



Primary Schools Physical Activity Programme 2023/24



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Carlow Sports partnership have collaborated with National Governing Bodies (NGB, s) of Sport in Ireland 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 four paid options and four free options available for each school to choose from. You can avail of one free option with every paid option.

This programme will be offered throughout the academic year. Teacher training dates and dates for programmes will be decided in conjunction with the school and NGB's 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 wider community.

Paid Programmes

BASKETBALL IRELAND

This programme will be run in conjunction with SETU Carlow international basketball team. Scholarships 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

This programme will be run in conjunction with badminton Ireland. A highly skilled Tutor from Badminton Ireland will coach both teachers and students for a 4 or 6-week block. This is available after Christmas.

Included in the price, your school will receive:

- 15 racquets
- 2 tubes of shuttles
- 1 net

Cost: €45.00



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

MOUNTAINEERING IRELAND

This programme will be run in conjunction with Mountaineering Ireland. A highly skilled Tutor with Mountaineering Ireland will bring primary school children on an adventure along low land areas of Mt. Leinster.

5th and 6th Class children will be taught by a professional mountaineering Ireland course provider the basics of map reading skills, how to set the map, basic movement skills tips of how to be safe while hiking, about the landscape and history around the location.

1st-4th will engage in a discovery hike by a professional mountaineering Ireland course leader which would include flora and fauna and light navigation skills.

Cost: €30.00 per programme



SCHOOL HALL FITNESS

This programme will be run in conjunction with School Hall Fitness. Expert Professional Coaches will deliver high quality, progressive and inclusive activities such as Gymnastics and Fun Fitness Sessions over a 6-week period.

- All equipment will be provided.
- Limited availability with this programme. Available after Christmas.

Cost: €2.00 per child for each coaching session

Spaces are limited. This programme will be offered on a first come, first serve basis.



Free Programmes

LEARN TO CYCLE

Carlow Sports Partnership have a wide 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 video tutorials for teachers which will give them the skills and knowledge to help younger pupils the confidence to begin their cycling journey.

Cost: Free

Cycle equipment are limited. It will be offered on a first come, first serve basis.



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 the 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

Spaces are limited. This programme will be offered on a first come, first serve basis.



GAA HANDBALL

Carlow Sports Partnership in conjunction with GAA Handball can offer you Teachers in service training course - a two-hour taster course targeting the growing numbers of schools starting to develop handball. This course contains basic rules, shots, and mini games to help assist the growth of the game in the school. GAA Handball would also provide a detailed six-week teachers' Handball PE programme. There would be no charge for such, however each school would have to register on the GAA Handball website and purchase a basic schools pack (€70) - containing balls and promotional materials.

Carlow Sports Partnership will cover the cost of the basic Schools pack so there will be no cost to the school for this programme.

Cost: Free



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'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.

Cost: Free



To sign up for any of the programmes listed for the academic year 2023/24, please contact Caroline via cshanahan@carlowcoco.ie or on 087 918 5466.



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www.carlowsports.ie

Email: cshanahan@carlowcoco.ie | Phone: 087 918 5466

 County Carlow Sports Partnership

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