

## LAOIS 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 LAOIS 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>	<u>FINGAL Area Schools</u> A FREE session from a Hockey Ireland coach as part of the <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>

<p><b>PARKRUN Junior</b></p>	<p><a href="#">Vicarstown Junior parkrun</a> Stradbally, Portlaoise</p> <p>IICARSTOWN junior parkrun invites local schools to celebrate <b>ACTIVE SCHOOL WEEK</b> by joining them on:</p> <p>Sunday, 5<sup>th</sup> May @ 11am Sunday, 12<sup>th</sup> May @ 11am</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 FUN run for juniors aged 4-14years</p>	<p>5/12 May</p> <p>And EVERY Sunday at 11am</p>	<p>Junior Event Director: John Scully Email: <a href="mailto:John.Scully@openeir.ie">John.Scully@openeir.ie</a></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 <a href="#">REGISTER your SCHOOL - as a Parkrun club</a></p> <p><a href="#">PUPIL REGISTRATION</a> – 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><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? 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>Primary Post Primary schools</p>	<p>7-10 May</p>	<p>Carol Finlay <a href="mailto:carolfinlay@swimireland.ie">carolfinlay@swimireland.ie</a></p>

	FREE swim hats will be awarded to every student that participates in the 'Swim for a Mile' challenge during national Active School Week.			
<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>