

KILDARE 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 KILDARE 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
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
IRISH HEART FOUNDATION	<u>'Let's Get Active' Physical Activity Award</u> 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	schools@irishheart.ie

	<p>every day, over a 4 weeks period. Available FREE to schools running ASW programmes. IHF Schools Programmes</p> <p><u>SKIPATHON</u> 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. REGISTER</p>	Primary Schools	All Year	skip@irishheart.ie
HOCKEY	A FREE coaching session from a Hockey Ireland coach as part of ‘Tricks for Sticks’ programme. Teacher coach education also a possibility	Primary Schools	April – June (subject to availability)	Kenny.carroll@hockey.ie
KICKBOXING	<p><u>Bushido Martial Arts, Leixlip</u></p> <p>Free taster classes for students, staff, TY programmes etc.</p>	Primary and Post Primary schools	April - June	<p>Mark Smith Mark.smith@tusla.ie</p> <p>National Secretary: Martin Mc Mahon secretary@kickboxingireland.ie</p>

KICKBOXING	<u>Bushido Martial Arts, Celbridge</u> Free taster classes for students, staff, TY programmes etc.	Primary and Post Primary schools	April - June	David Carthy David.carthy@intel.com National Secretary: Martin Mc Mahon secretary@kickboxingireland.ie
KICKBOXING	<u>Bushido Martial Arts, Maynooth</u> Free taster classes for students, staff, TY programmes etc.	Primary and Post Primary schools	April - June	Roy Baker Roy.p.baker@icloud.com National Secretary: Martin Mc Mahon secretary@kickboxingireland.ie
KICKBOXING	<u>Bushido Martial Arts, Kilkcock</u> Free taster classes for students, staff, TY programmes etc.	Primary and Post Primary schools	April - June	Roy Baker Roy.p.baker@icloud.com National Secretary: Martin Mc Mahon secretary@kickboxingireland.ie
KICKBOXING	<u>Bushido Martial Arts, Enfield</u> Free taster classes for students, staff, TY programmes etc.	Primary and Post Primary schools	April - June	James Bugle jbfitzzone@gmail.com National Secretary: Martin Mc Mahon secretary@kickboxingireland.ie

<p>LEISURE CENTRE</p>	<p>K Leisure, NAAS</p> <p>FREE TEEN classes on Tuesday 7th and Thursday 9th May starts <u>4:45pm</u>. The class includes 40min bootcamp and 40 min leisure swim.</p> <p>FREE Family Swim sessions every day (7th, 8th, 9th, 10th) 1.10 - 3pm and 6-7pm: 2 adults/2 children or 1 adult/3 children.</p> <p><i>All sessions must be pre-booked, and participants must quote 'Active School Week' to avail of the offer, limited spaces available.</i></p>	<p>Students aged 12-15 years</p> <p>Families</p>	<p>7-10 May</p>	<p>Helena Vaz helena@kildareleisure.ie</p>
<p>PITCH and PUTT</p>	<p>Athgarvan Pitch & Putt Club</p> <p>FREE use of facility FREE coaching session</p>	<p>Primary</p> <p>Post Primary</p>	<p>April - June</p>	<p>James Dunne Jdunne1905@gmail.com</p>
<p>SWIMMING</p>	<p>‘SWIM for a MILE’ – FREE Swim Hats Offer</p> <p>Does your school participate in swimming lessons?</p> <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>Primary</p> <p>Post Primary schools</p>	<p>7-10 May</p>	<p>Carol Finlay carolfinlay@swimireland.ie</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>Triathlon coach available to visit school to give a FREE taster session of the 'Tri-Heroes' programme</p>	Primary Schools	April - June	<p>Gary Crossan gary@triathlonireland.com</p>
TUG of WAR	<p>Tug of War demonstration and mini competition for participating classes. <i>A small fee applies.</i></p>	Primary and Post Primary schools	April - June	<p>Cathy O Toole ladiestugofwar2015@gmail.com</p>
ULTIMATE FRISBEE	<p>Experienced coach available to visit schools and to give an Introductory session. (a small fee applies)</p>	Primary and Post Primary schools	April - June	<p>Dominick Smyth dominick@DublinYouthUltimate.com 086 150 7333</p>
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</p>	Primary Post Primary Special Schools	All Year	<p>info@getirelandwalking.ie</p>

during national Active School Week (7-10 May, 2019).

SHARE a short video of your WALKWAY 'in action' on Twitter [@GetIreWalking](https://twitter.com/GetIreWalking) [@activeflag](https://twitter.com/activeflag) to be in with a chance to win a set of outdoor speakers for your school. Remember to use **#ASW19**

Active School WALKWAY packs are available to schools that engage with the Active School Flag programme and attend ASF training events.

Closing
Date: June
17th