

LIMERICK 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 LIMERICK 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 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
<p>Parkrun - JUNIORS</p>	<p>SHELBOURNE junior parkrun Shelbourne Park, Limerick</p> <p>SHELBOURNE 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</p>	2km FUNrun for juniors aged 4-14 years	5/12 May Every Sunday at 9.30am	<p>Junior Event Director: Lavinia Duggan Shelbournejuniors@parkrun.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</p> <p>REGISTER your SCHOOL - as a Parkrun club</p> <p><u>PUPIL REGISTRATION</u> – Every pupil must register themselves online with parkrun, in advance, using their school name, in order to receive their parkrun barcode. This will</p>

	<p>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>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>
PITCH and PUTT	<p><u>Parteen Pitch & Putt Club</u></p> <p>FREE use of facility FREE coaching session</p>	<p>Primary Post Primary</p>	<p>April - June</p>	<p>Pat Earls earls26@gmail.com</p>
SWIMMING Challenge	<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></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>	<p>Primary Post Primary schools</p>	<p>7-10 May</p>	<p>Carol Finlay carolfinlay@swimireland.ie</p>

TRIATHLON	Triathlon coach available to visit school to give a FREE taster session of the ‘Tri-Heroes’ programme	Primary Schools	April - June	Eleanor Condon eleanor@triathlonireland.com
ULTIMATE FRISBEE	Pelt Ultimate and Pelt Juniors. Coach available to visit schools and give an introductory session. <i>(A small fee applies)</i>	Primary Post Primary	April – June	Chris Tinkler peltjuniors@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>	Primary Post Primary Special Schools	All Year Closing Date: June 17th	info@getirelandwalking.ie