

## WATERFORD 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 WATERFORD 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>	A FREE coaching session from a Hockey Ireland coach as part of <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>



<b>ORIENTEERING</b>	<p>Permanent Orienteering Courses – <a href="#">KILMACTHOMAS</a></p> <p>Short course 1km and Long course 2.3km</p> <p><a href="#">Guide to Orienteering</a></p> <p>Download maps  <a href="https://www.waterfordsportspartnership.ie/permanent-orienteering-course-kilmacthomas/">https://www.waterfordsportspartnership.ie/permanent-orienteering-course-kilmacthomas/</a></p>	<p>Primary</p> <p>Post Primary</p>	<p>All Year</p>	<p>Contact: Pete Jones  <a href="mailto:pjones@waterfordsportspartnership.ie">pjones@waterfordsportspartnership.ie</a></p> <p>Find out more about <a href="#">Schools Orienteering</a></p>
<b>ORIENTEERING</b>	<p>Permanent Orienteering Courses – <a href="#">KILBARRY Nature Park</a></p> <p>Short (2km), medium (3.6km) Long (4.2km) + Wheel O (2.5km) <b>wheelchair friendly course</b></p> <p><a href="#">Guide to Orienteering</a></p> <p>Download maps  <a href="https://www.waterfordsportspartnership.ie/permanent-orienteering-kilbarry-nature-park/">https://www.waterfordsportspartnership.ie/permanent-orienteering-kilbarry-nature-park/</a></p>	<p>Primary</p> <p>Post Primary</p>	<p>All Year</p>	<p>Contact: Pete Jones  <a href="mailto:pjones@waterfordsportspartnership.ie">pjones@waterfordsportspartnership.ie</a></p> <p>Find out more about <a href="#">Schools Orienteering</a></p>
<b>ORIENTEERING</b>	<p>Permanent Orienteering Courses – <a href="#">The PEOPLE'S PARK, Waterford</a></p> <p><a href="#">Guide to Orienteering</a></p> <p>Two short courses – 1km + Wheel O <b>wheelchair friendly course</b></p>	<p>Primary</p> <p>Post Primary</p>	<p>All Year</p>	<p>Contact: Pete Jones  <a href="mailto:pjones@waterfordsportspartnership.ie">pjones@waterfordsportspartnership.ie</a></p> <p>Find out more about <a href="#">Schools Orienteering</a></p>

	<p>Download maps  <a href="https://www.waterfordsportspartnership.ie/permanent-orienteeing-the-peoples-park-waterford/">https://www.waterfordsportspartnership.ie/permanent-orienteeing-the-peoples-park-waterford/</a></p>			
<b>SWIMMING</b>	<p><a href="#">‘SWIM for a MILE’ – FREE Swim Hats Offer</a></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</p> <p>Post Primary</p>	7-10 May	<p>Carol Finlay  <a href="mailto:carolfinlay@swimireland.ie">carolfinlay@swimireland.ie</a></p>
<b>TRIATHLON</b>	<p>Triathlon coach available to visit school to give a FREE taster session of the <a href="#">‘Tri-Heroes’</a> programme</p>	<p>Primary Schools</p>	April - June	<p>Eleanor Condon  <a href="mailto:eleanor@triathlonireland.com">eleanor@triathlonireland.com</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</p> <p>Post Primary</p>	April - June	<p>Cathy O Toole  <a href="mailto:Ladiestugofwar2015@gmail.com">Ladiestugofwar2015@gmail.com</a></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

Closing  
Date: June  
17th

[info@getirelandwalking.ie](mailto:info@getirelandwalking.ie)