

KILKENNY 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 School MILE Challenge	Post Primary schools	March - June	Anthony White schools@athleticsireland.ie
CYCLING	Sprocket Rocket CYCLING – FUN activities for your school to try out in the playground during ASW	Primary Schools	March - June	Lawrence Salonen lawrence.Salonen@cyclingireland.ie
GREEN SCHOOLS	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 Active Travel TALLY SHEET	Primary and Post Primary Schools	23-27 April, 2018	Visit https://greenschoolsireland.org/themes/travel/ to find out more the Active Travel theme.
IRISH HEART FOUNDATION	<u>'Let's Get Active' (Irish Heart Foundation)</u> The Irish Heart Foundation 'Let's Get Active' award is a FUN way to encourage children to get at least 60	Primary Schools	March - June	Caoimhe Rudden schools@irishheart.ie

	<p>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>			
KICKBOXING	<p>Kilkenny Combat Academy FREE taster classes for students. Staff, TY programmes etc.</p>	<p>Primary and Post primary schools</p>	<p>March - June</p>	<p>Michael Kelly Kilkennycombatacademy@gmail.com (086) 3833124</p>
ORIENTEERING	<p>Permanent Orienteering Courses – WOODSTOCK GARDENS</p> <p>3 courses lengths: Short, medium. long and Wheel O (wheelchair friendly)</p>	<p>Primary and Post Primary Schools</p>	<p>All Year</p>	<p>http://www.woodstock.ie/the-woodland-trail/ Contact: John Delaney john.delaney@kilkennycoco.ie.</p>
ORIENTEERING	<p>Permanent Orienteering Courses – KILKENNY CASTLE</p> <p>FREE maps available for 3 courses lengths: Short (1.8km), medium (2.4km) and long (3.4km) courses</p>	<p>Primary and Post Primary Schools</p>	<p>All Year</p>	<p>http://www.kilkennycastle.ie/NewsEvents/Title,30098,en.html Contact Anne Teehan, OPW anne.teehan@opw.ie</p> <p>Find out more about Schools Orienteering</p>
ORIENTEERING	<p>Permanent Orienteering Courses – CASTLECOMER DISCOVERY Park</p>	<p>Primary and Post Primary Schools</p>	<p>All Year</p>	<p>https://www.discoverypark.ie/adventure-activities/orienteering-walking-trails-castlecomer/ Contact: Jo McCarthy jo@discoverypark.ie</p> <p>Find out more about Schools Orienteering</p>

	3 courses lengths: Short (1.6km), medium (2.4km) and long (3km) courses. Maps can be purchased at reception. WheelO to be added before April			
PITCH and PUTT	<p><u>Gowran Pitch and Putt Club</u></p> <p>FREE use of facility FREE coaching session</p>	Primary & Secondary schools	March - June	Kevin Knox gowranclub@gmail.com
ROWING	<p>Calling on all KILKENNY Get Going, Get Rowing 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 #getrowingcallout #ASW18</p> <p>@get_rowing @ActiveFlag @sportireland @HealthyIreland</p> <p>All schools involved in the Get Going...Get Rowing programme will be invited to #Blitzit Splash and Dash on the water at Grand Canal Dock, Dublin 2 on April 20th.</p>	Get Going, Get Rowing schools in KILKENNY	April 23-27, 2018	To find out more about the Get Going, Get Rowing programme and to check out the CALL-OUT challenge visit www.getgoinggetrowing.com
SWIMMING	<p>SWIM for a MILE Challenge</p> <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>	Primary and Post Primary schools	March - June	Carol Finlay participation@swimireland.ie (086) 838 4346

	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>			
TUG of WAR	Tug of War demonstration and mini competition for participating classes. €20 fee to go towards keeping the rope for the school	Primary and Post Primary schools	March - June	Cathy O Toole ladiestugofwar2015@gmail.com
VOLLEYBALL	SITTING Volleyball 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. Take the 60 Seconds SITTING VOLLEYBALL Challenge Volleyball RESOURCE Pack - This resource pack has fun lesson plans to help teach the skills of volleyball and to introduce Volleyball or Spikeball into your school.'	Primary and Post Primary	March - June	Sitting Volleyball inclusion@volleyballireland.com Norma Mc Intyre east@volleyballireland.com (01) 6707165
WALKING	<u>Launch your Active School WALKWAY</u> 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.	Primary, Post Primary and Special Schools	23-27 th April	Tweet your 30 second launch day video #activeschoolwalkway during national Active School Week (April 23-27, 2018) @ActiveFlag @GetIreWalking @HealthyIreland @sportireland

Special OFFER for ASF Schools Only

An Active School WALKWAY resource pack is available to *current* Active School Flag schools: schools awarded ASF between September 1st, 2014 and present and listed on the ASF Locations list on www.activeschoolflag.ie.

Visit

<http://www.getirelandwalking.ie/registeryourschool/>

to apply for this FREE resource before March 31st.

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