

## WESTMEATH 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 WESTMEATH 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>
<b>KICKBOXING</b>	<p><u>Wolfpack Martial Arts, Athlone</u></p> <p>Free taster sessions for students, staff, TY programmes etc.</p>	Primary and Post primary schools	March - June	<p>Leon Parsons <a href="mailto:leon@wolfpack.ie">leon@wolfpack.ie</a></p> <p>National Secretary: Martin Mc Mahon <a href="mailto:secretary@kickboxingireland.ie">secretary@kickboxingireland.ie</a></p>
<b>LEISURE Centre</b>	<p><a href="#">Athlone Regional Sports Centre</a> <i>Ballymahon Road, Athlone, Co. Westmeath</i></p> <p><b>Fitness class</b> Les Mills Virtual indoor class “Sh’Bam” dance pre booking required, 45 – 60mins duration</p> <p><b>Astro turf soccer pitches</b> - Free use during 9 – 3pm under teacher supervision. Pre-booking required!</p>	Primary Schools	7-10 May	<i>Ger O’Donoghue</i> <a href="mailto:ger@athlonersc.ie">ger@athlonersc.ie</a>

<b>PITCH and PUTT</b>	<p><u>Kilbeggan Pitch and Putt Club, Kilbeggan</u></p> <p>FREE use of facilities FREE coaching session</p>	<p>Primary Post Primary</p>	<p>April - June</p>	<p>James Mullins <a href="mailto:jimmygracemullins@yahoo.ie">jimmygracemullins@yahoo.ie</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 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>		<p>Primary</p>	<p>April - June</p>	<p>William Hayes <a href="mailto:w.hayes1@nuigalway.ie">w.hayes1@nuigalway.ie</a></p>

	Experienced coach available to visit schools and to give an Introductory session. (a small fee may apply)	Post Primary		
<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="#">@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>	Primary Post Primary Special Schools	All Year  Closing Date: June 17th	<a href="mailto:info@getirelandwalking.ie">info@getirelandwalking.ie</a>