



Dear Active School Flag Coordinator,

The **Volleyball Association of Ireland (VAI)** would like to help your school achieve the Active School Flag. We can help and support in the following review areas:

**The school works with outside agencies such as National Governing Bodies, Local Sports Partnerships and the HSE to promote physical activity**

As part of your schools Active Flag application, why not get your pupils involved in a sport that is:

**FUN**

**Inclusive**

**Easy to Teach**

**Easy to Learn**

SPIKEBALL is an adapted Volleyball game that provides children with a FUN introduction to the sport. SpikeBall is ideal for Primary School children in 4th, 5th and 6th class and Post Primary students from 1<sup>st</sup> to 4<sup>th</sup> year. It helps to encourage learning, build teamwork skills and promote physical activity, all the time with an emphasis on FUN and participation.

**Interested in getting involved, it's FUN and it's EASY!** Affiliate your school with the VAI for just €25 for the year. New schools to affiliate will receive a FREE SpikeBall Handbook and SpikeBall DVD.

**The school organises an 'Active School Week' each year**

As part of your schools 'Active School Week' programme why not organise a FUN SpikeBall or Volleyball blitz? The VAI can help by providing you with the knowledge and resources to organise a FUN blitz in your own school.

**The school works parents and the local community to promote physical activity**

The Volleyball Association of Ireland can help schools in the following ways:

- Opportunities to take part in VAI organised local FUN blitzes and competitions.
- Links provided to other playing schools and Volleyball Clubs in the area.
- Knowledge and resources to be able to organise a FUN blitz in own school or local area.

**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 VAI deliver practical training workshops nationwide on SpikeBall and Volleyball. These workshops provide teachers with the techniques, teaching methods and confidence to introduce the game to their pupils irrespective of any previous experience in the sport.

Details about upcoming courses will be available shortly on the Notice Board section of the ASF website [www.activeschoolflag.ie](http://www.activeschoolflag.ie) and also on the VAI website [www.volleyballireland.com](http://www.volleyballireland.com).

**The school has adequate equipment to provide pupils with comprehensive PE physical activity and sports programmes**

The following resources are available to purchase by contacting the VAI office (01) 6707165 or can be ordered online through the VAI website [www.volleyballireland.com](http://www.volleyballireland.com):

**SpikeBall Handbook:** Contains lesson plans, skills diagrams and much more.

**SpikeBall DVD:** Shows how to play the game, coaching tips and techniques.

**Equipment:** Soft touch Volleyballs ideal for children and regular Volleyballs, Red Base Net system for SpikeBall available to order. Advice about how to improvise with equipment/facilities you have and make up your own net system available.



### **Contact Information**

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