

## CAVAN Schools

The following support is available to schools running **Active School Week** programmes - please make sure to SCROLL DOWN to the bottom of this page. NEW offers will be uploaded as and when they come in to us so make sure to regularly check the CAVAN tab.

ACTIVITY	OFFERS/IDEAS	Target Groups	Dates of OFFER	CONTACT
<b>ATHLETICS</b>	If you haven't yet launched <a href="#">The Daily Mile</a> in your school national Active School Week is the perfect week to do so. <a href="#">School SIGN UP</a>	Primary Schools	All Year	Nick Skelly <a href="mailto:nickskelly@thedailymile.ie">nickskelly@thedailymile.ie</a>
<b>HOCKEY Skills Challenge</b>	<a href="#">Hockey Skills Challenge</a>  Why not take on a Hockey Skills Challenge during <i>Active School Week</i> ? This skills circuit is easy to run and easy to set up with FREE online resources available to support you every step of the way. <a href="#">REGISTER</a>	Primary  Post Primary	April - June	Sue Haslam <a href="mailto:Sue.haslam@hockey.ie">Sue.haslam@hockey.ie</a>
<b>IRISH HEART FOUNDATION</b>	<b><u>'Let's Get Active' Physical Activity Award</u></b> 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	Primary Schools	All Year	<a href="mailto:schools@irishheart.ie">schools@irishheart.ie</a>

	<p>every day, over a 4 weeks period. Available FREE to schools running ASW programmes.  <a href="#">IHF Schools Programmes</a></p> <p><b><u>SKIPATHON</u></b>  Skipathon is a fun schools-based fundraising and physical activity campaign that has been inspiring Irish children to keep active while raising vital funds for the Irish Heart Foundation for the last 35 years.</p> <p>Participating schools receive an Irish Heart Foundation Skipathon pack, including a Skipathon brochure, skipping ropes, posters and sponsorship cards.  <a href="#">REGISTER</a></p>	Primary Schools	All Year	<a href="mailto:skip@irishheart.ie">skip@irishheart.ie</a>
<b>SWIMMING</b>	<p><a href="#">‘SWIM for a MILE’ – FREE Swim Hats Offer</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’ (7-10 May, 2019)</p> <p><u>1 mile = 64 lengths (25m pool)</u>  The challenge can be completed individually, in pairs/teams or by your whole class working together.</p>	Primary Post Primary schools	7-10 May	Carol Finlay <a href="mailto:carolfinlay@swimireland.ie">carolfinlay@swimireland.ie</a>

	FREE swim hats will be awarded to every student that participates in the 'Swim for a Mile' challenge during national Active School Week.			
<b>TUG of WAR</b>	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 Post primary	April - June	Cathy O Toole <a href="mailto:Ladiestugofwar2015@gmail.com">Ladiestugofwar2015@gmail.com</a>
<b>WALKING</b>	<p><b><u>SHOWCASE your Active School WALKWAY</u></b></p> <p>Schools are encouraged to get out in the fresh air and to use their Active School WALKWAY during national Active School Week (7-10 May, 2019).</p> <p>SHARE a short video of your WALKWAY 'in action' on Twitter <a href="https://twitter.com/GetIreWalking">@GetIreWalking</a> <a href="https://twitter.com/activeflag">@activeflag</a> to be in with a chance to win a set of outdoor speakers for your school. Remember to use <b>#ASW19</b></p> <p><i>Active School WALKWAY packs are available to schools that engage with the Active School Flag programme and attend ASF training events.</i></p>	Primary Post Primary Special Schools	All Year  Closing Date: June 17th	<a href="mailto:info@getirelandwalking.ie">info@getirelandwalking.ie</a>