

ROSCOMMON 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
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 MINUTES of physical activity every day, over a 4 weeks period.	Primary Schools	March - June	Caoimhe Rudden schools@irishheart.ie

	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.			
LEISURE CENTRE	<p>Roscommon Leisure Centre</p> <ul style="list-style-type: none"> • FREE Family swim passes to give out during their ASW programme • FREE gym passes for teachers/post primary students (16yrs+) • FREE 'taster' class on school premises • FREE Aqua Aerobics passes for teachers 	Primary and Post Primary Schools	23-27 April	Sharon Ryan roscommonleisure@gmail.com
LEISURE CENTRE	<p>Hodson Bay Hotel Fitness Centre</p> <p>Fitness Instructor available to visit local schools during their ASW programmes</p>	Local Primary and Post Primary Schools	23-27 April	Brian Chalmers fitness@hodsonbayhotel.com
Roscommon Local Sports Partnership	Roscommon Sports Partnership would like to support your school with your ASW programme (tutor support, loan of equipment etc.) Please contact us to discuss options.	Primary Schools	March - June	Elaine Igoe info@rosactive.org
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>	Primary and Post Primary schools	March - June	Carol Finlay participation@swimireland.ie (086) 838 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>			
TRIATHLON	<p>Triathlon coach available to visit school to give a FREE taster session of the 'Tri-Heroes' programme</p>	3 rd - 5 th class, Primary Schools	March - June	<p>Michael Black michael@triathlonireland.ie</p>
TUG of WAR	<p>Tug of War demonstration and mini competition for participating classes.</p> <p>€20 fee to go towards keeping the rope for the school</p>	Primary and Post Primary schools	March - June	<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>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	<p>Sitting Volleyball inclusion@volleyballireland.com</p> <p>Norma Mc Intyre east@volleyballireland.com (01) 6707165</p>

WALKING

Launch your Active School WALKWAY

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.

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

Primary, Post
Primary and
Special Schools

23-27th
April

Tweet your 30 second launch day video **#activeschoolwalkway** during national Active School Week (April 23-27, 2018)

[@ActiveFlag](https://twitter.com/ActiveFlag)

[@GetIreWalking](https://twitter.com/GetIreWalking)

[@HealthyIreland](https://twitter.com/HealthyIreland)

[@sportireland](https://twitter.com/sportireland)