

CORK 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 CORK tab.

ACTIVITY	OFFERS/IDEAS	Target Groups	Dates of OFFER	CONTACT
ATHLETICS	If you haven't yet launched The Daily Mile in your school national Active School Week is the perfect week to do so. School SIGN UP	Primary Schools	All Year	Nick Skelly nickskelly@thedailymile.ie
BASKETBALL	FREE Basketball Ireland Coach Visit available to visit non-basketball playing schools to give a 'taster session'	Primary Schools (3 rd – 6 th class)	7-10 May, 2019	Ciaran O Sullivan cosullivan@corksports.ie
HOCKEY Skills Challenge	<u>Hockey Skills Challenge</u> 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. REGISTER	Primary Post Primary	April - June	Sue Haslam Sue.haslam@hockey.ie

KICKBOXING	<p><u>Bushido Martial Arts, Douglas, Cork</u></p> <p>Free taster sessions for students, staff, TY programmes etc.</p>	<p>Primary and Post Primary schools</p>	<p>March - June</p>	<p>Colin O Shaughnassey colinos@indigo.ie</p> <p>National Secretary: Martin Mc Mahon secretary@kickboxingireland.ie</p>
KICKBOXING	<p><u>West Cork Kickboxing, Bantry</u></p> <p>Free taster sessions for students, staff, TY programmes etc.</p>	<p>Primary and Post Primary schools</p>	<p>March - June</p>	<p>Ian Kingston iankickboxing@gmail.com</p> <p>National Secretary: Martin Mc Mahon secretary@kickboxingireland.ie</p>
IRISH HEART FOUNDATION	<p><u>'Let's Get Active' Physical Activity Award</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. Available FREE to schools running ASW programmes. IHF Schools Programmes</p> <p><u>SKIPATHON</u></p> <p>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>Primary Schools</p> <p>Primary Schools</p>	<p>All Year</p> <p>All Year</p>	<p>schools@irishheart.ie</p> <p>skip@irishheart.ie</p>

	<p>Participating schools receive an Irish Heart Foundation Skipathon pack, including a Skipathon brochure, skipping ropes, posters and sponsorship cards.</p> <p>REGISTER</p>			
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>	<p>Primary</p> <p>Post Primary</p>	All Year	<p>http://www.corko.net/ballincollig_poc</p> <p>Find out more about Schools Orienteering</p>
ORIENTEERING	<p>Permanent Orienteering Course FARRAN WOODS</p>	<p>Primary</p> <p>Post Primary</p>	All Year	<p>http://www.corko.net/farran_poc</p> <p>Find out more about Schools Orienteering</p>

<p>Parkrun - JUNIORS</p>	<p>COBH junior parkrun John Murphy Park, Carrignafoy Avenue, Cobh</p> <p>COBH junior parkrun invites local schools to celebrate ACTIVE SCHOOL WEEK by joining them on:</p> <p>Sunday, 5th May @ 9.30am Sunday, 12th May @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 FUNrun for juniors aged 4-14 years</p>	<p>5/12 May</p> <p>Every Sunday at 9.30am</p>	<p>Event Director: Majella Canty majellacanty@gmail.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>PITCH and PUTT</p>	<p>Majestic Pitch & Putt Club, Mallow</p> <p>FREE use of facilities FREE coaching session</p>	<p>Primary Post Primary</p>	<p>April - March</p>	<p>Brain Healy majesticpitchandputt@gmail.com</p>
	<p>Newcestown Pitch & Putt Club, Bandon</p>	<p>Primary</p>	<p>April - June</p>	<p>Mary Collins</p>

PITCH and PUTT	FREE use of facility FREE coaching session	Post Primary		secretaryhhs@gmail.com
PITCH and PUTT	<u>Newmarket Pitch and Putt Club</u> FREE use of facility FREE coaching session	Primary Post Primary	April - June	Tom Twomey tom.Twomey@irdduhallow.com
PITCH and PUTT	<u>Collins Pitch and Putt Club, Old Youghal Road, Cork City.</u> FREE use of facility FREE coaching session	Primary Post Primary	April - 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	Primary Post Primary	April - 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 Post Primary	April - June	Abraham Farr abrahamfarr@gmail.com
PITCH and PUTT	<u>Castlelyons Pitch and Putt club</u> FREE use of facility	Primary Post Primary	April - June	Lorna Murphy castlelyonspitchandputt@gmail.com

	FREE coaching session			
PITCH and PUTT	<u>Rocklodge Pitch & Putt Club, Carrigohane</u> FREE use of facility FREE coaching session	Primary Post Primary	April - 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 Post Primary	April - June	Mark O’Riordan orstaff@eircom.net
PITCH and PUTT	<u>Fermoy Pitch & Putt club</u> FREE use of facilities FREE coaching session	Primary Schools (4 th to 6 th class) Post Primary	April - June	Eamonn Joyce eamonnjoyce@gmail.com
PITCH and PUTT	<u>Lakewood Pitch & Putt club, Ovens</u> FREE use of facilities FREE coaching session	Primary Post Primary	April - June	Gretchen Ahern Gretchen.ahern@gmail.com
SWIMMING	<u>‘SWIM for a MILE’ – FREE Swim Hats Offer</u> Does your school participate in swimming lessons?	Primary Post Primary	7-10 May	Carol Finlay carolfinlay@swimireland.ie

	<p>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></p> <p>The challenge can be completed individually, in pairs/teams or by your whole class working together.</p> <p>FREE swim hats will be awarded to every student that participates in the 'Swim for a Mile' challenge during national Active School Week.</p>			
TRIATHLON	<p><u>EAST CORK Schools</u></p> <p>Triathlon coach available to visit school to give a FREE taster session of the 'Tri-Heroes' programme</p>	Primary Schools	April - June	Eleanor Condon eleanor@triathlonireland.com
TUG of WAR + CORK Sports Partnership	<p>The Tug of War Association, in conjunction with Cork Sports Partnership, offer interested schools a Tug of War demonstration visit, rope and opportunity to participate in a schools' blitz</p>	Primary Post Primary	April - June	Cathy O Toole ladiestugofwar2015@gmail.com jkirby@corksports.ie
ULTIMATE FRISBEE	<p>Coach visit, introductory session and 8-week lesson plans. <i>A small fee applies</i></p>	Primary and Post Primary schools	March - June	David O Shea david.uccultimate@gmail.com

WALKING	<p><u>SHOWCASE your Active School WALKWAY</u></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 @GetIreWalking @activeflag to be in with a chance to win a set of outdoor speakers for your school. Remember to use #ASW19</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>	<p>Primary Post Primary Special Schools</p>	<p>All Year</p> <p>Closing Date: June 17th</p>	<p>info@getirelandwalking.ie</p>