

## 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
<b>ATHLETICS</b>	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>
<b>CARLOW Local Sports Partnership – SPORTS HALL ATHLETICS</b>	<p><b>Sports Hall Athletics – Taster Session</b> Sports Hall Athletics ‘Taster session’ available to schools during their ASW programme.</p> <p><b>Sports Hall Athletics - 6 weeks programme.</b> We have two qualified tutors who will facilitate the activities on a weekly basis and can deliver the programme on site at your school. To cover the cost of the 6 week programme, it is proposed to charge €2.00 per child for each session.</p>	Primary Schools	March - June	Martha Jane Duggan <a href="mailto:mjduggan@carlowcoco.ie">mjduggan@carlowcoco.ie</a>
<b>CARLOW LSP – GAMES</b>	<p><b>Multi-Activity Workshop</b> GAMES session in school premises focusing on fundamental movement skills suitable for Junior Infants to 1<sup>st</sup> class.</p>	Primary Schools	March - June	Martha Jane Duggan <a href="mailto:mjduggan@carlowcoco.ie">mjduggan@carlowcoco.ie</a>
<b>CARLOW LSP – BE ACTIVE ASAP</b>	<p><b><a href="#">Be Active After School Activity Programme (ASAP)</a></b> Teacher training workshop available for schools interested in implementing the Be Active ASAP programme.</p>	Primary Schools	March - June	Martha Jane Duggan <a href="mailto:mjduggan@carlowcoco.ie">mjduggan@carlowcoco.ie</a>

<b>CARLOW LSP – SPORTS INCLUSION</b>	<b>Sports Inclusion Development Officer</b> Advice and support available to schools to help plan and provide inclusive physical activity opportunities, suitable for children of all abilities & taster sessions of activities based on needs of school and resources available.	Primary and Post Primary Schools	March – June	Martha Jane Duggan <a href="mailto:mjduggan@carlowcoco.ie">mjduggan@carlowcoco.ie</a>
	<b>Disability Inclusion Training:</b> The Disability Inclusion Training (DIT) course is an introduction level course aimed at principals, teachers (primary and secondary), special needs assistants, newly qualified teacher, students in third level institutes, management, coaches, sports volunteers. This 6 hours course is designed to give attendees the ideas and inspiration to adapt their sessions to make them more accessible for participants with a disability. It is a theory and practical course that covers terminology, barriers to participation, offers guidance, gives an introduction to disability sports and ways of adapting activities to make them inclusive. For Active Schools Carlow LSP will make this course available for a nominal fee	Primary and Post Primary Schools	March - June	Martha Jane Duggan <a href="mailto:mjduggan@carlowcoco.ie">mjduggan@carlowcoco.ie</a>
<b>CARLOW LSP – BALANCE BIKE PROGRAMME</b>	<b>BALANCE BIKE PROGRAMME</b> County Carlow Local Sports Partnership in association with the Carlow County Childcare Committee are pleased to launch the Balance Bike programme for young children across the county. The overall aim of the programme is to develop and improve the physical literacy of young children through the use of balance bikes. The programme will focus on play and games both indoors and outdoors while developing the physical literacy of	Primary Schools	March - June	Martha Jane Duggan <a href="mailto:mjduggan@carlowcoco.ie">mjduggan@carlowcoco.ie</a>

	the young children mainly through ABC's- agility, balance and coordination on and off the bikes.			
<b>CARLOW LSP – DAILY MILE</b>	<b><u>DAILY MILE</u></b> If your school is interested in starting 'The Daily Mile' or if one of your classes would like to try it out initially, please contact Carlow Local Sports Partnership for advice and assistance.	Primary and Post Primary Schools	March - June	Martha Jane Duggan <a href="mailto:mjduggan@carlowcoco.ie">mjduggan@carlowcoco.ie</a>
<b>CYCLING</b>	<b><u>Sprocket Rocket CYCLING</u></b> – FUN activities for your school to try out in the playground during ASW	Primary Schools	March - June	Lawrence Salonen <a href="mailto:lawrence.Salonen@cyclingireland.ie">lawrence.Salonen@cyclingireland.ie</a>
<b>GOLF</b>	FREE golf 'taster' session available to interested schools <i>with a large indoor venue.</i>	2 <sup>nd</sup> – 6 <sup>th</sup> class PRIMARY schools	<u>23-27 April</u> Subject to availability for other dates	Maria Dunne <a href="mailto:maria@cgigolf.org">maria@cgigolf.org</a>
<b>GREEN SCHOOLS</b>	Green Schools encourages schools to promote active travel as part of their #ASW18 programme.  Make every day a WOW, SOW, COW, Park and Stride day and tally class scores to see which class will do the best  <a href="#">Active Travel TALLY SHEET</a>	Primary	23-27 April	Visit <a href="https://greenschoolsireland.org/themes/travel/">https://greenschoolsireland.org/themes/travel/</a> to find out more the Active Travel theme.
	<u>'Let's Get Active' (Irish Heart Foundation)</u>	Primary schools		Caoimhe Rudden

<b>IRISH HEART FOUNDATION</b>	<p>The Irish Heart Foundation 'Let's Get Active' award is a FUN way to encourage children to get at least 60 MINUTES of physical activity every day, over a 4 weeks period.</p> <p>The booklet allows kids to track how much activity that they do every day and is accompanied by a motivational sticker pack and certificates upon completion. Available FREE to schools running ASW programmes.</p>		March - June	<a href="mailto:schools@irishheart.ie">schools@irishheart.ie</a>
<b>KICKBOXING</b>	<p><u>Carlow Kickboxing</u> Free taster sessions for students, staff, TY programmes etc.</p>	Primary and Post Primary schools	March - June	Jessie Burk <a href="mailto:Carlowkickboxing@gmail.com">Carlowkickboxing@gmail.com</a>
<b>ORIENTEERING</b>	<p>Permanent Orienteering course - DUCKETT'S GROVE, Co Carlow</p> <p>3 short course routes available suitable for primary schools</p>	Primary schools	All year	Contact: Martha Jane Duggan for MAPS <a href="mailto:mjduggan@carlowcoco.ie">mjduggan@carlowcoco.ie</a>
<b>PITCH and PUTT</b>	<p><u>Bagenstown Pitch &amp; Putt Club</u></p> <p>FREE use of facility &amp; FREE coaching session</p>	Primary and Post Primary schools	March - June	Patrick Robinson <a href="mailto:bagenalstownpitchandputt@gmail.com">bagenalstownpitchandputt@gmail.com</a>
<b>SWIMMING</b>	<a href="#">SWIM for a MILE Challenge</a>	Primary and Post Primary schools	April 23-27, 2018	Carol Finlay <a href="mailto:participation@swimireland.ie">participation@swimireland.ie</a> (086) 838 4346

	<p>Does your school participate in swimming lessons? If so, why not participate in the 'Swim for a Mile' challenge event during national 'Active School Week'</p> <p>Challenge your class to complete the mile by working individually (over a number of weeks) or by working as a relay team during ASW.</p> <p>Swim Ireland will provide FREE certificates to everyone that completes the mile challenge a FREE class medal to each participating class. <i>Individual medals and hats can be ordered at a cost.</i></p>			
<b>ROWING</b>	<p>Calling on all CARLOW <b>Get Going, Get Rowing</b> schools. ROW from your school to other Get Going, Get Rowing schools across your county. CALL OUT to your destination school on Twitter using the hashtags <b>#getrowingcallout #ASW18</b></p> <p><a href="#">@get_rowing</a> <a href="#">@ActiveFlag</a> <a href="#">@sportireland</a> <a href="#">@HealthyIreland</a></p> <p>All schools involved in the Get Going...Get Rowing programme will be invited to #Blitzit <b>Splash and Dash</b> on the water at Grand Canal Dock, Dublin 2 on April 20<sup>th</sup>.</p>	Get Going, Get Rowing Schools in CARLOW	April 23-27, 2018	To find out more about the Get Going, Get Rowing programme and to check out the CALL-OUT challenge visit <a href="http://www.getgoinggetrowing.com">www.getgoinggetrowing.com</a> or contact CARLOW Regional Youth Services
<b>TUG of WAR</b>	Tug of War demonstration and mini competition for participating classes.	Primary and Post Primary schools	March - June	Cathy O Toole <a href="mailto:ladiestugofwar2015@gmail.com">ladiestugofwar2015@gmail.com</a>

	€20 fee to go towards keeping the rope for the school			
<b>VOLLEYBALL</b>	<p><a href="#">SITTING Volleyball</a> has grown to be one of the most popular Paralympic sports due to its fast paced and energetic action. The game offers both disabled and non-disabled players the opportunity to compete both with and against each other in this dynamic team sport.</p> <p>Take the <a href="#">60 Seconds SITTING VOLLEYBALL Challenge</a></p> <p><a href="#">Volleyball RESOURCE Pack</a> - This resource pack has fun lesson plans to help teach the skills of volleyball and to introduce Volleyball or Spikeball into your school.'</p>	Primary and Post Primary	March - June	<p>Sitting Volleyball <a href="mailto:inclusion@volleyballireland.com">inclusion@volleyballireland.com</a></p> <p>Norma Mc Intyre <a href="mailto:east@volleyballireland.com">east@volleyballireland.com</a> (01) 6707165</p>
<b>WALKING</b>	<p><u><a href="#">Launch your Active School WALKWAY</a></u></p> <p>Schools are encouraged to create an Active School WALKWAY around their school grounds and to launch it during national Active School Week (23-27 April, 2018). Tweet your 30 second launch day video to be in with a chance to win a set of outdoor speakers for your school.</p> <p><u><a href="#">Special OFFER for ASF Schools Only</a></u> An Active School WALKWAY resource pack is available to <i>current</i> Active School Flag schools: schools awarded ASF between <u><a href="#">September 1<sup>st</sup>, 2014</a></u></p>	Primary, Post Primary and Special Schools	23-27 <sup>th</sup> April	<p>Tweet your 30 second launch day video <b>#activeschoolwalkway</b> during national Active School Week (April 23-27, 2018)</p> <p><a href="#">@ActiveFlag</a> <a href="#">@GetIreWalking</a> <a href="#">@HealthyIreland</a> <a href="#">@sportireland</a></p>

and present and listed on the ASF Locations list on [www.activeschoolflag.ie](http://www.activeschoolflag.ie).

Visit

<http://www.getirelandwalking.ie/registeryourschool/>  
to apply for this FREE resource before March 31<sup>st</sup>.

*Please note that only schools with current ASF status are eligible to apply for this resource pack*