

CAVAN 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@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	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	Primary Schools	March - June	Caoimhe Rudden schools@irishheart.ie

	<p>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>			
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	Primary school children aged 8-11 years old	March - June	Michael Black michael@triathlonireland.com
TUG of WAR	The Irish Tug of war Association, in conjunction with Cavan Sports Partnership offer schools a demonstration visit/rope and the opportunity to participate in a schools' blitz.	Primary and Post primary schools	March - June	Cathy O Toole Ladiestugofwar2015@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.</p> <p>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	<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 1st, 2014</u> and <u>present</u> and listed on the ASF Locations list on www.activeschoolflag.ie.</p>	Primary, Post Primary and Special Schools	23-27 th April	<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>

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