



Primary Schools Physical Activity Programme 2021/22



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Carlow Sports Partnership, in collaboration with the national governing bodies of sport (NGBs), has developed a new resource to provide your school with the opportunity to upskill teachers, purchase equipment and incorporate new elements of fun into your physical activity curriculum for the upcoming school year at a heavily subsidised price.

There are six paid options and three free options¹ available for each school to choose from. You may pick as many or as little as you would like.

The programmes will be offered throughout the academic year. Teacher training dates and dates for programmes will be decided in conjunction with the school and NGBs once your school has signed up. After each block of activities, Carlow Sports Partnership, via the NGB, will put the school in contact with a representative from a local club of that sport to create sustainable links between the school, the sport and the wider community.

Paid Programmes

BASKETBALL IRELAND

This programme will be run in conjunction with IT Carlow's international basketball team. Scholarship awarded basketball players from across the world who are now playing with IT Carlow will come to your school and coach both pupils and teachers for a 6-week block. Included in the price, your school will also receive:

- 6 x Basketballs
- 4 x Sets of numbered bibs
- Dribbling Cones
- Basketball Ireland Handbook for Coaching Primary Schools
- Registration in school blitzes (facilitated by Basketball Ireland)

Cost: €30.00 plus €2.00 per child for each coaching session.



BADMINTON IRELAND

A full day of teacher training workshop will be provided to give teachers the skills and knowledge needed to bring badminton to their schools. 4 school staff (including SNAs) will be able to avail of this training, also included in the price is:

- 30 x Badminton Rackets
- 2 x Packs of Shuttlecocks
- 2 x Nets
- Registration to a school blitz day (facilitated by Badminton Ireland)

Cost: €20.00



¹Sports Hall Athletics and Learn to Cycle Equipment is limited. Therefore, these programmes will be offered on a first come, first serve basis.

GAA HANDBALL

GAA Handball will provide a teacher training day through one of their highly skilled tutors for any teacher or SNA within the school to attend. Along with giving staff the skills and knowledge to grow and promote Handball within your school, the price also includes:

- 30 x Beginner Handballs
- 20 x 1-Wall Handballs
- Training Manuals for Teachers
- Posters and Promotional Items for your School
- Registration in school blitzes (facilitated by GAA Handball)
- Entry into competitions to win spot prizes from GAA Handball

Cost: €30.00



SKIPNROPE

Skipping is an all body physical activity which helps a child's agility, balance, co-ordination & rhythm. Carlow Sports Partnership will provide access to 6 skipping tutorials from SkipnRope which can be played on an interactive whiteboard, plus video tutorials which outline adapted physical activities for skipping.

Cost: €3.00 per Skipping Rope

Optional Extras of:

16ft Rope (€10.00) 1-3 people in long rope games 1st-6th Class

25ft Rope (€13.00) 4 or more in a long rope in 5th & 6th Class only



ORIENTEERING IRELAND

This is a **limited programme** which will only be available to a small number of schools on a first come first serve basis. Orienteering Ireland in conjunction with Carlow Sports Partnership will facilitate a full teacher training day. Along with mapping a permanent orienteering course in your school and providing maps, flags and other equipment needed to provide orienteering as part of your school's physical activity programme.

Cost: €200.00



TUG OF WAR IRELAND

Tug of War Ireland will provide a teacher training day for any teacher or SNA to attend. They will also provide teacher training manuals and ongoing support to your school. Tug of war is a sport for all and it is a great opportunity for all children to participate and compete in, regardless of sporting ability or physical attributes. Tug of War is a non-contact sport which allows participants to channel their competitive instincts in a non-confrontational manner. It requires no costly equipment other than a rope which will last for years.

Cost: €30

Rope Cost: €30.00 for full rope or €10.00 for shorter ropes



Free Programmes

DAILY MILE

The Daily Mile is a social physical activity, with children running or jogging – at their own pace – in the fresh air with friends. Children can occasionally walk to catch their breath, if necessary, but should aim to run or jog for the full 15 minutes.

- It takes place in 15 minutes, with most children averaging a mile, or more, each day.
- Children run outside in the fresh air.
- There's no set up, tidy up, or equipment required.
- No staff training is needed and there is no extra workload for teachers.
- Children run in their uniforms so no kit or changing time is needed.
- The children return to class ready to learn.
- It helps to improve fitness and achieve a healthy weight.
- It encourages children to be aware of their health.
- It's fully inclusive; every child, whatever their circumstances, age or ability, succeeds at The Daily Mile.



Your school will be provided with a Calendar to keep track of the daily mile for each class and will provide some ideas of exercises to do during school breaks. When the Calendar is completed, at the end of the school year, representatives from your school will be invited to a presentation ceremony where you will be awarded a Daily Mile School Flag.

Cost: Free

SPORTS HALL ATHLETICS

Empower your senior students to help assist in physical activity for junior and senior infants. Carlow Sports Partnership will provide a trained tutor to demonstrate to each class within your school how the course should be set up over the course of one day. We will loan your school all the equipment needed to create an Athletics Ireland approved course in your school hall for six weeks. By using the teacher's manual, you will be able to help older students develop leadership and communication skills before entering post-primary education, while providing a fun and interactive PE class for younger students.

Cost: Free



LEARN TO CYCLE

Carlow Sports Partnership have a range of balance bicycles that can be loaned to schools for a period of six weeks as part of Cycling Ireland's Learn to Cycle programme. You will be sign posted to video tutorials for teachers which will give them the skills and knowledge to help give younger pupils the confidence to begin their cycling journey.

Cost: Free



To sign up for any of the programmes listed for the academic year 2021/22, please contact Deborah via deborahfoley@carlowcoco.ie or on 087 912 1497.



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www.carlowsports.ie

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 County Carlow Sports Partnership

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