

IRISH HOCKEY ASSOCIATION

Affiliated to the International Hockey Federation and to the European Hockey Federation



Dear Active School Flag Coordinator,

The Irish Hockey Association (IHA) is a vibrant and growing sport suitable for boys and girls at a range of ages. The IHA would like to help your school to achieve the Active School Flag. We can help and support you in each of the following review points:

The school makes a range of extracurricular activities available to all pupils on an individual and team basis in school

Hockey is a fantastic sport for both boys and girls at a range of ages and abilities. Hockey provides many benefits to children including working together in a team sport, the ABCs and an opportunity to take part in a sport that they can play for life. Hockey can be played on a range of surfaces (grass, tarmac, synthetic pitches, indoor) – a hockey pitch is not a requirement!

There is a range of ways that your school can take up or develop hockey further. 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. There is also a range of primary and post-primary local hockey competition 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 Development Officers.

The school takes steps to promote physical activity during breaks and lunch times

It is easy to play hockey in an informal manner – perfect to play at break or lunch times. All that's needed are hockey sticks, one ball and cones to mark out goals (or jumpers if cones are not available)! There are also a range of resources available to teachers so that fun active games can be set up in a minimum time required.

The school's extracurricular programme is inclusive. It caters for the diversity of students including those with special needs

Hockey is an inclusive sport and has a specific committee that looks at this area on behalf of the sport. The IHA has also included 'coaching people with disabilities' on our coaching courses. This means that any teachers attending the IHA's Introductory Coaching Course or Level 1 Coaching Course will benefit from this module.

Office & Administration:

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The school seeks the assistance of outside agencies such as the National Governing Bodies (NGB s), Local Sports Partnerships and the HSE to help promote physical Activity

In many cases, the IHA has linked in with Local Sports Partnerships so hockey is an ideal way for schools to combine an approach to sport that captures an NGB and an LSP. Also, via the TY Hockey Programme, students can link in with the An Gaisce - The President's Award.

The school offers pupils opportunities to celebrate their physical activity skills and Achievements

The IHA's TY Hockey Programme, supported by the Irish Sports Council's Women in Sport, is designed to provide coaching and umpiring skills to teenagers. Each participant on the programme is then expected to log 5 hours of coaching or umpiring in order to complete the programme. This ensures that pupils are giving back to their school, are being exposed to other elements of sport outside of simply playing and are also working toward achieving certification.

The school works with parents and the local community to promote physical Activity

Hockey has the benefit of a very strong club network. This means that there is the chance to form links with clubs in the community. Many parents of hockey players are heavily involved in their local clubs and this again provides an opportunity for schools to engage with parents. Schools can access a full list of hockey clubs by logging onto <http://www.hockey.ie/fb41/index.cfm?fuseaction=clubsearch.searchForm>.

The school encourages staff to attend in-service courses and to participate in other forms of continuous professional development (CPD) appropriate to their needs

The IHA oversees and manages the coach education programme for the sport. This includes an Introductory Coaching Course for Teachers. This can be delivered in your school if a minimum number of coaches are available to attend. In addition to this course, the IHA also provides a pathway of further courses so that coaches can continue to pursue official qualifications e.g. Level 1, Level 2, Level 3.

Outside of these pathway courses, the IHA also offers a range of shorter 'Stepping Stones' courses. These are generally 2.5 hours in length and again are delivered on a school by school basis. Full details of all coaching courses on offer can be found on www.hockey.ie/development/coaching or by contacting the IHA directly.

The school has adequate equipment to provide pupils with comprehensive PE and co-curricular physical activity programmes

As part of its school development programme, Tricks 4 Sticks, the IHA provides a qualified coach to come to your school and taking a 45 minute session with your students, teaching them the basic skills and allowing the participants to be introduced to the sport. After this taster session, the school is offered the chance to sign up to a longer term programme. In this case, an equipment bag is provided to the school containing hockey sticks and balls.

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