

## MAYO Schools

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

| ACTIVITY  | OFFERS/IDEAS   | Target Groups  | Dates of OFFER         | CONTACT  |
|-----------|--|--|------------------------|--|
| ATHLETICS | <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<br><a href="mailto:schools@athleticsireland.ie">schools@athleticsireland.ie</a>  |
| ATHLETICS | <a href="#">BALLINA Junior parkrun</a><br>Belleek Woods, Ballina   | 2km runs for juniors aged 4-14 years old                                     | Every Sunday at 9.30am | <a href="http://www.parkrun.ie/ballina-juniors/">http://www.parkrun.ie/ballina-juniors/</a><br>Children should register online (free) <i>in advance</i> <a href="http://www.parkrun.ie/register/">http://www.parkrun.ie/register/</a> to receive barcode and instructions  |
| BADMINTON | <a href="#">ASW BADMINTON 5 Star Challenge.</a><br><br>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<br><a href="mailto:fandrews@badmintonireland.com">fandrews@badmintonireland.com</a><br><br>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. |

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| <b>BOXING</b>     | <p><b><u>St Ann's Boxing Club, Westport</u></b></p> <p>FREE AND FUN Introduction to Your Local Boxing Club (Non-Contact Programme)</p> <p>Coaches available to give a FREE <i>non-contact</i> 'Introduction to Boxing' class on school premises</p>   | Primary and Post Primary schools  | March - June | Peter Mullen<br><a href="mailto:Biggerpeter@gmail.com">Biggerpeter@gmail.com</a><br>(087) 2414654               |
| <b>CYCLING</b>    | <p><a href="#">Sprocket Rocket CYCLING</a> – Fun activities for the Playground</p>  | Primary Schools   | March - June | Lawrence Salonen<br><a href="mailto:lawrence.Salonen@cyclingleland.ie">lawrence.Salonen@cyclingleland.ie</a>    |
| <b>HOCKEY</b>     | <p><b><u>HOCKEY Skills Challenge</u></b></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<br><a href="mailto:Sue.haslam@hockey.ie">Sue.haslam@hockey.ie</a>                                    |
| <b>KICKBOXING</b> | <p><b><u>Moy Valley Freestyle Martial Arts, Ballina</u></b></p> <p>FREE Taster session on school premises</p>   | Schools in North Mayo/South Sligo Primary, Secondary, Special Needs & TY Programmes | March - June | Ann Marie Thompson<br><a href="mailto:lackenthompsons@gmail.com">lackenthompsons@gmail.com</a><br>(086) 3792787 |

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| <b>SWIMMING</b>   | <p><a href="#">SWIM for a MILE Challenge</a></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. <i>Medals and swim hats are also available, at a small cost.</i></p>                          | Primary and Post Primary schools   | March - June                         | Carol Finlay<br><a href="mailto:participation@swimireland.ie">participation@swimireland.ie</a><br>(086) 838 4346 |
| <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>  | Primary and Post Primary – suitable for able bodied and disabled players | March - June                         | Norma Mc Intyre<br><a href="mailto:east@volleyballireland.com">east@volleyballireland.com</a><br>(01) 6707165    |
| <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> | Primary schools  | Closing date – June 10 <sup>th</sup> | David Gaul<br><a href="mailto:david@getirelandwalking.ie">david@getirelandwalking.ie</a>                         |