

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

The National Governing Bodies of Sport offer the following programmes and resources to post 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>The Transition Year Badminton Programme</i> – this provides students with the knowledge of the basic fundamentals of the game.</p> <p><i>The Leaving Cert. Applied Badminton Programme</i> – This is very similar to the TY programme and is designed to include project work for the participants. The programmes are based on a 6-week coaching course - 1.5 hours each week (includes 15mins of theory). PE Teachers who have completed a BI Introductory Coaching course or above can administer the course. If not, Badminton Ireland will be able to source a coach, dependent on the location of the school.</p> <p>For an annual fee of €75 (no coach) or €225 (with coach), we provide the following:</p>

Badminton - Badminton Ireland

www.badmintonireland.com

Continued

- Teachers/Coaches Pack with suggested timetable and cross curricular possibilities
- Students Pack
- A copy of the Laws of Badminton
- Introductory Coaching Manual
- Help with locating a coach in your area should your PE teacher have not yet completed the Introduction to Badminton Coaching course
- BI Certificate for all students upon completion - Pass, Merit or Distinction based on effort, progress and attendance (decided by teacher/coach).

Badminton Basics Programme - The Badminton Basics programme is a coaching programme and is specifically designed to enable Teachers and TY/5th year students to deliver basic badminton skills to local primary school children and 1st-2nd year Students in their own school. The participants will be given a 6 hour workshop on how to coach badminton basics and must then use these skills by coaching some sessions within their school. The students are then encouraged to run a competition blitz day.

There are four key elements to the Badminton Basics Programme:

1. The Badminton Basics Coaching Course
2. The Badminton Basics Handbook
3. The Badminton Basics DVD
4. Badminton Basics Transition Year Student Log/Journal

<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>The Camogie Association has developed two coaching courses suitable for primary and post primary teachers who wish to learn the skills of camogie and coach it at a participation/recreational level. Both courses have Coaching Ireland recognition. These may also be of interest to transition year students.</p> <p><i>Camán - Get A Grip</i> (Foundation level course aimed at coaching children aged 6-9 years)</p> <p><i>Camán - Get Hooked</i> (Level 1 course aimed at coaching children aged 10-14 years)</p> <p>Please click on the following link for more details: http://www.camogie.ie/GamesDevelopment/CoachingUpdates/tabid/106/Default.aspx</p>
<p>Cricket - Cricket Ireland</p> <p>www.cricketireland.ie</p>	<p>Cricket Ireland organise 4 hour ‘Cricket for Teachers’ courses. Coaching assistance can also be offered to schools around Dublin and Cork. Details from brian.orourke@irishcricket.org</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 in introducing fencing to their extracurricular programme or including it as part of the Transition Year course. The Irish Fencing Federation can arrange demonstrations, equipment and coaching. Presently this is only available in the Dublin area and for children aged 8 years and upwards.</p>

<p>Gaelic Games – GAA Football and Hurling</p> <p>www.gaa.ie</p>	<p><i>Skill Star Challenges</i> – 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. For more details go to www.cul4kidz.com/fundo/</p> <p><i>Supertouch Games</i> - are 7, 9 and 11 a side hurling and football games with modified rules for 13 to 16 years olds which are played off on a competitive blitz basis. For more details visit http://www.gaa.ie/coaching-and-games-development</p> <p><i>Camán Abú</i> – This is a modified version of traditional Irish game of hurling with a speciality designed hurley and sliotar. It is a non-contact ground hurling game, suitable for boys and girls over 16 years. It can be played indoors or outdoors. For more details visit http://www.gaa.ie/coaching-and-games-development/recreational-football-and-hurling</p> <p><i>Peil Abú</i> – Peil Abú is a variation of the traditional Irish game of Gaelic Football. Players are tagged, as opposed to full contact. A specially designed football and tag have been developed for the game. It is suitable for boys and girls over 16 years and can be played both indoors and outdoors. For more details visit http://www.gaa.ie/coaching-and-games-development/recreational-football-and-hurling/</p>
<p>Golf – Junior Golf Ireland</p> <p>www.juniorgolfireland.com</p>	<p><i>‘Girls N Golf’</i>- Junior Golf Ireland is running this introduction to golf programme targeting girls aged 10-14 years old who are new to golf. The programme takes place from April to August. The sessions will comprise of basic golf instruction with an emphasis on fun and activity which are central to successful ‘Girls N Golf’ programmes.</p> <p><i>‘Girls N Golf Awareness Day’</i> – JGI organises this event in local schools to give the girls a taste for golf. On this day 15-20 girls will be recruited for the programme.</p>

<p>Gymnastics - Irish Gymnastics</p> <p>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>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>There are many other certified coaching courses offered by Irish Gymnastics that teachers may also be interested in. For example, there are weekend courses specialising in trampolining, acrobatics, and tumbling.</p> <p>For further information contact Aimi Baker, Participation Officer at (087) 238 3930 po@irishgymnastics.ie or the Irish Gymnastics office (01) 625 1125</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.</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 <i>Tricks 4 Sticks</i> where a qualified coach comes to your school to run sessions. This is supported by the Irish Sports Council's 'Women in Sport' initiative.</p> <p><i>Post Primary Schools Hockey Competitions</i> - There is a range of secondary school hockey competition taking place all over the country and 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 one of many courses that IHA organise on an annual basis. The IHA also has licensed development officers who can run 2 hours session in your school for a small fee.</p> <p><i>TY Hockey Programme</i> – This is a leadership programme which focuses on two aspects of our sport; coaching and umpiring. This programme is delivered over 1.5 days and the course can be run on your school grounds. This programme is supported by 'Women in Sport' initiative.</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 www.ladiesgaelic.ie offers a Transition Year Programme.</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>. 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>The IOHA offers coaching courses that are suitable for teachers and senior cycle students. These include:</p> <p><i>Level One Coaching Handball</i> – This course is accredited by the European Federation of Handball and the Sports Council of Ireland. It is 4 hours in duration and costs €50. Dates and venues to follow.</p> <p><i>Introduction to Street Handball</i> – This seminar will demonstrate how to teach Street Handball and to demonstrate new training methods and techniques. The seminar will run for 3 hours at a cost of €50. Dates and venues to follow.</p>
<p>Rowing – Rowing Ireland</p> <p>www.rowingireland.ie</p>	<p><i>Indoor Rowing Programme</i> - Rowing Ireland encourages schools to consider including Indoor Rowing as part of their PE and extracurricular programmes - 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>The IRFU has a comprehensive on-line resource called PLAY RUGBY. It is available to view on www.irishrugby.ie/playrugby/ and also under the Resources tab on www.activeschoolflag.ie</p> <p><i>PLAY RUGBY GIRLS</i> - This is a great way to get secondary school girls involved with rugby in a safe and controlled environment. Community Rugby Officers (CRO) will engage local schools and rugby clubs in the PLAY RUGBY programme in order to increase female participation in rugby. The CRO will coach the girls for 8 weeks. The first 3 coaching sessions will take place within class time, the next 3 coaching sessions will take place on school grounds after hours and the final 2 coaching sessions will take place in the local rugby club, where players will be introduced to their new rugby team, club and coach</p> <p>The CRO will have all of the resources required to run the coaching sessions. Schools wishing to continue with rugby as part of their activity programme may request a PLAY RUGBY pack. This contains balls, cones, bibs & game cards.</p>
<p>Soccer – FAI</p> <p>www.fais.ie</p> <p>www.fai.ie</p>	<p><i>Futsal</i> - This 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. The FAI organise futsal competitions for boys and girls in 1st year from October to December progressing from county, provincial, and regional to national finals. For further information contact Diane Fay diane.fay@fai.ie</p> <p><i>Soccer Leaders Award</i> – this is an 8 hour course designed for transition year students. It will train students under the guidance of a coach, parent or teacher to introduce young children (aged 6-8 years) to fun soccer games and fundamental movement skills. This course can also provide FETAC credits and costs €325 per group of 16 students and €15 per student thereafter. For further information contact Gerard Dunne gdunne@fai.ie</p>

<p>Soccer – FAI</p> <p>www.fais.ie</p> <p>www.fai.ie</p>	<p><i>Continued</i></p> <p><i>FAI Schools</i> are responsible for 10 National Cup competitions from first year through to senior boys and girls that provide Provincial and All Ireland winners. There are also in excess of thirty other league competitions held throughout the four branches.</p> <p>There are long established representative competitions at Interprovincial & International level for both boys and girls.</p>
<p>Table Tennis - The Irish Table Tennis Association</p> <p>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</p> <p>www.tennisireland.ie</p>	<p><i>The Play and Stay Assistant</i> course – This has been developed by Tennis Ireland to be a first step for young people aged 16-18 years who are interested in getting involved in teaching tennis.</p>

Volleyball – The Volleyball Association of Ireland (VAI)

www.volleyballireland.com

SpikeBall - This is an adapted volleyball game which provides students with a fun introduction to the sport. It is ideal for post primary students from 1st year to 4th year. 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.

Transition Year Girls SpikeBall Leaders Award Programme – This programme has been developed by the Volleyball Association in association with the Irish Sports Council ‘Women in Sport’ initiative.

- The Volleyball Association of Ireland (VAI) will deliver the 6 hour TY Leadership Course to TY female students.
- It will train the students to become leaders who will introduce SpikeBall to junior students in their school and primary school pupils in the local community
- The programme includes information on coaching, refereeing, administration and PR.
- The students will receive a VAI/ISC SpikeBall Leaders Award Certificate.
- Students will help organise a SpikeBall blitz on completion of programme.
- The VAI will monitor and evaluate the programme.

Further information from TY Programme Coordinator Mary Lalor ty1@volleyballireland.com Demand for this course is high. Registration takes place in April/May each year. For €25 fee schools can affiliate to the Volleyball Association of Ireland. All new schools that affiliate receive a free Spikeball Handbook and free Spikeball DVD.

The Irish Heart Foundation

The Irish Heart Foundation

www.irishheart.ie

Slí na Sláinte - Slí na Sláinte which means 'Path to Health' encourages people of all ages and abilities to walk for health and leisure more often. The programme is supported by a network of established signposted walking routes nationwide.

Sli@Work - Following the success of the community Slí na Sláinte programme Slí@Work was introduced in 2000. This programme is designed to help employers create a supportive work environment conducive to physical activity through the development of workplace Slí na Sláinte walking routes and internal motivational signs promoting physical activity. Workplaces that sign up to this programme are provided with support about how to set up a walking route.

Sli Challenge – The Sli Challenge is a health promotion tool which assists people in calculating their time and distance and offers reward when targets are met. Every person who accumulates 100km or 1000minutes and marks it on their Sli Challenge Record Sheet receives a Silver Sli Pin. Walk 500km or 5000 minutes and the reward is a Gold Sli Pin.

Walking Leader Training Courses - The Slí na Sláinte programme also offers Walking Leader Training courses to individuals wishing to set up a walking group in their community or workplace. Check out www.irishheart.ie/sli

Action for Life - Junior Cycle – Action for Life was developed jointly by the Irish Heart Foundation and the Junior Cycle Physical Education Support Service (JCPESS) and has already been delivered through in-service to over 900 physical education teachers by JCPESS. Action for Life is aligned with the physical education syllabus at junior cycle and seeks to develop an understanding of the role of health related activity in the promotion of wellbeing and of the scientific principles that underpin health related activity. It also aims to provide the student with the ability to measure and monitor physical wellbeing and develop a sense of responsibility for her/his own health.