

## KILDARE 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 <a href="#">School Mile Challenge</a>	Primary (5 <sup>th</sup> and 6 <sup>th</sup> class) and Post Primary schools	March - June	Anthony White <a href="mailto:schools@athleticsireland.ie">schools@athleticsireland.ie</a>
BADMINTON	<a href="#">ASW BADMINTON 5 Star Challenge.</a>  Why not try this FUN, easy to set up Badminton Challenge as part of your ASW programme.	Primary and Post Primary schools	March - June	Fiach Andrews <a href="mailto:fandrews@badmintonireland.com">fandrews@badmintonireland.com</a>  If your school would like to try out the challenge but does not have badminton equipment please email <a href="mailto:development@badmintonireland.com">development@badmintonireland.com</a> and we will try to arrange equipment on loan from your local club.
CYCLING	<a href="#">Sprocket Rocket CYCLING</a> – Fun activities for the Playground	Primary Schools	March - June	Lawrence Salonen <a href="mailto:lawrence.Salonen@cyclingireland.ie">lawrence.Salonen@cyclingireland.ie</a>

<b>HOCKEY</b>	<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 <a href="http://hscregistrationschool.questionpro.com/">http://hscregistrationschool.questionpro.com/</a></p>	Primary and Post Primary schools	March - June	Sue Haslam <a href="mailto:Sue.haslam@hockey.ie">Sue.haslam@hockey.ie</a>
<b>KICKBOXING</b>	<p><u>Bushido Martial Arts, Leixlip</u></p> <p>Free taster classes for students, staff, TY programmes etc.</p>	Primary and Post Primary schools	March - June	Mark Smith <a href="mailto:Mark.smith@tusla.ie">Mark.smith@tusla.ie</a>
<b>KICKBOXING</b>	<p><u>Bushido Martial Arts, Celbridge</u></p> <p>Free taster classes for students, staff, TY programmes etc.</p>	Primary and Post Primary schools	March - June	David Carthy <a href="mailto:David.carthy@intel.com">David.carthy@intel.com</a>
<b>KICKBOXING</b>	<p><u>Bushido Martial Arts, Maynooth</u></p> <p>Free taster classes for students, staff, TY programmes etc.</p>	Primary and Post Primary schools	March - June	Roy Baker <a href="mailto:Roy.p.baker@icloud.com">Roy.p.baker@icloud.com</a>
<b>KICKBOXING</b>	<p><u>Bushido Martial Arts, Kilkock</u></p> <p>Free taster classes for students, staff, TY programmes etc.</p>	Primary and Post Primary schools	March - June	Roy Baker <a href="mailto:Roy.p.baker@icloud.com">Roy.p.baker@icloud.com</a>

<b>KICKBOXING</b>	<u>Bushido Martial Arts, Enfield</u> Free taster classes for students, staff, TY programmes etc.	Primary and Post Primary schools	March - June	James Bugle <a href="mailto:jbfitzone@gmail.com">jbfitzone@gmail.com</a>
<b>PITCH and PUTT</b>	<u>Athgarvan Pitch &amp; Putt Club</u> FREE use of facility FREE coaching session	Primary & Secondary schools	March - June	James Dunne <a href="mailto:Jdunne1905@gmail.com">Jdunne1905@gmail.com</a>
<b>SWIMMING</b>	<a href="#">SWIM for a MILE Challenge</a> 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.	Primary and Post Primary schools	March - June	Carol Finlay <a href="mailto:participation@swimireland.ie">participation@swimireland.ie</a> (086) 838 4346
<b>TUG of WAR</b>	Free Tug of War demonstration visit and option to purchase rope (€20)	Primary and Post Primary schools	March - June	Cathy O Toole <a href="mailto:ladiestugofwar2015@gmail.com">ladiestugofwar2015@gmail.com</a>
<b>ULTIMATE FRISBEE</b>	Experienced coach available to visit schools and to give an Introductory session. (a small fee may apply)	Primary and Post Primary schools	March - June	Dominick Smyth <a href="mailto:dominick@irishultimate.com">dominick@irishultimate.com</a>  Kevin Nolan <a href="mailto:kjpnolan@gmail.com">kjpnolan@gmail.com</a>

<b>VOLLEYBALL</b>	<p><a href="#">SITTING Volleyball</a> – 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 <a href="#">60 Seconds SITTING VOLLEYBALL Challenge</a></p>	<p>Primary and Post Primary – suitable for able bodied and disabled players</p>	<p>March - June</p>	<p>Norma Mc Intyre  <a href="mailto:east@volleyballireland.com">east@volleyballireland.com</a>  (01) 6707165</p>
<b>WALKING</b>	<p><a href="#">Get Ireland Walking – Primary Schools Competition</a></p> <p>Get Ireland Walking (GIW) will award a trophy to the school that:</p> <ol style="list-style-type: none"> <li>a. Designs the best walking route (to include 8 exercise stations)</li> <li>b. Covers the most distance walking during their ASW programme</li> </ol> <p><a href="#">Information Sheet</a></p>	<p>Primary schools</p>	<p>Closing date – June 10<sup>th</sup></p>	<p>David Gaul  <a href="mailto:david@getirelandwalking.ie">david@getirelandwalking.ie</a></p>