

## WATERFORD 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 (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>	<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 <a href="mailto:schools@irishheart.ie">schools@irishheart.ie</a>
<b>KICKBOXING</b>	<p><u>Black Belt Academy, Kilbarry, Waterford</u></p> <p>Free taster session for students, staff, TY programmes etc.</p>	Primary and Post primary schools	March - June	Pat Evans <a href="mailto:Pat.evans@live.ie">Pat.evans@live.ie</a>
<b>LEISURE CENTRE</b>	<p><u>WIT Arena</u></p> <p>FREE Sports Hall hire 11am-2pm Monday to Friday.          FREE Children's Fitness Class on Tuesday, Wednesday and Thursday from 11am-12 and from 12-1</p> <p><b><i>Interested schools please contact centre to pre-book.</i></b></p>	Primary and Post Primary Schools	23-27 April	John Windle <a href="mailto:JWINDLE@wit.ie">JWINDLE@wit.ie</a>

<b>ORIENTEERING</b>	<p>Permanent Orienteering Courses – <a href="#">KILBARRY Nature Park</a></p> <p>FREE maps can be downloaded for 4 courses: Short (2km), medium (3.6km) Long (4.2km) + Wheel O (2.5km) wheelchair friendly</p>	Primary and Post Primary Schools	All Year	<p><a href="http://waterfordsportspartnership.blogspot.ie/2017/07/new-permanent-orienteering-course-at.html">http://waterfordsportspartnership.blogspot.ie/2017/07/new-permanent-orienteering-course-at.html</a></p> <p>Contact: Eadoinn Loughman <a href="mailto:eloughman@waterfordsportspartnership.ie">eloughman@waterfordsportspartnership.ie</a></p> <p>Find out more about <a href="#">Schools Orienteering</a></p>
<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	March - June	<p>Carol Finlay <a href="mailto:participation@swimireland.ie">participation@swimireland.ie</a> (086) 838 4346</p>
<b>TUG of WAR</b>	<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 <a href="mailto:Ladiestugofwar2015@gmail.com">Ladiestugofwar2015@gmail.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>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 and present</u> and listed on the ASF Locations list on <a href="http://www.activeschoolflag.ie">www.activeschoolflag.ie</a>.</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>

	<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><b>WATERFORD Sports Partnership + Beat the Street</b></p>	<p><a href="#">WATERFORD Sports Partnership</a> would like to encourage <a href="#">Beat the Street</a> schools to ‘<b>Walk a Mile with a Smile</b>’ and be in with a chance to win €250 for your school</p> <p><a href="#">View poster</a></p>	<p>Primary Schools</p>	<p>23-27 April</p>	<p>Eimear Cusack  <a href="mailto:Eimear.cusack@intelligenthealth.co.uk">Eimear.cusack@intelligenthealth.co.uk</a></p>