

LOUTH 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 |
|----------------------|---|--|-------------------|---|
| ATHLETICS | School MILE Challenge | Primary (5 th and 6 th class) and Post Primary schools | March - June | Anthony White schools@athleticsireland.ie |
| BOXING | <p><u>Tredagh Boxing Academy, An Grianan, Termonfeckin</u></p> <ul style="list-style-type: none"> • Qualified coach available to visit schools to give a taster session using non-contact boxing drills • Open evening at the boxing club for local schools is also a possibility | Primary and Post Primary Schools (ages 8+years) | March - June | Padraig Mc Cullough paudiemccullough@yahoo.ie (087) 9944799 |
| 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 | <p>Green Schools encourages schools to promote active travel as part of their #ASW18 programme.</p> <p>Make every day a WOW, SOW, COW, Park and Stride day and tally class scores to see which class will do the best</p> <p>Active Travel TALLY SHEET</p> | Primary and Post Primary Schools | 23-27 April, 2018 | Visit https://greenschoolsireland.org/themes/travel/ to find out more the Active Travel theme. |

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| IRISH HEART FOUNDATION | <p><u>'Let's Get Active' (Irish Heart Foundation)</u></p> <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> | Primary Schools | March - June | Caoimhe Rudden schools@irishheart.ie |
| KICKBOXING | <p><u>Dundalk Martial Arts School of Fitness</u></p> <p>FREE taster sessions for students, staff, TY programmes etc.</p> | Primary and Post Primary schools | March - June | Wayne Rutherford wayne@mas-f.com |
| LEISURE CENTRE | <p><u>GymPlus DROGHEDA</u></p> <p>FREE swim passes FREE Family Fitness passes FREE Teen Fit class passes</p> | Local Primary and Post Primary Schools | 23-27 April | Please check GymPlus DROGHEDA website over coming days for #ASW offer details |
| PITCH and PUTT | <p><u>Cement Pitch & Putt Club, Drogheda</u></p> <p>FREE use of facility FREE coaching session</p> | Primary & Secondary schools | March - June | Kieran McDonnell Hollisam247@gmail.com |

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| PITCH and PUTT | <u>Collon Pitch & Putt Club</u> FREE use of facility FREE coaching session | Primary & Secondary schools | March - June | John Smyth johnmysmyth@eircom.net |
| PITCH and PUTT | <u>Channonrock Pitch & Putt Club</u> FREE use of facility FREE coaching session | Primary & Secondary schools | March - June | Ann O'Rourke annorouke1@eircom.net |
| PITCH and PUTT | <u>McBride Pitch and Putt club, Drogheda</u> FREE use of facility FREE coaching session | Primary & Secondary schools | March - June | Padraic Sarsfield padraicsarsfield@gmail.com |
| SWIMMING | SWIM for a MILE Challenge 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' Challenge your class to complete the mile by working individually (over a number of weeks) or by working as a relay team during ASW. 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> | Primary and Post Primary schools | March - June | Carol Finlay participation@swimireland.ie (086) 838 4346 |

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| 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>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> | Primary and Post Primary | March - June | Sitting Volleyball inclusion@volleyballireland.com Norma Mc Intyre east@volleyballireland.com (01) 6707165 |
| WALKING | <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> | 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 |