

MAYO 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 MAYO 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 Active School Week? 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>Moy Valley Freestyle Martial Arts, Ballina</u></p> <p>FREE Taster session on school premises</p>	Schools in North Mayo Primary, Secondary, Special Needs & TY Programmes	March - June	<p>Ann Marie Thompson lackenthompsons@gmail.com (086) 3792787</p> <p>National Secretary: Martin Mc Mahon secretary@kickboxingireland.ie</p>
MAYO Sports Partnership	<p>Mayo Sports Partnership, c/o Mayo County Council, Castlebar, Co Mayo.</p> <p>SCHOOL PROGRAMMES – MSP have a number of programmes for both Primary & Secondary Schools.</p> <p>Primary Schools</p> <ul style="list-style-type: none"> ✓ Playground Marking Stencils ✓ The Daily Mile Programme 	All Schools	All Year	Deirdre Donnelly, Community Sports Development Officer dedonnelly@mayococo.ie

- ✓ Introduction to Athletics
- ✓ Little Athletics
- ✓ Bike Week June 2019
- ✓ Disability Awareness

Secondary Schools

- ✓ Girls Active
- ✓ Youth Sport Leadership
- ✓ 'It's for Girls' Mini Marathon
- ✓ Disability Awareness
- ✓ 'Couch to 5K' Programmes

Local Resources

Mayo Sports Partnership supports a lot of community-based initiatives which promotes participation for all:

- ✓ Junior 2K parkruns Ballina & Castlebar
- ✓ Adult 5K parkruns
- ✓ Get Ireland Walking Groups
- ✓ Sofa2Saddle Cycling

Sports Equipment Library – We have built up an extensive equipment bank for all sports which can be loaned to schools. This is subject to MSP terms / conditions and a refundable deposit.

PLEASE SHARE:

We'd love to find out about MAYO schools' #ASW19 programmes. Please share your #ASW19 photos and videos with us on:

	Facebook: @Mayosport1 Twitter: @MayoSport1 Email: dedonnelly@mayococo.ie			
PARKRUN Juniors	<p>BALLINA Junior parkrun</p> <p>BALLINA junior parkrun invites local schools to celebrate ACTIVE SCHOOL WEEK by joining them on:</p> <p>Sunday, April 22nd @ 9.30am Sunday, April 29th @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>	2km FUN run for juniors aged 4-14years	21/29 April And EVERY Sunday	<p style="text-align: right;">Junior</p> <p>Event Director: Ann Egan ann.egan@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 REGISTER your SCHOOL - as a Parkrun club</p> <p>PUPIL REGISTRATION – 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>
PARKRUN Juniors	<p>LOUGH LANNAGH Junior parkrun</p> <p>CASTLEBAR 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>	2km FUN run for juniors aged 4-14years	5/12 May And EVERY Sunday	<p>Event Director: Paula Staunton pmurphy27@gmail.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 REGISTER your SCHOOL - as a Parkrun club</p>

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<p>SWIMMING Challenge</p>	<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>

WALKING

SHOWCASE your Active School WALKWAY

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).

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**

Active School WALKWAY packs are available to schools that engage with the Active School Flag programme and attend ASF training events.

Primary
Post Primary
Special
Schools

All Year

info@getirelandwalking.ie

Closing
Date:
June
17th