordinator, an administrator, a sports inclusion disability officer and a community sports development officer. Many LSPs have additional officers operating to develop physical activity opportunities in their communities.</p> <p>Additionally, in 2020 Sport Ireland Invested 4.2M of Dormant Account funding in the network of LSPs.</p> <p>Sport Ireland representatives met individually with all 29 LSPs in 2019, the insights from these site visits were analysed and in 2020 the CSDO and SIDO reports were created. These reports will inform the long-term sustainable development on the local sports partnerships.</p> <p>Sport Ireland invested an additional 1.9M in the LSP network to roll out programmes and grant schemes in response to the COVID-19 Pandemic. The COVID 19 Club Small Grant Scheme was designed by Sport Ireland to reduce the risk of COVID-19 infection in club and community sports settings. The fund was developed to support clubs, which may not have the finances to implement COVID-19 related hygiene and social distancing protocols. The Restart and Renewal Programme fund aimed to promote and develop new programmes that can advance sport and physical activity in the COVID-19 public health era.</p>	<p>Sport Ireland will invest €1,295,000 to employ additional officers across the LSP Network</p> <p>Sport Ireland will employ an evaluation manager to support the development of evidence based investment.</p> <p>Sport Ireland will invest €9.2m of core funding in the network of LSPs in 2021. Subject to departmental approval Sport Ireland expect to invest up to €1.8 m of Dormant Account Funds in the LSP network in 2021.</p> <p>Sport Ireland will provide extensive training and make specific investments to support best practice in the governance policies and practices of the LSP network.</p>																								

Action Area Six: Sport and Physical Activity in the Community

NPAP Action and Roles	Activity 2020	HIGH LEVEL Activity Planned 2021
<p>Action 47</p> <p>Continue to support the work of the National Governing Bodies of sport in implementing programmes to promote physical activity</p> <p>Lead: DTCAGSM, SI</p> <p>Partners: FIS, HSE, LAs, LSPs, NGBs</p>	<p>In 2020, a total of €13.8 million was allocated by Sport Ireland in Core Funding to nearly 60 National Governing Bodies of Sport. This investment contributes to the sustainable development of these sports bodies and assists in particular the structures necessary to facilitate increased numbers of both participants in physical activity and volunteers across the sports concerned.</p> <p>Since 2016, Sport Ireland has invested specifically in a range of NGB programmes related to both actions 47, 48 and 49 of the NPAP through the Dormant Accounts Fund.</p> <p>2016 - 11 NGBs received funding totalling €325,000</p> <p>2017 - 20 NGBs received funding totalling €484,000</p> <p>2018 - 28 NGBs received funding totalling €708,000</p> <p>2019 - 21 NGBs received funding totalling €765,000</p> <p>2020 - 26 NGBs received funding totalling €1,070,000</p>	<p>The work of the NGBs will continue to be supported in 2021</p>
<p>Action 48</p> <p>Develop programmes to address transitions and drop out from physical activity and sport</p> <p>Lead: SI</p> <p>Partners: DTCAGSM, FIS, HSE, LAs, LSPs, NGBs</p>	<p>In 2020, a total of €13.8 million was allocated by Sport Ireland in Core Funding to nearly 60 National Governing Bodies of Sport. This investment contributes to the sustainable development of these sports bodies and assists in particular the structures necessary to facilitate increased numbers of both participants in physical activity and volunteers across the sports concerned.</p> <p>Since 2016, Sport Ireland has invested specifically in a range of NGB programmes related to both actions 47, 48 and 49 of the NPAP through the Dormant Accounts Fund.</p> <p>2016 - 11 NGBs received funding totalling €325,000</p> <p>2017 - 20 NGBs received funding totalling €484,000</p> <p>2018 - 28 NGBs received funding totalling €708,000</p> <p>2019 - 21 NGBs received funding totalling €765,000</p> <p>2020 - 26 NGBs received funding totalling €1,070,000</p> <p>In order to reduce the risk of drop-out from sport in the face of COVID-19. Sport Ireland rolled out the The Restart and Renewal Programme fund which aimed to promote and develop new programmes that can advance sport and physical activity in the COVID-19 public health era. The fund was spent on new programmes or areas, which have not previously received funding in 2020.</p> <p>The following organisations received programme funding through this fund:</p> <ul style="list-style-type: none"> • Local Sports Partnerships €449,905 • Age and Opportunity €40,000 • Ireland Active €75,000 	<p>Continued development, expansion and rollout of suitable projects subject to securing funding.</p> <p>Sport Ireland will launch a Girls Get Active Hackathon which aims to leverage the ideas and passion of the public to promote sport and physical activity among teenage girls and gather ideas to inform a number of pilot programmes targeted specifically at this cohort.</p>

Action Area Six: Sport and Physical Activity in the Community

NPAP Action and Roles	Activity 2020	HIGH LEVEL Activity Planned 2021
<p>Action 49</p> <p>Extend existing and developing programmes for physical activity for people with disabilities and their families to enhance and deliver a comprehensive health and wellbeing programme</p> <p>Lead: HSE</p> <p>Partners: All Stakeholders</p>	<p>In 2020, Sport Ireland invested €916,500 to maintain the network of Sports Inclusion Disability Officers (SIDOs) in all 29 LSPs, delivering on Action 12 of the National Sport Policy. These SIDOs are aligned with the Sport Ireland Policy on Participation in Sport by People with Disabilities and will provide a focused support for participation in sport by people with disabilities. Sport Ireland invested an additional €180,000 of Dormant Account funding in 21 Sports Inclusion Disability Capital Projects delivered through the LSPs.</p> <p>Sport Ireland invested €270,000 in CARA to deliver on key objectives for the Sport Ireland Policy on Participation in Sport by People with Disabilities including delivery national training initiatives through LSPs and NGBs, development of a national Fit for All Initiative in conjunction with Ireland Active and the LSP network, promoting the National Sports Inclusion Disability Charter, targeting LSPs, NGBs and Clubs, delivery of the National Inclusion Seminar and Awards.</p> <p>Sport Ireland invested €1,798,000 of Core Funding in Disability Sport NGBs including Special Olympics Ireland, Irish Wheelchair Association-Sport, Vision Sports Ireland and Deaf Sports Ireland.</p> <p>The ASF criteria offer flexibility to special schools to ensure that they can engage with the process. An ASF webinar was organised in October 2020 to support schools wishing to engage with the process. This was delivered by a member of the ASF team and a PDST PE associate with expertise in this area.</p> <p>ASF Criteria – INCLUSIVITY</p> <p>Our school ensures that all PE activities are planned so that they are accessible by all pupils</p> <p>Our school ensures that all physical activities are planned so that they are accessible by all pupils</p> <p>Our school ensures that all Active School Week activities are planned so that they are accessible by all pupils</p> <p>Our school emailed the Local Sports Partnership to find out about opportunities for young people, of all abilities, and their families to get active in their local community</p> <p>Our school emailed the local Sports Inclusion Disability Officer to find out about how we can become more inclusive as a school in terms of the PE and physical activity opportunities that we offer</p>	<p>Continued development, expansion and rollout of suitable projects subject to securing funding. Specifically Sport Ireland will work with NGBs & LSPs in the development and delivery of disability sports projects. Collaboration with the LSP SIDO network will be encouraged, and to facilitate these partnerships Sport Ireland will host virtual meetings with LSP and NGB development staff to look at best practice examples. NGBs are encouraged to link in with Cara when developing disability specific initiatives also</p> <p>The support webinar will be organised again in 2021 and ASF will continue to support special schools as required</p>

Action Area Seven: Research, Monitoring and Evaluation

NPAP Action and Roles	Activity 2020	HIGH LEVEL Activity Planned 2021
<p>Action 50</p> <p>Establish a systematic, regular and long-term national surveillance system to monitor physical activity levels in each of the target groups, including key performance indicators aligned with Healthy Ireland</p> <p>Lead: DH, DTCAGSM</p> <p>Partners: HSE, LAs, LSPs, NGBs, SI, Universities</p>	<p>Through the Children’s Sport Participation and Physical Activity Study (CSPPA) and the Irish Sports Monitor (ISM) studies, Sport Ireland is contributing towards an understanding of the sport and physical activity behaviours among children and adults in Ireland.</p> <p>The ISM was administered during 2019 to almost 8,500 adults aged 16+ and looks at their active and social participation in sport, as well as their participation in recreational walking, walking for transport, and cycling for transport. As such, the ISM is the largest ongoing survey of sport and physical activity behaviour in Ireland. The main report was launched September 2020 and can be found here: https://www.sportireland.ie/sites/default/files/media/document/2020-09/irish-sports-monitor-2019-report-lower-res.pdf</p> <p>The CSPPA 2018 study was the first all-island study to examine participation in sport, physical education, physical activity and sedentary behaviour, as well as the correlates and determinants of these behaviours among children and young people aged 10 – 18. Over 6, 600 children from the island took part in the study, the first report from which was published in September 2019. It is available at https://www.sportireland.ie/sites/default/files/2019-10/csppa-2018-final-report_1.pdf</p> <p>The next wave of the CSPPA study was to be undertaken in 2021 with the tendering process completed in 2020. Due to Covid-19 implications impacting schools the next wave has been deferred to 2022.</p> <p>Healthy Ireland supports the Healthy Ireland Survey, last published in late 2019, and the Health Behaviours in School Aged Children Study (various outputs from the 2018 Wave was published in 2020 and 2021). Both include physical activity in the health behaviours monitored as part of these surveys. Additional data from TILDA (over 50s), Growing Up In Ireland and the Irish Health Survey/EHIS are also considered in terms of drawing conclusions around the levels of physical activity and sport participation amongst people living in Ireland.</p>	<p>The next iteration of the ISM will be undertaken in 2021, with mid-year interim findings to be shared Q3/Q4.</p> <p>Tendering for the 2022 CSPPA study will be undertaken Q2 2021, with the study to begin preparation in Q3 2021; fieldwork will take place in 2022</p> <p>The HBSC Study will be re-tendered in Q3-4, 2021, for the 2022-2026 4 year cycle</p> <p>The Healthy Ireland Survey has been adapted for phone interviewing (CATI) as a result of the Covid-19 pandemic and infection control concerns; the next Wave will be published in Q4, 2021.</p>
<p>Action 51</p> <p>Establish a set of baseline figures on physical activity and sedentary levels for each of the target groups</p> <p>Lead: DH, DTCAGSM</p> <p>Partners: HSE, LAs, LSPs, NGBs, Universities, SI</p>	<p>The ISM, CSPPA and wider population health studies and Surveys, referenced above, provide a range of high level indicators on participation in sport and physical activity and sedentarism, which have been adopted as reference points for the National Physical Activity Plan and the National Sports Policy 2018 – 2027.</p> <p>In 2020 Sport Ireland rolled out population monitoring surveys from March to September 2020 to understand the impact of the COVID 19 pandemic on Sport and Physical Activity. Three COVID 19 reports on Sport and Physical Activity levels were published in 2020 and are available at: https://www.sportireland.ie/news/four-out-of-five-adults-make-physical-activity-part-of-weekly-routine</p> <p>These provide an excellent overview of the effects of the pandemic on PA participation; one of the incidental findings towards the beginning of the pandemic, when restrictions were significant, was that working from home and reduction in commuting time may have had a positive effect on the ability of people to get out and be active - at one point, 51% of people were meeting the national physical activity guidelines</p>	

Action Area Seven: Research, Monitoring and Evaluation

NPAP Action and Roles	Activity 2020	HIGH LEVEL Activity Planned 2021
<p>Action 52 Establish a research programme to inform policies aimed at improving physical activity levels in each of the target groups</p> <p>Lead: DH, DTCAGSM Partners: HSE, LAs, LSPs, NGBs, Universities, SI</p>	<p>In 2019, the ESRI, on behalf of Sport Ireland, delivered two interventions in real life settings (targeting mothers of pre-school children and 6th year pupils respectively) seeking to use behavioural insights to increase participation in sport and physical activity among individuals from lower socio-economic groups. These interventions were developed following a rapid review of the relevant literature which has been published by Sport Ireland. Learnings from the two interventions were communicated to relevant stakeholders particularly the Local Sports Partnerships.</p> <p>Building on the 2019 learnings an additional tender was offered by Sport Ireland focusing on Behavioural Science to Sport and Physical Activity in Disadvantaged Communities. The tender has been awarded to The Behaviouralist and project work began December 2020.</p>	<p>Additional research interventions focusing on behavioural insights is underway with project completion in December 2021.</p>
<p>Action 53 Develop a national database for sharing examples of quality evidence-based practice and programmes</p> <p>Lead: DH Partners: DTCAGSM, HSE, LAs, LSPs, NGBs, Universities, SI</p>	<p>Through the roll out of a systemic evaluation protocol, Sport Ireland have developed a comprehensive database which captures the effectiveness of large numbers of physical activity programmes and initiatives across a broad range of demographic cohorts, environments, seasons and geographic locations. We currently have systemic self-report measures (M1) on levels of participation in Sport and Physical Activity data for over 5,000 participants of LSP and NGB initiatives.</p> <p>The Sport Ireland website now hosts and promotes a large variety of sport and physical activity programmes and resources from around the country which target specific demographics of the population. These Be Active resources have been categorised under Inclusive, Older Adults, Families, Adults and Teenagers. There are also specific programmes and resources for walking, jogging and running. https://www.sportireland.ie/covid19/be-active-resources .</p>	<p>Sport Ireland will continue to expand the Systemic Evaluation database in 2021 with the aim of capturing impact data for thousands of individuals across a large variety of programmes and locations.</p>

Action Area Seven: Research, Monitoring and Evaluation

NPAP Action and Roles	Activity 2020	HIGH LEVEL Activity Planned 2021																
<p>Action 54 Develop an SEF for publicly funded programmes designed to increase physical activity levels</p> <p>Lead: DH Partners: DTCAGSM, HSE, LAs, LSPs, NGBs, Universities, SI</p>	<p>The Irish Physical Activity Research Collaboration (I-PARC) commenced in September 2018 as a collaboration involving researchers, policy makers and practitioners to share findings and drive progress around efforts to increase physical activity levels throughout the population. The project also seeks to develop a Standard Evaluation Framework to assess the effectiveness of interventions designed to increase physical activity levels. Sport Ireland has continued to engage as a key partner in the project in 2020.</p> <p>iPARC has also been able to make a significant impact in terms of cross-sectoral engagement, linking policy makers with practitioners and both national and international experts in the fields of sports science, physical activity and public health. The iPARC conference was held in Dublin in January 2020, prior to the commencement of Covid-19 restrictions in March, 2020.</p> <p>Sport Ireland’s evaluation team delivered a number of M1 training session to LSPs and NGBs in 2020. The training took place on Zoom and focused on how the funded bodies could use the single item question (M1) to measure the impact of their work on levels of physical activity. This included a learnings workshop for funded bodies to share their M1 experiences to date, to learn best practices from one another, what has worked well and the challenges faced in implementing and collecting M1 data.</p> <p>Sport Ireland continue to receive M1 data on an ongoing basis from LSPs and a number of other funded bodies. This data gives us a better indication of what works for whom in terms of LSP and NGB participation programmes. To date we have received M1 data for over 5,000 participants at registration. We have received 3 month follow up data for almost 1,600 of these participants, which is illustrated in the visualisation below. The data indicates that LSP programmes are sustainably moving participants from inactivity to greater levels of activity. In 2020, the evaluation unit began the development of M1 dashboards using a data visualisation software.</p>  <table border="1" data-bbox="416 1406 1093 1534"> <thead> <tr> <th></th> <th>Registration</th> <th>Post</th> <th>3 Month</th> </tr> </thead> <tbody> <tr> <td>0-1 day inactive</td> <td>18%</td> <td>8%</td> <td>11%</td> </tr> <tr> <td>2-4 days somewhat active</td> <td>54%</td> <td>54%</td> <td>49%</td> </tr> <tr> <td>5+ days active</td> <td>28%</td> <td>38%</td> <td>40%</td> </tr> </tbody> </table>		Registration	Post	3 Month	0-1 day inactive	18%	8%	11%	2-4 days somewhat active	54%	54%	49%	5+ days active	28%	38%	40%	<p>Sport Ireland expects to be able to integrate the IPARC SEF into its existing evaluation systems post the official release of the document in 2021.</p> <p>Sport Ireland will continue developing its expertise and capacity in evaluation to continue rolling out systemic monitoring and project evaluations of LSP and NGB projects in 2021 and will aim to publish the M1 dashboard on to Sport Ireland’s website by the end of 2021.</p> <p>iPARC has moved to management by Sport Ireland and UL, supported by DH and DTCAGSM, following the completion of the HRB APA award in mid 2021. The iPARC conference was held online in January 2021</p>
	Registration	Post	3 Month															
0-1 day inactive	18%	8%	11%															
2-4 days somewhat active	54%	54%	49%															
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<p>Action 55 Conduct research into the economic costs of inactivity in Ireland/benefits of investment in physical activity as a preventative strategy</p> <p>Lead: DH Partners: DTCAGSM, HSE, LAs, LSPs, NGBs, Universities, SI</p>	<p>In 2020 Sport Ireland commissioned Sheffield Hallam University to research and assess the economic, health and social value of Sport in Ireland.</p>	<p>Project work will complete Q2 2021 with learnings to be shared.</p>																

Action Area Eight: Implementation through partnership

NPAP Action and Roles	Activity 2020	HIGH LEVEL Activity Planned 2021
<p>Action 56 Establish a cross-sectoral group to oversee the implementation of the Plan</p> <p>Lead: DH, DTCAGSM Partners: DCEDIY, DHLGH, DE, FIS, HSE, LAs, SI, academic institutions, all stakeholders</p>	<p>The Implementation Group met twice in 2020, bringing total IG meetings to 15 by the end of the year. A Progress Report for 2019 was published and is available on the Healthy Ireland website at: file:///C:/Users/brosnanp/Downloads/124428_311fa0ea-6dc6-4e8b-9511-6b39a33d2c78%20(3).pdf</p>	<p>The Implementation Group will continue to meet in 2021.</p>
<p>Action 57 Identify existing resources across all sectors that support physical activity</p> <p>Lead: DH, DTCAGSM Partners: All stakeholders</p>	<p>Data with regard to Physical Education facilities in post-primary schools was collected through the October Returns by the DE in October 2020.</p> <p>Work continues on the Sport Ireland Facilities Database, supported by SI and HI</p>	<p>This data will be linked with the GIS mapping system.</p>
<p>Action 58 Explore new public and private funding and investment mechanisms for organisations promoting physical activity and sport</p> <p>Lead: DH, DTCAGSM Partners: All stakeholders</p>	<p>In 2020, Sport Ireland invested €8.3m of Core Funding in LSPs and €13.8m of Core funding in NGBs (excluding High Performance investment). Sport Ireland secured Dormant Account Funding to invest a further €4.2m in LSPs and €2.3m in NGBs in 2020. Sport Ireland also invested an additional €607,605 in the Age and Opportunity Go For Life Programme and €270,000 in Cara. Sport Ireland are involved in the SHARE project, focussing on how funding for innovations in sport and PA can be accessed through the ESIF</p> <p>The Healthy Ireland Fund supported physical activity in 2020, providing €655,000 to Sport Ireland for the progression of national physical activity participation initiatives. HI Funding of €270,000 was also provided in co-funding for the Department of Education led Active School Flag programme, with significant amounts of the Local Strand of the HI Fund channelled to Local Authorities through LCDCs and CYPSCs. Many of the projects funded through this Strand had a focus on physical activity.</p> <p>Physical activity, sport and maintaining activity were included as a significant focus in both the In this Together and Keep Well Covid-19 resilience campaigns, with online resources for maintaining activity levels available through the Healthy Ireland and Sport Ireland websites. €1.8M in funding was provided to Sport Ireland for provision of supports through Keep Well, provided through the Healthy Ireland Fund and Sláintecare. Keep Well ran from October, 2020 to June 2021, providing vital resources for population resilience during what proved to be one of the most challenging times in the pandemic.</p>	<p>Sport Ireland will invest €9.8m of Core Funding in LSPs and €14m in NGBs. Sport Ireland has secured €10M of Dormant Account investment for 2021. Sport Ireland will continue to invest in Go For Life and Cara.</p> <p>Healthy Ireland will provide €800,000 in core funding to Sport Ireland to support participation initiatives, with additional citizen engagement campaigns also under consideration.</p>

Action Area Eight: Implementation through partnership

NPAP Action and Roles	Activity 2020	HIGH LEVEL Activity Planned 2021
<p>Action 59 Develop a programme of on-going stakeholder communication and engagement to ensure delivery of the Plan including an annual stakeholder engagement forum</p> <p>Lead: DH, DTCAGSM Partners: All stakeholders</p>	<p>Sport Ireland organised several LSP engagements in 2020 to support LSPs in the delivery of the NPAP and NSP objectives:</p> <p>Sport Ireland have held a number of meetings throughout the year, virtually and in person. Prior to the lockdown, Sport Ireland held a national coordinator meeting in person. Since March, Sport Ireland has held a number of online meetings via Zoom to address specific issues with the LSPs. Since November 2020, the Sport Ireland LSP team have held biweekly coordinator meetings with all coordinators. In these meetings, any relevant issues are discussed and LSPs are encouraged to bring up any items which they would like to discuss.</p> <p>Sport Ireland held CSDO and SIDO networking days virtually in July 2020 with a focus on cross collaboration projects.</p>	<p>Sport Ireland will continue to host bi-weekly meeting with the LSP Coordinators.</p> <p>Sport Ireland will hold CSDO and SIDO networking days virtually in the summer of 2021.</p>
<p>Action 60 Carry out a review of the targets and actions of this Plan three years following publication</p> <p>Lead: DH, DTCAGSM Partners: All stakeholders</p>	<p>This action was delayed due to Covid 19 in 2020 and will be progressed in 2021. The NPAP IG have agreed to extend the NPAP until at least the end of 2021.</p>	<p>Tender to be issued and a contract awarded for review to be carried out in 2021-2022.</p>

Appendix 2

Glossary of Acronyms and Abbreviations

Acronym	Definition
ASF	Active School Flag
ATT	Active Travel Towns
CARA	Organisation promoting active and healthy lifestyles for people with disabilities
CarePALS	Physical activity leaders working in a care home setting
CPD	Continuing Professional Development
CHO	Community Health Organisation
CSDO	Community Sports Development Officers
CSPPA	Children's Sport Participation and Physical Activity Survey
CSPA	Community Sport and Physical Activity Hub
CYPP	Children and Young People's Plan
CYPSC	Children's and Young People's Service Committees
DAF	Dormant Account Funding
DAFM	Dept. of Agriculture, Food and the Marine
DAHG*	Dept. of Culture, Heritage and the Gaeltacht (from Q2, 2020, Department of Tourism, Culture, Arts, Gaeltacht, Sport and Media; DTCAGSM)
DBEI*	Dept. of Business, Enterprise and Innovation (from Q2, 2020, Department of Enterprise, Trade and Employment, DETE)
DCCA*	Dept. of Communications, Climate Action and the Environment (from Q2, 2020, Department of Environment, Climate and Communications; DECC).
DCYA*	Dept. of Children and Youth Affairs (from Q2, 2020, Department of Children, Equality, Disability, Integration and Youth; DCEDIY)

Acronym	Definition
DES	Dept. of Education and Skills (from Q2 2020, Dept. of Education; DE)
DEIS	Delivering Equality of Opportunity in Schools, the Action Plan for Educational Inclusion
DH	Dept. of Health
DHPLG*	Dept. of Housing, Planning and Local Government (from Q2, 2020, Department of Housing, Local Government and Heritage (DHLGH))
DMURS	Design Manual for Urban Roads and Streets
DTTAS*	Dept. of Transport, Tourism and Sport (split in Q2, 2020, now Dept. of Transport, DT and Department of Tourism, Culture, Arts, Gaeltacht, Sport and Media; DTCAGSM)
DRCD	Dept. of Rural and Community Development
EHIS	European Health Information System
EWOS	European Week of Sport
FIS	Federation of Irish Sport
FMS	Fundamental Movement Skills
GAA	Gaelic Athletic Association
GIS	Get Ireland Swimming
GIW	Get Ireland Walking
GUI	Growing Up in Ireland
HaPAI	Healthy and Positive Ageing Initiative
HBSC	Health Behaviours in School Age Children
HEA	Higher Education Authority
HEI	Higher Education Institution

Acronym	Definition
HEPA PAT	Health Enhancing Physical Activity Policy Audit Tool
HI	Healthy Ireland
HISS	Healthy Ireland Smart Start
HRB	Health Research Board
HSA	Health and Safety Authority
HSE	Health Service Executive
HP&I	Health Promotion and Improvement
ICGP	Irish College of General Practitioners
IHF	Irish Heart Foundation
IMSA	Irish Men's Sheds Association
IPI	Irish Planning Institution
IPPEA	Irish Primary PE Association
ISCP	Irish Society of Chartered Physiotherapists
IRFU	Irish Rugby Football Union
IPH	Institute of Public Health
iPARC	Ireland's Physical Activity Research Collaboration
JC	Junior Certificate
JCT	Junior Cycle for Teachers
LA	Local Authority
LCDC	Local Community Development Committee
LCPE	Leaving Certificate Physical Education
LECP	Local Economic and Community Plan
LSP	Local Sports Partnership
MECC	Making Every Contact Count
MHC	Mental Health Commission
NPAP	Get Ireland Active!; the National Physical Activity Plan for Ireland
NCCA	National Council for Curriculum and Assessment
NDA	National Disability Authority

Acronym	Definition
NPF	National Planning Framework; Ireland 2040, Our Plan
NTA	National Transport Authority
NGB	National Governing Body of Sport (e.g. IRFU, GAA etc.)
NMBI	Nursing and Midwifery Board of Ireland
NUIG	National University of Ireland, Galway
OPAP	Obesity Policy and Action Plan
OSI	Ordnance Survey Ireland
PA	Physical Activity
PE	Physical Education
PEAI	Physical Education Association of Ireland
PDST	Professional Development Service for Teachers
PLC	Professional Learning Communities
QQI	Quality and Qualifications Ireland
RIAI	The Royal Institute of the Architects of Ireland
SEF	Standard Evaluation Framework
SI	Sport Ireland
SIDO	Sport Inclusion Disability Officer
SCPE	Senior Cycle Physical Education
SMT	Senior Management Team
SO	Special Olympics
SPHE	Social and Personal Health Education
SSI	Student Sport Ireland
STA	Smarter Travel Area
TILDA	The Irish Longitudinal Study on Ageing
ToR	Terms of Reference
UL	University of Limerick
URDF	Urban Regeneration Development Fund
WHO	World Health Organization

* The names of some Govt. Depts were changed in Q2, 2020, see above for details. New names are used for the 2020 summary (below).

