

National Governing Bodies – Primary Schools’ Programmes and Resources (2011-2012)

The National Governing Bodies of Sport can offer the following programmes and resources to primary schools wishing to promote physical activity:

National Governing Body	Programmes and Resources
<p>Badminton - Badminton Ireland</p> <p>www.badmintonireland.com</p>	<p>Badminton Ireland has uploaded a document under the National Governing Bodies tab on www.activeschoolflag.ie which outlines the many ways that they can help and support schools.</p> <p><i>Badminton for Schools Partnership</i> - Our Badminton for Schools Partnership is an ideal programme open to primary and post primary schools to introduce badminton to your school. A short teacher training course (Introduction to Badminton Coaching Course), a visit to your school by a Badminton Ireland Approved Coach and a starter pack are some of the elements to our Badminton for Schools Partnership which costs just €75. We also have a number of other Schools Programmes aimed at both primary and post primary schools including:</p> <p><i>Buntus Badminton</i> – Buntús Badminton is now available as a follow on option to schools that have successfully completed the generic Buntús programme (please contact your Local Sports Partnership for further details). Buntús Badminton aims to train teachers to deliver the basic skills required for badminton in a fun, safe and organized way. Teachers are given a 2-hour workshop in which they have the opportunity to learn basic skills and fun co-ordination games that can be used in any primary school PE space. Each school gets equipment for the scheme in their school and are encouraged to utilise the Badminton Ireland Introductory Coaches manual.</p> <p><i>First Badminton for Primary Schools</i> - The First Badminton Certificate is a 4-week coaching course for students administered by Badminton Ireland to encourage players at the first stage of development. Teachers who have completed their Introduction to Badminton Coaching Award or a Badminton Ireland Level 1 coach can run the 4 week coaching sessions (1 hour per week). Students who will receive a Badminton Ireland certificate upon completion.</p>

<p>Badminton - Badminton Ireland</p> <p>www.badmintonireland.com</p>	<p><i>Continued</i></p> <p>Students must successfully complete activities under the following 5 headings:</p> <ul style="list-style-type: none">○ Keeping it Hot - encourages players to attempt racquet skills○ Throwing Well - encourages players to develop their over arm action○ Smooth Mover - encourages players to develop good footwork patterns for movement around the court○ Slick Serving - encourages players to learn how to serve○ Rally On - encourages players to keep a rally going <p>Certificates cost 75cent/50p each. BI Level 1& above coaches are approximately €25 per hour.</p>
<p>Camogie - The Camogie Association</p> <p>www.camogie.ie</p>	<p>The Camogie Association has uploaded a document under the National Governing Bodies tab on www.activeschoolflag.ie which outlines the many ways that they can help and support schools.</p> <p><i>Go Games</i> - These are small sided non competitive games where the emphasis is on participation as opposed to results. They are suitable for up to and including u12s. Please click on the following link for more details: www.gaa.ie/youth-zone/gaa-gogames/</p> <p><i>Mum and Me – Come Hurl with Me</i> is a new initiative where parent and daughter try out camogie together. Please click on the following link for more details: http://www.camogie.ie/Portals/0/Camogie%20Development.pdf</p>

<p>Cricket - Cricket Ireland</p> <p>www.cricketireland.ie</p>	<p><i>Kwik Cricket</i> – This is a simple and modified version of cricket that uses plastic bats, stumps and soft balls. Cricket Ireland also organise ‘Introduction to Coaching’ and ‘Cricket for Teachers Levels 1 & 2’ courses (4 hours in duration).</p> <p>Details from brian.orourke@irishcricket.org</p>
<p>Cycling – Cycling Ireland</p> <p>www.cyclingireland.ie</p> <p>www.subwaysprocketrocket.ie</p>	<p>Cycling Ireland and SUBWAY Sprocket Rocket have uploaded a document under the National Governing Bodies tab on www.activeschoolflag.ie which outlines the many ways that they can help and support schools.</p> <p><i>SUBWAY® Sprocket Rocket Youth Cycling Skills Programme</i> - This programme was launched by Cycling Ireland in 2010. It aims to provide pupils (7-11 years) with the fundamental skills of cycling in order for them to become competent and confident cyclists. The programme can be run in an area of similar size to a basketball/tennis court and on tarmac or grass over a period of 8 weeks.</p> <p>COMING SOON - Cycling Ireland is in the process of developing a <i>Cycling Skills League for Sprocket Rockets</i>. The focus of this league will be on the skills that participants of the SUBWAY® Sprocket Rocket Programme cover: balance, pedalling, braking, and cornering.</p>
<p>Fencing - The Irish Fencing Federation</p> <p>www.irishfencing.net</p>	<p>The Irish Fencing Federation offer start up grants to schools who are interested to include fencing in their sports programme. They will also arrange demonstrations, equipment and coaching. Presently this is only available in the Dublin area and for children aged 8 years and upwards.</p>

Gaelic Games – GAA Football and Hurling

www.gaa.ie

Over 90% of schools avail of the ‘Coaching in Schools Programme’. This involves an agreement between the schools and the County Games to provide a coaching block of 6 – 10 weeks. All lessons are designed to meet the aims of the primary school curriculum and teachers are encouraged to work together with coaches to maximise the impact for pupils.

The GAA has produced a comprehensive suite of educational resources for primary schools.

Fun Do Programme – This programme is designed to ensure that all players derive a sense of achievement, fun and fair play from taking part in Gaelic Games. The resource consists of booklets, DVDs and DVD-ROMs to help parents, teachers and coaches. For more details on the Fun Do Programme go to www.cul4kidz.com/fundo/

The Fun Do Programme has many different elements:

- ABC Programme – This programme consists of fun exercises to develop movement skills for children aged 4-8 years old.
- Have a Ball Programme – This programme consists of fun exercises and activities for children aged 4-8 years old using a ball.
- Coaching Classes – This section provides children U8, U10 and U12 with a range of activities to help them become more skilful at playing Gaelic Games. There are ‘Catch and Kick’ coaching classes for football and ‘Lift and Strike’ coaching classes for hurling.
- Wall Ball – is a GAA initiative aimed at developing the skills of hurling in a fun and exciting way. All you need is a hurl, a ball and a wall.

Gaelic Games – GAA Football and Hurling

www.gaa.ie

Continued

- U Can Awards – These are a series of skills challenges designed to assist players as they learn the skills of Gaelic Football and Hurling. There are 15 skills challenges divided up into 3 challenges over 5 star levels – 1 Star, 2 Star, 3 Star, 4 Star and 5 Star. Each star level corresponds to an age group or a class but players can progress at their own level of ability. Teachers or coaches can administer these awards.
- Skill Star Challenges – These are Gaelic Football and Hurling challenges aimed at children aged 13-14 years old. They are more difficult than the U Can Awards and provide a better measure of the type of playing demands that are experienced by this age group.

Go Games – These are small sided modified games with modified rules in both Hurling (‘Go Hurling’) and Gaelic football (‘Go Gaelic’). The emphasis is on participation as opposed to results. They are suitable for up to and including U12s. Go to www.gaa.ie/youth-zone/gaa-gogames/

Respect Initiative – This aims to promote positive behaviour and to ensure that an enriching environment is provided for the promotion and development of Gaelic Games. This includes respect for and from all participants on and around the field.

Céim ar Aghaidh - This resource now provides teachers from 1st to 6th classes with a series of teacher notes and worksheets which allow them to incorporate the theme of the GAA through all subjects in the primary school curriculum.

School Project – The GAA website provides information on the following topics: GAA history, county colours and crests, cups and trophies, statistics and archive results, championship wall charts. Go to www.gaa.ie/youth-zone/school-project/

<p>Gaelic Games – GAA Football and Hurling</p> <p>www.gaa.ie</p>	<p><i>Continued</i></p> <p><i>Cumann na mBunscol</i> – This is the voluntary organisation of primary school teachers who wish to promote our native games of camogie, hurling, football, rounders, handball and athletics. Visit www.scoilsport.org for further information.</p>
<p>Golf - Junior Golf Ireland</p> <p>www.juniorgolfireland.ie</p>	<p><i>Buntus Tri-Golf</i>– Junior Golf Ireland (JGI) has designed a 6-8 week programme for students in 4th to 6th class. This programme aims to give a fun introduction to the game of golf using modified games and activities, suitable to both indoor and outdoor use. It gives access to adapted equipment and resources cards, as well as training for teachers, who may use the programme as a support to the PE curriculum or as an after-school programme.</p> <p>Schools are required to nominate a ‘designated golf teacher’ (4th – 6th class) to attend training (2 hours) and lead the roll-out of the Golf programme. The JGI regional development officer will assist teachers to implement the 6-8 week coaching programme. Pupils will be given an opportunity to attend the local coaching centre where they will receive further instruction from the local professional, encouraging them to continue their involvement in golf at their nearest facility. Schools will be chosen based on availability of golf within the nearest local club.</p> <p><i>Primary Schools Competition</i> – JGI are running a primary schools competition in conjunction with the tri-golf programme above. The competition will take place in 4 locations this academic year - Dublin South (Castle Schools Cup), Wicklow (Delgany Schools Cup), Wexford Schools Cup (to beheld in Rosslare) and Meath Cup (to be held in Blackbush GC). The competition will include a tri-golf skills challenge for each participating school and a fun scramble competition for beginners. These will be in preparation for the schools competition final, which will be a singles competition. There is availability for schools in Wexford and Meath who wish to get involved. For more information contact Rory Leonard (Meath) 087 3288255 / leonard@juniorgolfireland.com or Jennifer Hickey (Wexford) 087 6644189 / jhickey@juniorgolfireland.com</p>

<p>Golf - Junior Golf Ireland www.juniorgolfireland.ie</p>	<p><i>Continued</i></p> <p><i>Golf Awareness Day</i> – A JGI regional development officer could organise a ‘Golf Awareness Day’ for your school. They will bring along all the necessary equipment for the day including Wii golf, inflatable nets and putting equipment.</p> <p>For further information see the poster on JGI website www.juniorgolfireland.com/downloads.html</p>
<p>Gymnastics - Irish Gymnastics www.irishgymnastics.ie</p>	<p>Irish Gymnastics has uploaded a document under the National Governing Bodies tab on www.activeschoolflag.ie which outlines the many ways that they can help and support schools.</p> <p><i>GYMFun</i>- This is a 4 hour basic gymnastics course specifically for primary teachers. It covers all the basic skills and movement patterns and offers ideas about how to make the best use out of limited equipment. The course will be run through the local sports partnerships network in conjunction with Irish Gymnastics.</p> <p><i>GYMStart</i> - This is a weekend coaching course (12 hours) which covering <i>all</i> the disciplines of gymnastics including floor, vault, rhythmic, group acrobatics, trampolining etc. This certified course is run in conjunction with Coaching Ireland.</p> <p><i>GYMStart Award Scheme</i> - This will launch in October, 2011. The award scheme consists of the various gymnastics skills divided into 10 different levels. It will provide teachers with a guide to skill development and give children something fun to work towards.</p> <p>Further information from Aimi Baker, Participation Officer po@irishgymnastics.ie (01) 6251125</p>

<p>Handball - The Handball Association</p> <p>www.gaahandball.ie</p>	<p>The Coaching and Development section of the Handball Association website has useful downloads for teachers wishing to introduce/develop handball in their schools. GAA Handball is undertaking a pilot initiative in primary schools in Waterford, Wexford and Sligo at present.</p>
<p>Hockey – Irish Hockey Association</p> <p>www.hockey.ie</p>	<p><i>Tricks 4 Sticks</i> - The IHA runs an introductory hockey programme named ‘Tricks 4 Sticks’ (supported by the Irish Sports Council’s Women in Sport) where a qualified coach comes to your school to run sessions.</p> <p><i>Primary School Hockey Competitions</i> - There is also a range of primary school hockey competitions taking place all over the country. The IHA will happily facilitate your school to take part. If you are already playing hockey in your school and you wish to develop further, we have a range of services that can be delivered by our hockey development officers. Don’t forget, hockey is both a girls and boys sport and you don’t need to have a hockey pitch to take part!</p> <p><i>Introductory Coaching Course for Teachers</i> - This is just one of the coaching programmes available from the IHA. The IHA also has licensed development officers who can run 2 hour sessions in your school for a small fee.</p> <p>To access any of the above programmes or to learn more about how to develop hockey in your school, contact the IHA on (01) 716 3265.</p>
<p>Ladies Gaelic - The Ladies Gaelic Football Association</p> <p>www.ladiesgaelic.ie</p>	<p>The Ladies Gaelic Football Association run a national programme called <i>Gaelic4Girls</i>. This initiative aimed at young girls living in disadvantaged or urban areas where Ladies Gaelic Football is non-existent. As a result new players are taking up our sport all over the country, and also many new clubs are emerging from the assigned areas.</p>

<p>Olympic Handball - The Olympic Handball Association</p> <p>www.olympichandball.org</p>	<p>The Olympic Handball Association (IOHA) has uploaded a document under the National Governing Bodies tab on www.activeschoolflag.ie which outlines the many ways that they can help and support schools.</p> <p><i>Street Handball</i> - The IOHA has established a modified version of the game called <i>Street Handball</i>. It is suitable for pupils aged 8 years and upwards. Street Handball will be launched in Limerick this September. Seminars and taster days will roll out throughout Ireland over the next 12 months. Please click on this link for further information - www.streethandball.org.</p> <p>For further information contact Lisa Regan, IOHA Development Officer development@olympichandball.org or on (01) 625 1165</p>
<p>Rowing – Rowing Ireland</p> <p>www.rowingireland.ie</p>	<p><i>Indoor Rowing Programme</i> - Rowing Ireland has developed an Indoor Rowing Programme suitable for 5th and 6th class pupils - schools can take part in exercise sessions, fun games and league racing against other schools. They can even race without having to travel by using the online race format offered by RowPro.</p> <p>Rowing Ireland can help schools form links to local rowing clubs or come visit and help them get set up with indoor rowing. They also offer coaching advice, coach qualifications and help with getting set up for activity or competitions. For further information contact development@rowingireland.ie</p>
<p>Rugby - IRFU</p> <p>www.irfu.ie</p>	<p><i>PLAY RUGBY</i> –PLAY RUGBY is an IRFU initiative aimed at assisting teachers, coaches and parents involved in rugby at mini and primary school level. It is available to view under the Resources tab on www.activeschoolflag.ie and on www.irishrugby.ie/playrugby/</p> <p>The PLAY RUGBY site provides session plans, video clips on how to play fun games, Play Rugby certificates and the full range of game cards.</p>

Soccer - FAI

www.fais.ie

www.fai.ie

Buntus Soccer is available as a follow on option to schools which have completed the generic Buntus programme. The roll out of this programme is complete in 17 of the 33 Local Sports Partnerships areas. Schools need to contact their Local Sports Partnership to see if Buntus Soccer is still available in their own area. The Buntus Soccer resource cards are available to download on www.fais.ie

Soccer Sisters is programme for girls aged 7-12 years. The course consists of eight one hour coaching sessions and costs €30 per participant (20 minimum). Each participant receives a Soccer Sisters t-shirt. Schools in disadvantaged areas may qualify for a reduced fee. For further information contact Paul Cleary paul.cleary@fai.ie (086) 0489872 or Emma Martin emma.martin@fai.ie (086) 0489872

Futsal- this FAI programme is aimed at girls and boys in 3rd and 4th class. Futsal is the official UEFA and FIFA version of 5-aside-soccer. It is non contact emphasising the skills of passing, shooting and dribbling. The FAI offer a resource pack and training days for teachers who are interested in introducing the game to their school. They also organise local futsal competitions in October and November. For further information contact Diane Fay diane.fay@fai.ie

FAI Primary Schools 5-a-Side - This is the biggest and best competition in the Primary Schools Soccer calendar. The competition kicks off in March and April with provincial and national finals taking place in June. The winners from each county will go forward to their provincial finals and then they will battle it out at the national finals

11-a-side Primary Schools Competition – This is offered by the Dublin Primary Schools Section. The season runs from early March to early June. There are now over 100 schools participating in this competition and the numbers are growing each year. There are cup and league competitions based on school size and geographical area. League competitions are organised to minimise travel, cup competitions are an open draw and are confined to Dublin.

<p>Squash – Irish Squash www.irishsquash.com</p>	<p>The Irish Squash Federation can organise mini squash programmes for primary schools (Leinster and Connacht areas only at present) interested in introducing squash to their activity programmes. An indoor area with some free wall space is the only requirement.</p>
<p>Table Tennis - The Irish Table Tennis Association www.irishtabletennis.com</p>	<p><i>Participation Programme Scheme</i> - The Irish Table Tennis Association offers funding to schools who wish to introduce/develop table tennis as part of their physical activity programme. Details on ITTA website.</p> <p><i>Stiga Junior Challenger Series</i> - The Irish Table Tennis Association also runs Junior Challenger Events which are fun competitions where anyone can come along and join in at their own level. Details on ITTA website.</p>
<p>Tennis – Tennis Ireland www.tennisireland.ie</p>	<p><i>Primary Schools Tennis Initiative Programme</i> – Tennis Ireland launched this programme in September 2010 in order to help class teachers to teach tennis in their schools. There are 6 lesson plans for each of the four age ranges in primary: juniors/senior infants, 1st/2nd classes, 3rd/4th classes and 5th/6th classes. The lesson plans are based on the Primary Physical Education Curriculum and include several video clips which will guide class teachers about how to deliver the tennis programme. They are suitable for groups of 30 or more children in a playground setting and schools <u>do not</u> need tennis nets or lines in order to implement this programme. Tennis Ireland has also developed a set of achievement cards which will allow pupils to assess themselves throughout their development. The Primary Schools Tennis Initiative can be downloaded at www.tennisireland.ie/schoolstennisinitiative</p> <p><i>Schools Tennis Initiative Certificate of Participation</i> certificates can be down loaded by teachers and given out to every pupil at the end of the course.</p> <p>For more information contact Olwyn O Toole, schools@tennisireland.ie (086) 3514123</p>

Volleyball - The Volleyball Association of Ireland (VAI)

www.volleyballireland.com

SpikeBall - SpikeBall is an adapted Volleyball game that provides children with a FUN introduction to the sport. It is ideal for primary school children in 4th, 5th and 6th class. It helps to encourage learning, build teamwork skills and promote physical activity, all the time with an emphasis on FUN and participation.

SpikeBall Workshops – The VAI organise nationwide workshops during the autumn term and competitions are organised both locally and nationally.

For €25 fee schools can affiliate to the Volleyball Association of Ireland. In addition to regular newsletters affiliated schools receive a free copy of the Spikeball Handbook and free Spikeball DVD.

Irish Water Safety

Irish Water Safety

www.iws.ie

Primary Aquatics Water Safety (PAWS) was developed by Irish Water Safety to teach primary school children the skills, behaviours and attitudes necessary to stay safe in, on and around water.

The PAWS syllabus which covers all aspects of the Primary PE Curriculum Aquatics strand is divided into two parts:

1. *LAND PAWS* – The first 3 certificates are classroom based instruction given by the school teacher. On completion, teachers can certify their pupils with nationally recognised Irish Water Safety certificates. The course content for LAND PAWS levels 1-3 is available to download from the IWS website www.iws.ie

2. *PAWS* – There are 8 levels in the PAWS syllabus which is water based and taught by swimming teachers at the local pool.

FREE RESOURCES and FREE CERTIFICATES

Certificates, resource pack with CD Rom, posters, leaflets and teacher guidelines are provided **free of charge** to school teachers by contacting Irish Water Safety on 1-890-420202 or info@iws.ie

AQUA ATTACK – This is an on-line site which contains games, exercises and key learning points so that the school teacher can guide the pupils through the syllabus in a structured and enjoyable manner. Visit www.aquaattack.ie

National Aquatics Pool Organiser Award - Irish Water Safety run this course as part of the Primary School Teachers Summer In Service Programme. Details from www.iws.ie

Learn more about the programme from Irish Water Safety's PAWS Education Development Officer – annedaly@iws.ie

The Irish Heart Foundation

The Irish Heart Foundation

www.irishheart.ie

The Irish Heart Foundation has a number of programmes and resources to encourage pupils to become more physically active for heart health. These include:

Bizzy Breaks – is a series of activities for the classroom to get pupils moving on the spot. Children take part in the activities from their desk using the available space. The activities focus on strength, flexibility and aerobic fitness. The break, which takes no longer than 10 minutes and requires minimum equipment, is guided by a large poster for the classroom, teacher's notes and a specially commissioned music CD (costs €10 per pack). This activity can contribute to the recommended one hour of physical activity for children daily and can be used as a warm-up or cool-down to a Physical Education class, sports or activity session such as Action For Life.

Action for Life - Primary - is a health-related physical activity programme, designed for Irish primary schools, to help teachers prepare and present their school Physical Education programme. The overall aim of AFL is to encourage and motivate children to lead healthy and active lifestyles by increasing health related physical activity. Through AFL the child will be provided with opportunities to participate in safe, enjoyable and meaningful health related activities that are relevant to his/her age and ability and through this process learn to appreciate the importance of physical activity participation for good heart health and well-being.

This resource package includes easy to use lesson plans for four different age groups (junior & senior infants, first & second class, third & fourth class, fifth & sixth class). It provides a valuable, practical and easy to use education resource package to assist teachers in planning and teaching part of the Physical Education curriculum in primary schools. It is recommended as a resource for Social, Personal & Health Education.

The Irish Heart Foundation

www.irishheart.ie

Continued

Action for Life - Action for Everybody – Adapting ‘Action for Life’ for children with different abilities

Action for Life – Primary (Volume 2) – COMING SOON! Volume 2 compliments the original resource and uses expertise and knowledge from the original team. The resource has been updated to reflect changes in both the Physical Education and Social and Personal Health Education curricula and to modernise the resource. It includes lesson adaptations for those with different abilities.

Skipathon – since 1984, the Irish Heart Foundation’s Skipathon has promoted physical activity for young children in a fun and positive way by teaching them how to skip. Encouraging kids to get active from an early age is the primary goal of the programme because lifestyle habits are formed in the early years. By encouraging children to skip, they learn that getting active is fun and the positive experience helps them to make healthy decisions at a young age. Skipathon also raises vital funds for the Irish Heart Foundation making a significant contribution to the children’s health promotion programmes.

Lidl Fit Factor –created by the Irish Heart Foundation and Lidl, this 2 week programme has been developed in accordance with the SPHE curriculum and integrates into the classroom. It teaches 3rd and 4th class pupils the importance of healthy eating and physical activity so they are encouraged to make healthy lifestyle choices and ultimately better their chances of becoming active healthy adults. Check out www.fitfactor.ie