

# Schooling Children in Physical Activity

*Targeting School Break-times to tackle Childhood Obesity*



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The vast majority of school playgrounds in Ireland  
have been described as  
***‘flat, uninspiring pieces of tarmac...’***



The presence of permanent play equipment in Irish school playgrounds had a significant positive effect on the fitness levels of children

(Heneghan, 2013)



St. Conleth's Infant National School, Newbridge, County Kildare



St. Columbas National School, Cork



St. Audeons National School, Dublin



Gaelscoil Chaladh an Treoigh, Limerick



Concord Primary School, Dunedin, New Zealand





Lane Cove Primary School, Sydney



Ressun Peruskoulu Elementary School, Helsinki, Finland