

CARLOW Schools

The following support is available to schools running **Active School Week** programmes. Keep an eye on the ASF website as more offers will issue between now and ASW

ACTIVITY	OFFERS/IDEAS	Target Groups	Dates of OFFER	CONTACT
ATHLETICS	Try the School Mile Challenge	Primary (5 th and 6 th class) and Post Primary schools	March - June	Anthony White schools@athleticsireland.ie
BADMINTON	ASW BADMINTON 5 Star Challenge. Why not try this FUN, easy to set up Badminton Challenge as part of your ASW programme?	Primary and Post Primary schools	March - June	Declan William Bennett declan.bennett4@mail.dcu.ie If your school would like to try out the challenge but does not have badminton equipment please email development@badmintonireland.com and we will try to arrange equipment on loan from your local club.
CYCLING	Sprocket Rocket CYCLING – FUN activities for the Playground	Primary Schools	March - June	Lawrence Salonen lawrence.Salonen@cyclingireland.ie

HOCKEY	<p><u>Hockey Skills Challenge</u></p> <p>Why not take on a Hockey Skills Challenge during Active School Week? This skills circuit is easy to run and easy to set up with FREE online resources available to support you every step of the way. To register visit http://hscregistrationschool.questionpro.com/</p>	<p>Primary and Post Primary schools</p>	<p>March - June</p>	<p>Sue Haslam Sue.haslam@hockey.ie</p>
KICKBOXING	<p><u>Carlow Kickboxing</u></p> <p>Free taster sessions for students, staff, TY programmes etc.</p>	<p>Primary and Post Primary schools</p>	<p>March - June</p>	<p>Jessie Burk Carlowkickboxing@gmail.com</p>
PITCH and PUTT	<p><u>Bagenstown Pitch & Putt Club</u></p> <p>Free use of facility & free coaching session</p>	<p>Primary and Post Primary schools</p>	<p>March - June</p>	<p>Patrick Robinson bagenstownpitchandputt@gmail.com</p>
SWIMMING	<p><u>SWIM for a MILE Challenge</u></p> <p>The mile (1,600m, 64 lengths of a 25m pool) can be completed individually or as a relay, during school swim lessons or at the local pool at a time that suits you. Certificates will be provided for all participants free of charge. Medals and swim hats are also available, at a small cost.</p>	<p>Primary and Post Primary schools</p>	<p>March - June</p>	<p>Carol Finlay participation@swimireland.ie (086) 838 4346</p>

TUG of WAR	Free Tug of War demonstration visit and option to purchase rope (€20)	Primary and Post Primary schools	March - June	Cathy O Toole ladiestugofwar2015@gmail.com
VOLLEYBALL	<p>SITTING Volleyball – Why not give this fast paced, entertaining and inclusive Paralympian sport a go? It's simple to set up and play.</p> <p>Take the 60 Seconds SITTING VOLLEYBALL Challenge</p>	Primary and Post Primary – suitable for able bodied and disabled players	March - June	Norma Mc Intyre east@volleyballireland.com (01) 6707165
WALKING	<p>Get Ireland Walking – Primary Schools Competition</p> <p>Get Ireland Walking (GIW) will award a trophy to the school that:</p> <ol style="list-style-type: none"> Designs the best walking route (to include 8 exercise stations) Covers the most distance walking during their ASW programme <p>Information Sheet</p>	Primary schools	Closing date – June 10 th	David Gaul david@getirelandwalking.ie