

## **MONAGHAN 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.

<b>ACTIVITY</b>	<b>OFFERS/IDEAS</b>	<b>Target Groups</b>	<b>Dates of OFFER</b>	<b>CONTACT</b>
<b>ATHLETICS</b>	<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>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 #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 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 MINUTES of physical activity every day, over a 4 weeks period.	Primary Schools	March - June	Caoimhe Rudden <a href="mailto:schools@irishheart.ie">schools@irishheart.ie</a>

	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.			
<b>KICKBOXING</b>	<u>Carrickmacross Kickboxing</u> Free taster sessions for students, staff, TY programmes etc.	Primary and Post Primary schools	March - June	Martin Mc Mahon <a href="mailto:frickmcmahon@gmail.com">frickmcmahon@gmail.com</a>
<b>LEISURE CENTRE</b>	<u>Coral Leisure Complex, Monaghan</u> Fitness instructor available to visit schools	Local Primary and Post Primary schools running ASW programmes	23-27 April	Ciaran Murtagh <a href="mailto:gym@coralleisure.ie">gym@coralleisure.ie</a>
<b>PITCH and PUTT</b>	<u>Inniskeen Pitch &amp; Putt Club</u> FREE use of facility FREE coaching session	Primary & Secondary schools	March - June	Michael Vaughan <a href="mailto:cottagecraftfurn@eircom.net">cottagecraftfurn@eircom.net</a>
<b>SWIMMING</b>	<u>SWIM for a MILE Challenge</u> 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'	Primary and Post Primary schools	March - June	Carol Finlay <a href="mailto:participation@swimireland.ie">participation@swimireland.ie</a> (086) 868 4346

	<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>TRIATHLON</b>	<p>Triathlon coach available to visit school to give a FREE taster session of the '<a href="#">Tri-Heroes</a>' programme</p>	3 <sup>rd</sup> - 5 <sup>th</sup> class, Primary Schools	March - June	<p>Michael Black <a href="mailto:michael@triathlonireland.com">michael@triathlonireland.com</a></p>
<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. 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></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>

An Active School WALKWAY resource pack is available to *current* Active School Flag schools: schools awarded ASF between September 1<sup>st</sup>, 2014 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*