

## LONGFORD 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 LONGFORD 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>IRISH HEART FOUNDATION</b>	<b><u>'Let's Get Active' Physical Activity Award</u></b> 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>	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.</p> <p><a href="#">REGISTER</a></p>	Primary Schools	All Year	<a href="mailto:skip@irishheart.ie">skip@irishheart.ie</a>
<p><b>LONGFORD Sports Partnership</b></p>	<p><b><u>Longford Sports Partnership</u></b></p> <p>Camlin Court, Longford, Co. Longford</p> <p>We'd love to find out about LONGFORD schools' #ASW19 programmes. Please <b>SHARE</b> your #ASW19 photos and videos with us on:</p> <p>Twitter: <a href="#">@LSPLongford</a></p> <p>Facebook: @longfordsportspartnership - <a href="https://www.facebook.com/longfordsportspartnership/">https://www.facebook.com/longfordsportspartnership/</a></p>	Primary Schools	7 <sup>th</sup> to 10 <sup>th</sup> May	<p><b>Coordinator</b></p> <p>Sarah Mulligan <a href="mailto:smulligan@longfordcoco.ie">smulligan@longfordcoco.ie</a> 0433343494</p> <p><b>FAI Development Officer</b></p> <p>Graham Kane <a href="mailto:Graham.kane@fai.ie">Graham.kane@fai.ie</a></p> <p><b>IRFU Development Officer</b></p> <p>Dylan Quinn <a href="mailto:longfordccro@leinsterrugby.ie">longfordccro@leinsterrugby.ie</a></p> <p><b>GAA Development Officer</b></p> <p>Ciaran MacEochaidh <a href="mailto:ciaran.maceochaidh.gpo.longford@gaa.ie">ciaran.maceochaidh.gpo.longford@gaa.ie</a></p>

<b>LONGFORD Sports Partnership</b>	<b>EQUIPMENT Loan</b> – schools could borrow LSP equipment e.g. sportshall athletics equipment, Racepack signs, general sports equipment, for use in their #ASW19 programmes.	All schools	Year round except general sports equipment, 7 <sup>th</sup> to 10 <sup>th</sup> May only	Sports <a href="mailto:sports@longfordcoco.ie">sports@longfordcoco.ie</a> 0433343493
<b>LONGFORD Sports Partnership</b>	<a href="#">LONGFORD Junior parkrun</a> <a href="#">LONGFORD Slí na Sláinte Routes</a> <a href="#">LONGFORD Walking Routes</a>	All ages	Year Round	<a href="mailto:sports@longfordcoco.ie">sports@longfordcoco.ie</a> 0433343493
<b>LONGFORD Sports Partnership</b>	<b>Community Sports Development Programmes</b> <a href="#">Parkour – free running exercise programme</a>  <b>Paddles Up - Kayaking Programmes</b> <a href="http://longfordsports.ie/what-we-do/programmes/water-programme/paddles-up/paddles-up.html">http://longfordsports.ie/what-we-do/programmes/water-programme/paddles-up/paddles-up.html</a>  <b>Sports Leadership – Training for Post Primary students to achieve their qualification</b> <a href="http://longfordsports.ie/what-we-do/club-and-volunteer-support/training/sports-leadership1/">http://longfordsports.ie/what-we-do/club-and-volunteer-support/training/sports-leadership1/</a>	Primary  Post Primary	March to June	Patricia Forde <a href="mailto:pforde@longfordcoco.ie">pforde@longfordcoco.ie</a> 0871922479

<p><b>LONGFORD Sports Partnership</b></p>	<p><b>Edgeworthstown Community Sports Hub</b> The Hub maximizes this local sports facility through links and programmes with local schools, sports clubs, community groups and other physical activity groups.</p>	<p>Programmes for all age groups</p>	<p>Year Round</p>	<p>Laura Doyle <a href="mailto:ldoylecommunitysportshub@gmail.com">ldoylecommunitysportshub@gmail.com</a></p>
<p><b>PARKRUN Juniors</b></p>	<p><a href="#">LONGFORD Junior parkrun</a> LONGFORD junior parkrun invites local schools to celebrate <b>ACTIVE SCHOOL WEEK</b> by joining them on:</p> <p>Sunday, 5<sup>th</sup> May @9.30am Sunday, 12<sup>th</sup> 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 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 And EVERY Sunday</p>	<p><b>Junior Event Director:</b> Michael O Hara <a href="mailto:mohara1961@gmail.com">mohara1961@gmail.com</a></p> <p>Kevin Kane <a href="mailto:Kevin.kane@parkrun.com">Kevin.kane@parkrun.com</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><b><u>PUPIL REGISTRATION</u></b>– 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.<u>The printed barcode must be brought along on the day for results</u></p>

<b>PITCH and PUTT</b>	<p><u>The Acres Pitch &amp; Putt Club, Ballinlee</u></p> <p>FREE use of facility</p>	<p>Primary School (5<sup>th</sup> &amp; 6<sup>th</sup> class)</p> <p>Post Primary</p>	<p>7-10 May</p>	<p>Michael Stephenson  <a href="mailto:tullysteveo@hotmail.com">tullysteveo@hotmail.com</a></p>
<b>SWIMMING</b>	<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>	<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>
<b>TUG of WAR</b>	<p>Tug of War demonstration and mini competitions. <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>

<p><b>WALKING</b></p>	<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="#">@GetIreWalking</a> <a href="#">@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>	<p>Primary Post Primary Special Schools</p>	<p>All Year</p> <p>Closing Date: June 17th</p>	<p><a href="mailto:info@getirelandwalking.ie">info@getirelandwalking.ie</a></p>
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