

GALWAY 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	Mike Murray Mike.murray@nuigalway.ie
BOXING	Loughrea Boxing Club <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	March - June	Primary and Post Primary Schools (ages 8yrs+)	Ferdy Whelan loughreaboxing@eircom.net (085) 1741684

CYCLING	<p>Sprocket Rocket CYCLING – FUN activities for your school to try out in the playground during ASW</p>	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.
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>AR Kickboxing, Tonabrocky, Galway</u></p> <p>FREE taster sessions for students, staff, TY programmes etc.</p>	Primary and Post Primary schools	March - June	Margaret Rogers Margaretrogers2012@live.com

LEISURE CENTRE	<p>Leisureland Galway</p> <p>FREE Swim for children on:</p> <p>5.45-7.15pm - April 23rd 5.45-7.15pm - April 27th</p>	<p>Primary and Post Primary Schools</p>	<p>23/27 April</p>	<p>John Paul Reape leisureland@galwaycity.ie</p>
LEISURE CENTRE	<p>Coral Leisure Centre, TUAM</p> <p>FREE swim on 27th April for primary school children during the public session. <i>Please mention Active School Week at reception</i></p> <p>FREE Fun Walk for primary schools – <i>contact centre for further information</i></p> <p>FREE Gym Passes for post primary schools – <i>contact centre for further information</i></p>	<p>Primary Schools</p> <p>Primary Schools</p> <p>Post Primary Schools</p>	<p>23-27 April</p>	<p>Rachel Mc Grath Foh.tuam@coralleisure.ie</p>
LEISURE CENTRE	<p>Coral Leisure Centre, BALLINSLOE</p> <p>FREE SWIM for local primary school children during national ASW – accompanying parents half price (€3).</p> <p><i>Please mention Active School Week at reception.</i></p>	<p>Local Primary schools</p>	<p>23-27 April</p>	<p>Therese O Mahony ballinasloe@coralleisure.ie</p>

<p>PARKRUN Junior</p>	<p>ORANMORE Junior parkrun</p> <p>Facebook: https://www.facebook.com/Oranmore-juniors</p> <p>ORANMORE junior parkrun invites local schools to celebrate ACTIVE SCHOOL WEEK by joining them on:</p> <p>Sunday, April 22nd @ 9.30am Sunday, April 29th @9.30am</p> <p>Pupils are encouraged to dress in their school colours and to bring along their school flag/mascot. Every participating school will get a really big SHOUT OUT at the start. Guaranteed FUN and suitable for children of all abilities.</p> <p>Interested schools should contact the junior Event director <i>in advance</i></p>	<p>2km FUN run for juniors aged 4-14years</p>	<p>22/29 April and EVERY Sunday!</p>	<p>Event Director: Padtraig Fahey padraig.fahey@parkrun.com</p> <p>Teachers - Why not REGISTER your school as a parkrun club? Your school name will appear in the parkrun results making it really easy to track progress REGISTER your SCHOOL - as a Parkrun club</p> <p>PUPIL REGISTRATION – Every pupil must register themselves online with parkrun, in advance, using their school name, in order to receive their parkrun barcode. This will allow them to look up their times and see how their school does every week.</p> <p><u>The printed barcode must be brought along on the day for results.</u></p>
<p>ROWING</p>	<p>Calling on all GALWAY CITY 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> <p>All schools involved in the Get Going...Get Rowing programme will be invited to #Blitzit Splash and Dash on the water at Grand Canal Dock, Dublin 2 on April 20th.</p>	<p>Get Going, Get Rowing Schools in GALWAY CITY</p>	<p>April 23-27, 2018</p>	<p>To find out more about the Get Going, Get Rowing programme and to check out the CALL-OUT challenge visit www.getgoinggetrowing.com</p>

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
TRIATHLON	Triathlon coach available to visit school to give a FREE taster session of the ' Tri-Heroes ' programme	3 rd - 5 th class, Primary Schools	March - June	Anna Grealish anna@triathlonireland.com
ULTIMATE FRISBEE	Coach visit, introductory session and 8 week lesson plan <i>A small fee applies</i>	Primary and Post Primary Schools	March - June	Cormac Shields Cormacshields94@gmail.com
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

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)