

## KILKENNY 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 KILKENNY 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>	<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. <a href="#">REGISTER</a>	Primary Post Primary	April - June	Sue Haslam <a href="mailto:Sue.haslam@hockey.ie">Sue.haslam@hockey.ie</a>
<b>HOCKEY</b>	A FREE coaching session from a Hockey Ireland coach as part of <a href="#">'Tricks for Sticks'</a> programme  Teacher coach education also a possibility	Primary Schools	April – June (subject to availability)	<a href="mailto:Kenny.carroll@hockey.ie">Kenny.carroll@hockey.ie</a>

<b>IRISH HEART FOUNDATION</b>	<p><b><u>'Let's Get Active' Physical Activity Award</u></b></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. <a href="#">IHF Schools Programmes</a></p>	Primary Schools	All Year	<a href="mailto:schools@irishheart.ie">schools@irishheart.ie</a>
	<p><b><u>SKIPATHON</u></b></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. <a href="#">REGISTER</a></p>	Primary Schools	All Year	<a href="mailto:skip@irishheart.ie">skip@irishheart.ie</a>
<b>ORIENTEERING</b>	<p>Permanent Orienteering Courses – <a href="#">WOODSTOCK GARDENS</a></p> <p>3 courses lengths: Short, medium. long and Wheel O (wheelchair friendly)</p>	Primary and Post Primary Schools	All Year	<a href="http://www.woodstock.ie/the-woodland-trail/">http://www.woodstock.ie/the-woodland-trail/</a> Contact: John Delaney <a href="mailto:john.delaney@kilkennycoco.ie">john.delaney@kilkennycoco.ie</a>

<b>ORIENTEERING</b>	<p>Permanent Orienteering Courses – <a href="http://www.kilkennycastle.ie">KILKENNY CASTLE</a></p> <p>FREE maps available for 3 courses lengths: Short (1.8km), medium (2.4km) and long (3.4km) courses</p>	Primary and Post Primary Schools	All Year	<p><a href="http://www.kilkennycastle.ie/NewsEvents/Title,30098,en.html">http://www.kilkennycastle.ie/NewsEvents/Title,30098,en.html</a></p> <p>Contact Anne Teehan, OPW <a href="mailto:anne.teehan@opw.ie">anne.teehan@opw.ie</a></p> <p>Find out more about <a href="#">Schools Orienteering</a></p>
<b>ORIENTEERING</b>	<p>Permanent Orienteering Courses – <a href="https://www.discoverypark.ie">CASTLECOMER DISCOVERY Park</a></p> <p>3 courses lengths: Short (1.6km), medium (2.4km) and long (3km) courses. Maps can be purchased at reception. WheelO to be added before April</p>	Primary and Post Primary Schools	All Year	<p><a href="https://www.discoverypark.ie/adventure-activities/orienteering-walking-trails-castlecomer/">https://www.discoverypark.ie/adventure-activities/orienteering-walking-trails-castlecomer/</a></p> <p>Contact: Jo McCarthy <a href="mailto:jo@discoverypark.ie">jo@discoverypark.ie</a></p> <p>Find out more about <a href="#">Schools Orienteering</a></p>
<b>PITCH and PUTT</b>	<p><u>Gowran Pitch and Putt Club</u></p> <p>FREE use of facility FREE coaching session</p>	Primary  Post Primary	April - June	<p>Kevin Knox <a href="mailto:gowranclub@gmail.com">gowranclub@gmail.com</a></p>

<p><b>SWIMMING</b></p>	<p><a href="#">‘SWIM for a MILE’ – FREE Swim Hats Offer</a></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>	<p>Primary Post Primary schools</p>	<p>7-10 May</p>	<p>Carol Finlay <a href="mailto:carolfinlay@swimireland.ie">carolfinlay@swimireland.ie</a></p>
<p><b>TRIATHLON</b></p>	<p>Triathlon coach available to visit school to give a FREE taster session of the <a href="#">‘Tri-Heroes’</a> programme</p>	<p>Primary Schools</p>	<p>April - June</p>	<p>Eleanor Condon <a href="mailto:eleanor@triathlonireland.com">eleanor@triathlonireland.com</a></p>
<p><b>TUG of WAR</b></p>	<p>Tug of War demonstration and mini competition for participating classes. <i>A small fee will apply.</i></p>	<p>Primary Post Primary</p>	<p>April - June</p>	<p>Cathy O Toole <a href="mailto:ladiestugofwar2015@gmail.com">ladiestugofwar2015@gmail.com</a></p>

<b>ULTIMATE FRISBEE</b>	Experienced coach available to visit schools and to give an Introductory session. (a small fee may apply)	Primary Post Primary	April - June	William Hayes <a href="mailto:w.hayes1@nuigalway.ie">w.hayes1@nuigalway.ie</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>