

LONGFORD 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 |
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| ATHLETICS | School MILE Challenge | Primary (5 th and 6 th class) and 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 | ‘Let’s Get Active’ (Irish Heart Foundation) 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. | Primary Schools | March - June | Caoimhe Rudden schools@irishheart.ie |

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| | <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> | | | |
| <p>PARKRUN Juniors</p> | <p>LONGFORD Junior parkrun</p> <p>LONGFORD junior parkrun invites local schools to celebrate ACTIVE SCHOOL WEEK by joining them on:</p> <p>Sunday, April 22nd @9.30am</p> <p>Sunday, April 29th @9.30am</p> <p>Pupils are encouraged to dress in their school colours and to bring along their school flag/mascot. Every participating school will get a really big SHOUT OUT at the start. Guaranteed FUN and suitable for children of all abilities.</p> <p>Interested schools should contact the junior Event Director <i>in advance</i></p> | <p>2km FUN run for juniors aged 4-14years</p> | <p>22/29 April</p> <p>And EVERY Sunday</p> | <p>Junior Event Director: Michael O Hara mohara1961@gmail.com</p> <p>Kevin Kane Kevin.kane@parkrun.com</p> <p>Teachers - Why not REGISTER your school as a parkrun club? Your school name will appear in the parkrun results making it really easy to track progress</p> <p>REGISTER your SCHOOL - as a Parkrun club</p> <p><u>PUPIL REGISTRATION</u>– Every pupil must register themselves online with parkrun, in advance, using their school name, in order to receive their parkrun barcode. This will allow them to look up their times and see how their school does every week.</p> <p><u>The printed barcode must be brought along on the day for results</u></p> |

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| PITCH and PUTT | <p><u>The Acres Pitch & Putt Club, Ballinlee</u></p> <p>FREE use of facility</p> | <p>Primary School (5th & 6th class only) & Secondary schools</p> | <p>April 24th – 28th, 2017</p> | <p>Michael Stephenson tullysteveo@hotmail.com</p> |
| 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> <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> | <p>Primary and Post Primary schools</p> | <p>March - June</p> | <p>Carol Finlay participation@swimireland.ie (086) 838 4346</p> |
| TUG of WAR | <p>Tug of War demonstration and mini competition for 3rd and 4th class children.</p> <p>€20 fee to go towards keeping the rope for the school</p> | <p>Primary and Post Primary schools</p> | <p>March - June</p> | <p>Cathy O Toole ladiestugofwar2015@gmail.com</p> |
| VOLLEYBALL | <p>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</p> | <p>Primary and Post Primary</p> | <p>March - June</p> | <p>Sitting Volleyball inclusion@volleyballireland.com</p> |

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| | <p>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.'</p> | | | <p>Norma Mc Intyre east@volleyballireland.com (01) 6707165</p> |
| <p>WALKING</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></p> <p>An Active School WALKWAY resource pack is available to <i>current</i> Active School Flag schools: schools awarded ASF between <u>September 1st, 2014 and present</u> and listed on the ASF Locations list on www.activeschoolflag.ie.</p> <p>Visit http://www.getirelandwalking.ie/registeryourschool/ to apply for this FREE resource before <u>March 31st</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>23-27th April</p> | <p>Tweet your 30 second launch day video #activeschoolwalkway during national Active School Week (April 23-27, 2018)</p> <p>@ActiveFlag @GetireWalking @HealthyIreland @sportireland</p> |