

CARLOW 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 CARLOW 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	7-10 May	Nick Skelly nickskelly@thedailymile.ie
HOCKEY Skills Challenge	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 every day, over a 4 weeks period. Available FREE to schools running ASW programmes. IHF Schools Programmes	Primary Schools	All Year	schools@irishheart.ie

	<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>Participating schools receive an Irish Heart Foundation Skipathon pack, including a Skipathon brochure, skipping ropes, posters and sponsorship cards.</p> <p>REGISTER</p>	Primary Schools	All Year	skip@irishheart.ie
KICKBOXING	<p><u>Carlow Kickboxing</u></p> <p>FREE taster sessions for students, staff, TY programmes etc.</p>	Primary Post Primary	April - June	<p>Jessie Burk Carlowkickboxing@gmail.com</p> <p>National Contact – Martin Mc Mahon secretary@kickboxingireland.ie</p>
ORIENTEERING	<p>Permanent Orienteering course - DUCKETT'S GROVE, Co Carlow</p> <p>3 short course routes available suitable for primary schools</p>	Primary schools	All year	<p>Contact: Martha Jane Duggan for MAPS mjduggan@carlowcoco.ie</p> <p>Find out more about Schools Orienteering</p>

ORIENTEERING (NEW)	<p>Permanent Orienteering course – CARLOW Town Park</p> <p>Short course routes suitable for primary schools</p>	Primary schools	All year	<p>Contact: Martha Jane Duggan for MAPS mjduggan@carlowcoco.ie</p> <p>Find out more about Schools Orienteering</p>
PITCH and PUTT	<p><u>Bagenstown Pitch & Putt Club</u></p> <p>FREE use of facility & FREE coaching session Pre-booking required.</p>	Primary Post Primary schools	April - June	<p>Kevin Halligan bagenalstownpitchandputt@gmail.com</p>
SWIMMING	<p><u>‘SWIM for a MILE’ – FREE Swim Hats Offer</u></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><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> <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>	Primary Post Primary schools	7-10 May	<p>Carol Finlay carolfinlay@swimireland.ie</p>

TUG of WAR	<p>Tug of War demonstration and mini competition for participating classes. <i>A small fee will apply.</i></p>	<p>Primary and Post Primary schools</p>	<p>April - June</p>	<p>Cathy O Toole ladiestugofwar2015@gmail.com</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 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>