

## LIMERICK 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
<b>ATHLETICS</b>	<a href="#">School MILE Challenge</a>	Primary Schools (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>CYCLING</b>	<a href="#">Sprocket Rocket CYCLING</a> – 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>GREEN SCHOOLS</b>	Green Schools encourages schools to promote active travel as part of their <b>#ASW18</b> 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 and Post Primary Schools	23-27 April, 2018	Visit <a href="https://greenschoolsireland.org/themes/travel/">https://greenschoolsireland.org/themes/travel/</a> to find out more the Active Travel theme.
<b>IRISH HEART FOUNDATION</b>	<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 <a href="mailto:schools@irishheart.ie">schools@irishheart.ie</a>

	<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>			
<b>LIMERICK Sports Partnership + Beat the Street</b>	<p>LIMERICK <a href="#">Sports Partnership</a> would like to encourage <a href="#">Beat the Street</a> schools to 'Walk a Mile with a Smile' and be in with a chance to win €250 for your school</p> <p><a href="#">View Poster</a></p>	Primary Schools	23-27 April	<a href="mailto:Anna.grant@intelligenthealth.ie">Anna.grant@intelligenthealth.ie</a>
<b>PITCH and PUTT</b>	<p><a href="#">Parteen Pitch &amp; Putt Club</a></p> <p>FREE use of facility FREE coaching session</p>	Primary & Secondary schools	March - June	Pat Earls <a href="mailto:earls26@gmail.com">earls26@gmail.com</a>
<b>ROWING</b>	<p>Calling on all LIMERICK <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 LIMERICK	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>

<b>SWIMMING</b>	<p><a href="#">SWIM for a MILE Challenge</a></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> <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>	Primary and Post Primary schools	23-27 April, 2018	Carol Finlay <a href="mailto:participation@swimireland.ie">participation@swimireland.ie</a> (086) 838 4346
<b>TRIATHLON</b>	Triathlon coach available to visit school to give a FREE taster session of the ' <a href="#">Tri-Heroes</a> ' programme	3 <sup>rd</sup> - 5 <sup>th</sup> class, Primary Schools	March - June	Anna Grealish <a href="mailto:anna@triathlonireland.com">anna@triathlonireland.com</a>
<b>ULTIMATE FRISBEE</b>	Pelt Ultimate and Pelt Juniors. Coach available to visit schools and give an Introductory Session. <i>(A small fee applies)</i>	Primary and Post Primary schools	March - June	Chris Tinkler <a href="mailto:peltjuniors@gmail.com">peltjuniors@gmail.com</a>
<b>VOLLEYBALL</b>	<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. Take the <a href="#">60 Seconds SITTING VOLLEYBALL Challenge</a>	Primary and Post Primary	March - June	Sitting Volleyball <a href="mailto:inclusion@volleyballireland.com">inclusion@volleyballireland.com</a>

	<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>			<p>Norma Mc Intyre  <a href="mailto:east@volleyballireland.com">east@volleyballireland.com</a>  (01) 6707165</p>
<p><b>WALKING</b></p>	<p><u>Launch your Active School WALKWAY</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>Special OFFER for ASF Schools Only</u>  An Active School WALKWAY resource pack is available to <i>current</i> Active School Flag schools: schools awarded ASF between <u>September 1<sup>st</sup>, 2014</u> and <u>present</u> and listed on the ASF Locations list on <a href="http://www.activeschoolflag.ie">www.activeschoolflag.ie</a>.</p> <p>Visit <a href="http://www.getirelandwalking.ie/registeryourschool/">http://www.getirelandwalking.ie/registeryourschool/</a> to apply for this FREE resource before <u>March 31<sup>st</sup></u>.</p> <p><i>Please note that only schools with current ASF status are eligible to apply for this resource pack</i></p>	<p>Primary, Post Primary and Special Schools</p>	<p>23-27<sup>th</sup> April</p>	<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>