



# ACTIVE SCHOOL

MORE SCHOOLS, MORE ACTIVE, MORE OFTEN

## ATHLETICS IRELAND

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### PRIMARY Schools - Programmes and Resources

**Irish Life Health School Mile Challenge (for 5<sup>th</sup> & 6<sup>th</sup> classes only)** - This event will provide a superb opportunity for your school to support an initiative to encourage children to get a taste of recreational participation in sport. Each school will organize the event during a school day; each participant will run or walk a mile. The time of every pupil taking part will be accurately timed and graded. They will be rewarded with a colored coded wrist band that correlates to the time they ran. The emphasis of the event is on **participation** but will also hope to promote running and walking as an excellent form of exercise. Click [here](#) for the details you need to know about the initiative and how to apply: <http://www.athleticsireland.ie/schools/schools-mile-challenge/>

**Athletics Leader Course** - Athletics Ireland run a series of training courses for those involved in coaching/teaching the 6 to 12 year olds. It is called the *Athletics Leader Course* and the participant will receive an Athletics Leader qualification. No previous athletic or coaching experience is required and this qualification is an ideal opportunity for teachers to up skill themselves. The Athletics Leader coaching course focuses on introducing the fundamentals of athletic movement to children, and gives teachers the skills needed to lead an Athletics Program in their school. <http://www.athleticsireland.ie/coaching/coach-education/athletics-leader>

**Little Athletics** – For further information visit <http://www.athleticsireland.ie/clubs/little-athletics>

**Autumn Coaching Course Dates and Venues**

## **POST PRIMARY Schools Programmes and Resources**

**Irish Life Health School Mile Challenge** - This event will provide a superb opportunity for your school to support an initiative to encourage teenagers to get a taste of recreational participation in sport. Each school will organize the event during a school day; each participant will run or walk a mile. The time of every pupil taking part will be accurately timed and graded. They will be rewarded with a colored coded wrist band that correlates to the time they ran. The emphasis of the event will be on **participation** but will also hope to promote running and walking as an excellent form of exercise. Please see the link for further information on how to apply:

<http://www.athleticsireland.ie/schools/schools-mile-challenge/>

**GloHealth Irish Schools' Competition Programme** - The Irish Schools' Athletic Association runs a full programme of events countrywide. Our programmes are fully inclusive. Please view the link for further information:

<http://www.athleticsireland.ie/schools>

**Athletics Coaching Courses for Teachers** - Athletics Ireland run a series of coaching courses for those involved in coaching/teaching teenagers.

- *Assistant Coach* – This is a one day course, it is an introduction to coaching in three key event areas, Running (Sprints and Endurance), Jumping (Long Jump) and Throwing (Shot Putt).
- *Level 1 Coaching Course* - This is over 2 weekends and will further develop the teacher's ability to develop the sports specific skills of athletics, learning the correct posture and movements of all the running, jumping and throwing events.

**Coaching Course Dates and Venues**