

SLIGO 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	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	Fiach Andrews fandrews@badmintonireland.com If your school would like to try out the challenge but does not have badminton equipment please e-mail 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 Shools	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://hsregistrationschool.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>Mugendo, Sligo</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>Michael Mc Dermot michaelsligomugendo@gmail.com</p>
SLIGO SPORTS PARTNERSHIP	<p>Youth Sport West Ag S��gradh le Ch��ile Girls Active Sports Events Cycle and Bike Week</p>	<p>Primary and Post Primary schools</p>	<p>March - June</p>	<p>Theresa Kilgannon Youth Sport Development Officer theresa@sligosportandrecreation.ie (071) 9161511</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>

TRIATHLON	<p><u>TRI-HEROES ASW Triathlon</u></p> <p>2 lengths swimming – 10 minutes cycling – 1 mile running. <i>Activities can be undertaken separately or as a combined multi-event, across 1 hour/1 day/1 week</i></p> <p>Find Out More ASW TRIATHLON certificate</p>	<p>Primary and Post Primary schools</p>	<p>March - June</p>	<p>Michael Black schools@triathlonireland.com TRI-HEROES School Programme</p>
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>	<p>Primary and Post Primary – suitable for able bodied and disabled players</p>	<p>March - June</p>	<p>Norma Mc Intyre east@volleyballireland.com (01) 6707165</p>
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"> a. Designs the best walking route (to include 8 exercise stations) b. Covers the most distance walking during their ASW programme <p>Information Sheet</p>	<p>Primary schools</p>	<p>Closing date – June 10th</p>	<p>David Gaul david@getirelandwalking.ie</p>

