



ACTIVE SCHOOL

MORE SCHOOLS, MORE ACTIVE, MORE OFTEN

Irish Flying Disc Association (IFDA) – Ultimate Frisbee

Blurb:

Ultimate Frisbee is a growing sport in Ireland. It combines skills of hand eye co-ordination, athleticism, and teamwork into a non-contact, self-refereed sport that can be played on most surfaces with minimal equipment. It is the ideal sport for students because it is exciting, inclusive and easy to play while also teaching children respect and responsibility through the Spirit of the game (self-refereed).



Programmes and Resources – Primary Schools

- Year round we provide Ultimate starter packs for schools. These include 5 discs and an introductory lesson plan. They cost €25 and can be ordered from our development officer at development@irishultimate.com This is a great way to give your students a taster for Ultimate. After the first 5 discs, school discs cost €7.50 per disc.
- Introduction to Ultimate sessions. Qualified coaches will come to your school and teach your students the basics of Ultimate during Active Schools Week. They'll also provide you with the tools to continue teaching your students Ultimate.
- Ultimate Coaches are available to visit your school, in certain parts of the country, throughout the year.
- Videos and online resources are available through our website.

Programmes and Resources – Post Primary Schools

- Year round we provide Ultimate starter packs for schools. These include 5 discs and an introductory lesson plan. They cost €25 and can be ordered from our development officer at development@irishultimate.com . This is a great way to give your students a taster for Ultimate. After the first 5 discs, school discs cost €7.50 per disc.
- Introduction to Ultimate sessions. Qualified coaches will come to your school and teach your students the basics of Ultimate during Active Schools Week. They'll also provide you with the tools to continue teaching your students Ultimate.
- Ultimate Coaches are available in certain parts of the country to visit your school throughout the year.
- School leagues and day blitz's take place around the country throughout the year.
- Videos and online resources are available through our website.

Contact Details – Schools Development

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