

CORK 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
BASKETBALL	FREE Coach Visit	Non-Basketball Playing Primary Schools (3 rd – 6 th class)	23-27 April, 2018	Ciaran O Sullivan cosullivan@corksports.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@cyclingsireland.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	<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>Bushido Martial Arts, Douglas, Cork</u></p> <p>Free taster sessions for students, staff, TY programmes etc.</p>	Primary and Post Primary schools	March - June	Colin O Shaughnassey colinos@indigo.ie
KICKBOXING	<p><u>West Cork Kickboxing, Bantry</u></p> <p>Free taster sessions for students, staff, TY programmes etc.</p>	Primary and Post Primary schools	March - June	Ian Kingston iankickboxing@gmail.com
LEISURE CENTRE	<p><u>Clubvitae & Essence Spa, Clayton Hotel Cork City</u></p> <ul style="list-style-type: none"> • FREE swim passes for individuals/families for participating schools to give out during their ASW programme • FREE gym passes for teachers/post primary students (16yrs+) 	Local Primary and Post Primary Schools	23-27 April	Tony Mc Grath TMcGrath@clubvitae.com

ORIENTEERING	<p>Permanent Orienteering Course – BALLINCOLLIG Regional Park</p> <p>The Regional Park Ballincollig permanent orienteering course MAP and CONTROL DESCRIPTIONS are available to download for free by opening the link above.</p> <p>Colour hard copies of the map can be purchased from Cafe Chico The Regional Park (Western Entrance).</p>	Primary and Post Primary Schools	All Year	<p>http://www.corko.net/ballincollig_poc</p> <p>Find out more about Schools Orienteering</p>
PITCH and PUTT	<p><u>Majestic Pitch & Putt Club, Mallow</u></p> <p>FREE use of facilities FREE coaching session</p>	Both Primary and Secondary Schools	April - March	Brain Healy majesticpitchandputt@gmail.com
PITCH and PUTT	<p><u>Newcestown Pitch & Putt Club, Bandon</u></p> <p>FREE use of facility FREE coaching session</p>	Both Primary & Secondary Schools in Cork city	March - June	Mary Collins secretaryhhs@gmail.com
PITCH and PUTT	<p><u>Newmarket Pitch and Putt Club</u></p> <p>FREE use of facility FREE coaching session</p>	Both Primary & Secondary Schools	March - June	Tom Twomey tom.Twomey@irdduhallow.com
PITCH and PUTT	<p><u>Collins Pitch and Putt Club, Old Youghal Road, Cork City.</u></p> <p>FREE use of facility FREE coaching session</p>	Both Primary & Secondary Schools in Cork city	March - June	Damien Long longydamien40@gmail.com

PITCH and PUTT	<u>St. Anne's Pitch and Putt club, Shanakiel, Cork City</u> FREE use of facility FREE coaching session	Both Primary & Secondary Schools in Cork City	March - June	Ray Murphy ray.murphy7@yahoo.co.uk
PITCH and PUTT	<u>Crosshaven Pitch and Putt club</u> FREE use of facility FREE coaching session	Primary & Secondary schools	March - June	Abraham Farr abrahamfarr@gmail.com
PITCH and PUTT	<u>Castlelyons Pitch and Putt club</u> FREE use of facility FREE coaching session	Primary & Secondary schools	March - June	Lorna Murphy castlelyonspitchandputt@gmail.com
PITCH and PUTT	<u>Rocklodge Pitch & Putt Club, Carrigohane</u> FREE use of facility FREE coaching session	Primary & Secondary schools	March - June	Mark Keohane markkeoghane@yahoo.co.uk
PITCH and PUTT	<u>Raffeen Creek Pitch & Putt Club, Ringaskiddy</u> FREE use of facility FREE coaching session	Primary & Secondary schools	March - June	Mark O'Riordan orstaff@eircom.net
PITCH and PUTT	<u>Fermoy Pitch & Putt club</u> FREE use of facilities and coaching session provided	Primary Schools (4 th to 6 th class) and Secondary Schools	March - June	Eamonn Joyce eamonnjoyce@gmail.com

PITCH and PUTT	<p><u>Lakewood Pitch & Putt club, Ovens</u></p> <p>FREE use of facilities and coaching session provided</p>	Secondary Schools only	March - June	Gretchen Ahern Gretchen.ahern@gmail.com
ROWING	<p>Calling on all CORK Get Going, Get Rowing schools. ROW from your school to other Get Going, Get Rowing schools across your county. CALL OUT to your destination school on Twitter using the hashtags #getrowingcallout #ASW18</p> <p>@get_rowing @ActiveFlag @sportireland @HealthyIreland</p>	Get Going, Get Rowing Schools in CORK and WEST CORK	April 23-27, 2018	To find out more about the Get Going, Get Rowing programme and to check out the CALL-OUT challenge visit www.getgoinggetrowing.com
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>	Primary and Post Primary schools	March - June	Carol Finlay participation@swimireland.ie (086) 838 4346
TUG of WAR + CORK Sports Partnership	The Tug of War Association, in conjunction with Cork Sports Partnership, offer interested schools a free Tug of War demonstration visit, rope and opportunity to participate in a schools' blitz	Primary and Post Primary schools	March - June	Cathy O Toole ladiestugofwar2015@gmail.com

ULTIMATE FRISBEE	<p>Coach visit, introductory session and 8 week lesson plan <i>A small fee applies</i></p>	<p>Primary and Post Primary schools</p>	<p>March - June</p>	<p>Donal O Shea Schools.uccultimate@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>	<p>Primary and Post Primary</p>	<p>March - June</p>	<p>Sitting Volleyball inclusion@volleyballireland.com</p> <p>Norma Mc Intyre east@volleyballireland.com (01) 6707165</p>
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>Primary, Post Primary and Special Schools</p>	<p>23-27 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>



Please note that only schools with current ASF status are eligible to apply for this resource pack

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