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What Level 5 means for Meath LSP & our activities!

As of Wednesday 21st October, certain public health restrictions came into effect which have had implications on how we continue to deliver our physical activity programmes.

Meath LSP recognise the importance which keeping physically active has on maintaining positive mental & physical health & well-being. During these challenging times, it is vital that each of us take time out of our days to be active for a minimum of 30 minutes of moderate physical activity per day (ideally outdoors).

That could be 3 sessions of 10 minutes of activity – whether it is brisk walking, jogging, kicking a ball, skipping etc, once it is enough to raise your heart rate.



With immediate effect, our activity programmes will now move to outdoor settings. The good news is that the following activities are permitted under Level 5:

- Activity sessions for children & young people (max 14 +1 tutor)
- Activities in which individual family units can take part (staggered starts)
- Activities limited to two households (staggered starts)

Meath LSP fully appreciates the challenge involved in participating in programmes in outdoor settings, the challenge the shorter days, darker evenings and colder weather presents and the fact that we are trying to live with Covid-19!

Despite all of this, we need to be resilient, we need to be strong, we need to be mindful of what the restrictions are and we need to take every opportunity to ensure that we remain active as best we can. It's tough enough that we have to live through a pandemic, let's not allow some bad weather be the excuse which prevents us from being active!

If you wish to take part in our programmes, be prepared to wrap up well, to wear a rain proof jacket & runners. We'll be there if you are!

Further details within, of full range of programmes offered over coming weeks.



View our website
<http://www.meathsports.ie>



Community Activity Programmes

Let's go walking...still permitted under Level 5 restrictions!

Physical activity doesn't need to be complicated and walking is sometimes overlooked as a form of exercise. A brisk daily walk can help you to:

- Maintain a healthy weight
- Prevent or manage various conditions, including heart disease, high blood pressure and type 2 diabetes
- Strengthen your bones and muscles
- Improve your mood & overall mental health
- Improve your balance and coordination



Walking routes in Meath	Location	Information
Blackwater Park	Navan	1.4km, looped route, free parking
Deer Park	Carlanstown, Kells	1.5km, looped route, free parking
Kells Walkway	Kells	3.2km, looped route, parking opp Super Valu
Canal Walk Enfield	Enfield	Part of Royal Canal way, 4km looped route, town parking
Porch Fields	Trim	2 routes, town parking
Hill of Tara	Hill of Tara	4km, looped grass route, parking beside Maguires
Bettystown Beach	Bettystown	Enter @Pat's shop, village parking; choose own distance
Moynalty Threshing Field	Moynalty	1.1km looped route, parking at Museum
Nobber Walkway	Nobber	3.5km, looped route, parking in Village
Ringfort/Blackwater riverwalk	Kells	1.5km, start at People's Park, Lloyd
Tailteann Blackwater riverwalk	Teltown	4km, start at Teltown house
Boyne Ramparts Walk	Navan/Stackallen	2.5km looped route (Navan); 8km linear walk to Stackallen; paid parking Navan (Kenstown rd); limited parking @Stackallen bridge
Balrath Woods	Navan	Up to 2km distances, 3 looped walks, free parking
Littlewood Forest	Coalpits, Slane	2km looped forest trail, free parking
Mullaghmeen Forest	Oldcastle	Various distances, looped walks
Lough Crew Hill Walks	Loughcrew, Oldcastle	4km looped walk, hill terrain, parking at visitor centre
Girley Bog Eco Walk	Drewstown, Kells	1.5km, looped route, free parking
Oldbridge Battle of the Boyne Site	Oldbridge	Various distances, free parking - winter opening times in place
Boyne Green Way	Oldbridge / Drogheda	Linear route, trail terrain with paths
Athboy Town	Athboy	5km town boundary route
Sli na Slainte routes	7 areas	See link: https://irishheart.ie/events/dd/



Community Activity Programmes

GAA clubs leading the way!

On 21st Oct 2020, GAA issued an update to all GAA clubs in Ireland, permitting the use of Walking Tracks under Level 5 Covid-19 restrictions. The following GAA clubs in Meath will continue to allow local access to their walking tracks. Local restrictions may apply to access times, use of floodlighting etc. Be mindful of the 5km travel restriction, contact the named club representative below if you have any queries.



Please be respectful of the facility itself, of other track users, follow all signage when using the walking track. These are fabulous resources to have available to local communities.

GAA CLUB	LOCATION	CONTACT PERSON	CONTACT NUMBER
Wolfe Tones GAA	Gibbstown	Helen Sheppard	089 2038980
St. Vincent's GAA	Ardcath	Lauren O'Brien	087 0698973
Oldcastle GAA	Millbrook	Dermot Monaghan	087 2961290
Ballinlough GAA	Ballinlough	Roisin Geraghty	087 9531489
Ballivor GAA	Ballivor	Kevin McKeown	087 6699605
Moylagh GAA	Dromone	Joe Melia	087 6197081
Boardsmill GAA	Kilmurry, Trim	Cian Royston	087 9770066
Kilmessan HC	Ringlestown, Kilmessan	Paddy Horan	086 4091026
Cortown GAA	Cortown	Packie Henry	087 9785241
Kilmainhamwood GAA	Kilmainhamwood	Pauline Reilly	087 6506061
Kilskyre GAA	Kilskyre, Kells	Sinead Owens	086 8585913
Kiltale GAA	Kiltale, Batterjohn	Johnathan Rougheen	086 0446767
Ballinabrackey GAA	Ballinabrackey	Kevin Coyne	087 2200125
Kilbride GAA	Priestown, Kilbride	David Hartford	086 0216225
St. Patrick's GAA	Stamullen	John Finnegan	087 2538995
Longwood GAA	Longwood	Niamh Burke	086 8042677
St. Brigid's GAA	Ballinacree, Oldcastle	Shane Gilsean	086 8688505

Walking Techniques:

1. Hold your head high, look forward and keep your chin level.
2. Keep your back straight and stand tall.
3. Roll your shoulders back and down.
4. Engage your core by gently tightening your stomach muscles.
5. Swing your arms freely.
6. Roll your foot from heel to toe.

Community Activity Programmes

Lunchtime Workouts



Boost your mood and energy levels with our easy to do 15-minute lunch time workout! 15 minute workouts are great if you have a busy schedule and want to boost your energy for the day!

Each session includes cardio, core and strength exercises that help to improve your overall wellbeing. Why not clear your mind and get away from the computer for 15 minutes when working from home, this will help you refocus for the rest of your day.



Join Andrea twice a week and feel the benefits immediately! This new online fitness programme is suitable for complete beginners and all other fitness levels. Cost is €10 for the 4 week programme. No equipment necessary.

To register your place please email Ruairi at rmurphy@meathcoco.ie

Come Fly a Kite with Meath LSP!!

Experience the great outdoors as a family! Kite flying is a great activity to enjoy together and is suitable for all! Sign up to "Come Fly a Kite with Meath LSP" for just €10!

Included in cost:

- Online workshop
- Hints/tips on how to fly a kite
- Build your own kite pack (includes everything you need to build a kite(s))



You and your family will be guided through a live online workshop on how to build your own kite using your pack provided. You will be encouraged to design your own kite, build the kites and do a test flight as a family outside your family home!

Meath LSP will hold kite flying events in various areas of Meath:

- Blackwater Park, Navan
- Hill of Lloyd, Kells
- Porchfields, Trim
- Laytown Beach

To register your family's interest please contact Una at upearson@meathcoco.ie Places will be limited and on a first come first served basis.



Community Activity Programmes

Community Sports Hub Navan



Buggy Buddies

Wednesday 21st October to 2nd December at 9:30am-10:30am in
Blackwater Park, Navan



Buggy Buddies is a 6 week tutor led programme with a mix of walking and toning exercises. New mothers and carers of children are welcome. This is a great way to meet with new people and create friendships.

Spaces are LIMITED and will be on a first come basis! All participants must complete a registration form.

For further information and booking please contact Una Pearson on 046-9067337 or email upearson@meathcoco.ie

"The tutor was brilliant and always encouraged me. It gave me a reason to get up and out every morning!"

Soccer on the Green

Would you like your child to take part in fun soccer sessions after school or on a weekend morning?

Check out the times and venues below where children aged 9-12 can be active and take part in Soccer on the Greens in their community. This programme will take place every week for 6 weeks with one week break during Halloween mid-term. Children will be coached by FAI qualified coaches.

Spaces are LIMITED and will be on a first come basis! All participants will only be able to participate in a programme with a completed registration form. Waiting lists will be in operation for all programmes.

For further information please contact Una Pearson on 046-9067337 or email upearson@meathcoco.ie

Venues:

- Johnstown, The Peoples Park @10am
- Clonmagadden Fort, Navan @11:30am

Date: Saturday 24th October for 6 weeks
(break during midterm)

Time: 10am-12pm

Activity: Fun soccer drills and games on the green

Venue: Blackwater Park, Navan

Date: Wednesday 4th November for 6 weeks

Time: 4-5pm

Activity: Fun soccer drills and games on the green



Community Activity Programmes



Community Sports Hub Navan October-November Programme

All programmes are FREE!



Programme	About	Time	Venue	Age	Date
MONDAY					
Basketball	Come and try Basketball sessions.	4:45-5:45pm	Outdoor Basketball court St. Stephen's NS, Johnstown	6-9yrs	19th Oct -30th Nov (6 weeks – break during midterm)
TUESDAY					
Multi-Sport	Fun sports activities and games to come and try.	4:45-5:45pm	Outdoor Basketball court St. Stephen's NS, Johnstown	6-12yrs	20th Oct -1st Dec (6 weeks – break during midterm)
WEDNESDAY					
Buggy Buddies	Exercise Group open to parents and carers of babies and toddlers in buggies, prams or carriers! Variety of exercises including Walking, Toning, Circuits etc.	9:30-10:30am	Blackwater Park, Ratholdren Rd	Over 18yrs	21st Oct -25th Nov (6 weeks)
Soccer on the Greens	Fun based soccer drills, games and matches	4-5pm	Blackwater Park, Ratholdren Rd	9-12yrs	21st Oct -2nd Dec (6 weeks – break during midterm)
THURSDAY					
Cheer Dance	A fun cheer dance based class for children	4:45pm-5:45pm	Outdoor Basketball court St. Stephen's NS, Johnstown	6-12yrs	22nd Oct-3rd Dec (6 weeks – break during midterm)
Fun Games	Back to basic with these fun games that encourage a range of different movements.	5-6pm	Track, Claremont Stadium, Commons Road	4-8yrs	22nd Oct-3rd Dec (6 weeks – break during midterm)
SATURDAY					
Soccer on the Greens	Fun based soccer drills, games and matches	10-11am	Johnstown Peoples Park, Johnstown, Navan	9-12yrs	24th Oct –5th Dec(6 weeks – break during midterm)
Soccer on the Greens	Fun based soccer drills, games and matches	11.30am-12.30pm	Clonmagadden Fort, Navan	9-12yrs	17th Oct -28 th Nov (6 weeks – break during midterm)
Orienteering	Come and try Orienteering	11am-1pm	Blackwater Park, Navan	Families	31st October (1 day only)

Check out our Facebook page – [Community Sports Hub Navan](#) for updates! Spaces are LIMITED and will be on a first come basis! Participants under 18yrs will only be able to participate in a programme with a completed registration form. Email upearson@meathcoco.ie to book.



Community Activity Programmes



Outdoor Halloween Multi-Sport Camp

for children aged 5-12



Information

Who ?

- Leinster Rugby
- Cricket Leinster
- Meath GAA
- Athletics
- Community Coaches
- Multi Sport
- Fun Games

Where?

- Blackwater Park, Navan
- Playing Pitches

When?

- Halloween
- Three Days
- Tuesday 27th to Thursday 29th October from 10am-12pm

Why?

- Use school break to engage children
- Promote locally available sports



Pre registration is essential for this camp

For more information contact: Una Pearson on 0469067337 or email upearson@meathcoco.ie

Community Activity Programmes



Adventure Walks App Events

The Adventure Walks app is a collection of 1 and 2km treasure hunts designed for all the family!

This app is **FREE** to download—however a **smart phone with internet connection is required to participate.**

This is an exciting programme to encourage families to get out and exercise together.

There are 8 treasure hunts mapped in the following locations:

- Blackwater Park, Navan
- Porchfields, Trim (Yellow Steeple)
- Deerpark, Carlanstown

Most of the routes are both buggy and wheelchair inclusive. For more information on how to download and use the app, please see <http://www.meathsports.ie/adventure-walks-meath-smartphone-app/>



Orienteering New “MapRunF” Virtual Orienteering

Meath LSP in collaboration with Irish Orienteering have mapped out two orienteering locations with the latest MapRunF Orienteering Courses suitable for all the family.

MapRunF is available in:

- **Porch Fields – Trim**
- **Blackwater Park – Navan**



Both new Orienteering locations include the latest MapRunF virtual course making the activity accessible to anyone at anytime. Each location includes a short, long and a score map event. Participants are invited to download MapRunF app on to their smartphone and follow the guided instructions.

For more details click on link below: <http://www.meathsports.ie/communities/orienteering/>

Community Activity Programmes

Online Beginners Pilates

Meath LSP are starting a four week online Pilates programme on **Wednesday 28th October at 7pm on Zoom**.

Improve your strength, flexibility and balance from the comfort of your own home with our experienced Pilates teacher Siobhan. This beginners programme (18yrs+) will cost only €10 for the 4 weeks.

Pilates is a method of exercise that consists of low impact flexibility and strength movements. Pilates promotes proper postural alignment, core strength and muscle balance.



To register for a place please click link: <https://eventmaster.ie/event/B2p3F23c8j>. For further information please contact Ruairi on 046-9067337 or email rmurphy@meathcoco.ie

Your Personal Best Month 1st-31st November

Your Personal Best Month is for all men over 45. It doesn't matter how old you are, your background or your fitness. This is the month for men like you to get active!

It's recommended that adults engage in 30 minutes of moderate physical activity five days a week in order to maintain a healthy lifestyle. Research shows that men over 45 are amongst the groups least likely to reach that target, so Your Personal Best Month is a chance to move the dial.

Your Personal Best Month is being supported by sporting National Governing Bodies and the nationwide network of 29 **Local Sports Partnerships**, who will offer practical advice and support for men looking for help becoming more physically active.

The benefits of being physically active include:

- Improved fitness
- Better mental and physical health
- More energy
- Feeling better



Check out www.sportireland.ie/ypb where you will find all the details and resources to you need to reach your 30 minutes five days a week goal.

Community Activity Programmes

Family Fun Games

Family Fun Games are a range of easy to understand and easy to do fun games for families to take part in together all year round but particularly during Covid-19. The activities are based on a wide range of fun games using simple materials or materials already found in the home and allows families to participate without having to buy any expensive equipment.

So far 2,000+ people have checked out the family fun games resources on our website, 3,000+ people have watched the Youtube demo videos!

Check out the family fun games for yourself on our website: <http://www.meathsports.ie/being-active-during-covid-19/family-fun-games/>

Or our YouTube Channel:

<https://www.youtube.com/watch?v=vi-SpwZYdkE&t=10s>



**FAMILY FUN GAMES**
STAY HOME AND BE ACTIVE TOGETHER

GAME 1: ABC Exercise Cards

Resources:

Blank paper or cards

Colouring pencils or markers



Directions:

1. Draw and colour in a big letter on each piece of card
2. Outline a task for each letter e.g B = hop on one foot, R = walk like a bear
3. Pick random letters or the letters of your child's name
4. Child does each task as each letter of the word is spelled out
5. Each task is done for 10-20 seconds



= Hop on one foot 5 Times



For more information about family fun games contact Una Pearson at 046-9067337 or email upearson@meathcoco.ie



Women in Sport



0-3k Walk to Jog & 3-5k Jog to Run

Podcast Programmes



In line with present restrictions Meath LSP are re-launching the popular 0-3k and 3-5k Podcast Programmes from **Monday 2nd November.**

The Podcast Programme is a 6 week guided programme and is ideal for anyone who wants to start or continue running. It can be completed on your own or with a friend and is a great way to stay connected with structured training sessions when club training is no longer available.



Each podcast programme costs €10 and once you have registered you will receive your podcast three times a week by text or email. It can be completed at a local park, in your garden, or in your home at a time that suits you best (please adhere to the 5k rule).

The 0-3k podcast programme is specifically suited to complete beginners, starting with more walking than jogging and gradually progressing to more jogging than walking over a 6 week period. Our tutor Andrea will guide you step by step each week making the transition from walking to jogging easy and fun.

The 3-5k podcast programme is aimed at participants who have completed our beginner 0-3k programme and for those who have some walking/jogging experience. Our tutor Andrea McGuinness will build on your fitness level and bring you to jogging/running a distance of up to 5k over 6 weeks.

Cost is €10 for 18 podcast sessions over 6 weeks. To book a place on either of these programmes please see <http://www.meathsports.ie/women-in-sport/0-3km-walk-to-jog-programme/> and <http://www.meathsports.ie/women-in-sport/3-5k/> or email Lisa at lodowd@meathcoco.ie



Training & Education

Safeguarding 1 Basic Awareness in Child Protection Online Workshop

2nd December | 6.30pm-9.30pm | Online via Zoom



Due to COVID-19, Meath LSP are delivering Safeguarding 1 course online. Courses will now take place via online platform – Zoom. The course is certified by Sport Ireland and will have the same content and tutor. Participants will need a laptop/phone and a good internet connection.

This workshop will highlight the main principles of the Code and look at measures that clubs can take to create and maintain the safest possible environment for sport for young people. This workshop is a must for anyone working with children.

"The online course was enjoyable and was easy to interact"

The cost for this course is €20 per person for clubs in Meath, for clubs outside Meath the cost is €30 per person. To book please call Lynn on 046-9067337 to check availability of spaces.

Safeguarding 2 Club Children's Officer Online Workshop

12th November | 6.30pm -9.30pm | Online via Zoom

Due to COVID-19, Meath LSP are delivering Safeguarding 2 course online. Courses will now take place via online platform – Zoom. The course is certified by Sport Ireland and will have the same content and tutor. Participants will need a laptop/phone and a good internet connection.

Recommendations from Sport Ireland are that every club involved with children and young people should appoint a Club Children's Officer. They are the link between the children and the adults in the club and also take responsibility for monitoring and reporting to the Club Management Committee.



It is essential that those who wish to attend the Safeguarding 2 Club Children's Officer (CCO) Training have attended the Safeguarding 1 Basic Awareness Training workshop.

The cost for this course is €20 per person for clubs in Meath, for participants outside Meath the cost is €30 per person. To book please call Lynn on 046-9067337 to check availability of spaces.

"The online course suited my busy home commitments and I didn't need to travel"

Training & Education



Community Walking Leader Training Level 1



Walking Leader Training is primarily aimed at people wishing to lead a walking group or promote walking in their community or workplace. This online training will give you an overview of leading and promoting a voluntary walking group in your community. The training is adapted from our 1 day, level 1 training course which has been running since 1999 and has trained over 3,000 Walking Leaders.

The course content is as follows below:

- Why walking is so good for us and how much we should be doing to keep healthy
- Promoting your walking group
- Safely leading a group
- Warm-up and warm-down exercises
- Rules of the road and safety tips for leaders
- Walking Leader Insurance
- Further supports for leaders

To avail of this training please contact Luke Condie at luke.condie@meathcoco.ie or 046-9067337. Registration closes on the 30th October.



Upcoming Community Coaching Course

The aim of the Community Sports Coaching Programme is to develop the skills of community leaders, coaches and club representatives through the provision of education and training inclusive of the following qualifications:

Initially all coaches will be Garda Vetted, and will complete Safeguarding 1 with a view to shadow some current community coaches in the Navan Community Sports Hub.

⇒ National Governing Body (NGB) of Sport awards (FAI Kick start 1, Athletics leaders award, Basketball introductory award).

Community awards (Sport Ireland Active Leadership, Safeguarding 1, Disability Inclusion training)

⇒ Past participants of the programme have progressed as coaches within their clubs while others used the qualifications gained to progress to open doors to education (3rd level) which was otherwise closed to them. Some participants gained employment within the Local Sports Partnership network, NGB's and community groups.

The course will be ran over evenings and weekends. Deadline for expressions of interest 2nd November. To express your interest or for more information contact Una Pearson on 046-9067337 or email upearson@meathcoco.ie



Training & Education

iCoachKids Programme



Do you want to:

- Achieve active lifelong participation in your club
- Reduce Drop out
- Increase participation
- Increase standard of play
- Increase enjoyment
- Increase Involvement & inclusivity
- Increase standard of coaching

"Very thorough information, videos were very well explained and shown. Coursework helped me to think logically".

The iCoachKids programme helps to achieve all of the above in your sport/club/coaching through guided workshops. Such workshops are: Sport Ireland Coaching Children, Physical Literacy, Child Centered Coaching and many other aspects of coaching children and their requirements and positive experiences in sport. The majority of the course is held online with Meath LSP staff and Sport Ireland Coaching staff through zoom, videos and reading that can be done in your own time. There is also a final practical assessment done at your own coaching session.

iCoachKids programme is aimed at developing coaches skills and knowledge around the area of coaching children. It focuses on Children's safe & fun involvement in sport, lifelong participation in sport, how children learn and safeguarding children's sporting experiences.

"Yes I have experience in coaching children, however I think it's also very important to take a look at yourself every so often and reflect on how you behave and perform as a coach. The course work prompts and allows you to take a good look at yourself".

For more information about the iCoachKids course or wish to register your interest in future iCoachKids courses contact Una Pearson at 046-9067337 or email upearson@meathcoco.ie



Older People

What we offer older people

Meath LSP realise how difficult it is to keep active at this time. Keeping in line with government restrictions, Meath LSP will provide a mix of outdoor programmes and online programmes.

Our most popular older peoples class Mature Movers will now be available on Youtube. See details below of how to access videos.

If you have any queries please contact Luke at luke.condie@meathcoco.ie

How to participate in our online programmes







Given the current public health restrictions on indoor and outdoor gatherings, we have taken the decision to move some of our activities online. We do appreciate that this may cause some issues for you, but we hope that by using the social media platform of YouTube this will in some way reduce any difficulties you may have in taking part in our programmes.

So, what is You Tube? YouTube is a free to use social media platform that allows users to watch videos posted by other users. It is one of the easier ways to demonstrate through video our activities. Even if you don't have any computer skills, YouTube is easy to use.

What do you need to be able to watch our YouTube activity videos? You will need the following:

- Smart/Android phone or tablet or PC/laptop or an iPhone
- Access to internet/Wifi connection

Once you register for one of our online programmes, we will send you a link to our programme by email (if you have one) and by text. You will then click on that link, which will bring you automatically to our activity video. Some tips to improve your ability to watch our programme:

1. Make sure the sound is turned up on both on your device (phone/tablet/pc etc) and at the bottom of the YouTube video. You will see this icon  , just click on it and increase sound.
2. Make your screen bigger. On the bottom right of the YouTube video you will see this icon  ; click on this to make your screen bigger. By clicking ESC, you can bring screen size back to normal.
3. You can hit the Pause button  at anytime during the video and restart by pressing the Play button 
4. Once you keep the link, either in your email or as a message on your phone, you can access the link at any time and can replay the video as often as you wish.

Older People

Walking Outdoors

Physical activity doesn't need to be complicated and walking is sometimes overlooked as a form of exercise. A brisk daily walk can help you live a healthier life.



Check out pages 2 & 3 of this Ezine for safe walking routes in your area!

Mature Movers – new online videos coming soon!

Meath LSP will now provide online videos of our Mature Movers programme for older people. You will be able to take part in the comfort of your own home! Our tutor Carmel Dowdall will deliver online classes every Tuesday and Thursday for 4 weeks.



The online videos will be easy to access on a phone, laptop or tablet. Please see previous page for instructions. Meath LSP staff will be able to guide you if you have any problems.

The first class will take place on **Tuesday 27th October**. The classes will include activities such as seated exercise to music, resistance exercises, core stability, balance, seated Pilates and fall prevention exercises.

If you would like to take part, contact Luke at luke.condie@meathcoco.ie or call 046-9067337.

Schools Section

What we offer schools

Meath Local Sports Partnership offers a variety of programmes to schools in support of physical education and in particular the Active Schools Flag.

Programmes include:

- Cycle Right Programme
- Daily Mile Challenge
- Play Rugby Programme
- School Sports Day Training
- Sports Leadership
- Badminton School Programme
- Indoor Hockey School Programme
- Cricket School Programme
- iRun for Fun for Secondary Schools
- National initiatives such as Bikeweek, National Recreation Week and National Playday

If you would like further information on any of the above programmes see www.meathsports.ie or contact us at 046-9067337 or email mlsp@meathcoco.ie

The Daily Mile Challenge

Meath LSP would like to invite your pre-school or primary school to sign up for The Daily Mile Challenge. This is a free and simple initiative and aims to improve the physical, social, and emotional wellbeing of young children in pre-schools.



It is not PE, sport or cross-country but a physical activity which can help children to focus and concentrate in the classroom and raise their attainment.

The Daily Mile is successful because it is simple and free:

- ◆ It takes place over just 15 minutes, with children averaging a mile each day.
- ◆ Children run outside in the fresh air – the weather is a benefit, not a barrier.
- ◆ There's no set up, tidy up, or equipment required.
- ◆ Children run in their uniforms so no kit or changing time is needed.
- ◆ It's social, non-competitive and fun.
- ◆ It's fully inclusive; every child succeeds, whatever their circumstances, age or ability.



Please register your interest with Lisa at lodowd@meathcoco.ie to take part in this programme for 2020/2021 and you will receive a start up pack from Athletics Ireland.

Schools Section

Sports Leader Award

The Sports Leadership Award is accredited by Sport Ireland partners – Sports Leader SLQ. for students wishing to pursue a career in sports, management or leadership this is their opportunity to get ahead in terms of their own career pathway.



Sports Leader Level 1 Award in Sports Leadership is ideally suited to transition students of transition

Students from Ashbourne Community School

year provides the ideal starting point for learners who wish to develop their leadership skills, whilst under the direct supervision of their tutor.

The syllabus is designed to develop the knowledge, skills and qualities of effective leadership that can be applied to a variety of sports as well as contributing to the personal development of the learner. It has a multi-sport approach where learners get the opportunity to try a wide variety of sports and games throughout the training initiative. Training is facilitated through face to face programmes on school grounds with all administration completed online.

Leadership in Sport Booklet

All course participants completing Sports Leader and Junior Club Leader will receive the **Leadership in Sport booklet**. Each booklet is easy to follow and illustrated throughout.

The booklet includes:

- Good Practice for Sports Leaders
- 6 Steps to Planning a Session
- Safety
- Nutrition
- Inclusion for disabilities
- A variety of Games and Activities



For more information on these programmes please contact Lisa on lodowd@meathcoco.ie.

Schools Section



iRunForFun for Secondary Schools and Youthreach Centres!

iRunForFun is an excellent 6 week programme that is designed to encourage students to get out and active by jogging or running 10 minutes each day during or after school hours. This inclusive programme helps to build fitness and enables participants to complete a 3k or 5k within a 6 week period.



Students from Loreto Secondary School, Navan

Each training week provides a specific training module that takes no longer than 10-15 minutes each day to complete. Training should take place around a fixed loop e.g. basketball court, large hall, or half a GAA/Soccer.

The **iRunForFun** programme is FREE of charge and comes with training bibs and training diary. The diary provides training tips, exercises, goal setting and advice on nutrition.

If your school or training centre is interested in participating in the **iRunForFun** programme, please contact Lisa at lodowd@meathcoco.ie



Online school basketball programme

A new online Primary School Basketball Programme created by Basketball Ireland is will be available in November! Meath LSP are looking for expressions of interest from Primary Schools in Meath!



This programme provides resources for Primary School teachers including teacher training tutorials, video demonstrations and a small resource pack. This 6 week lesson plan will comprise of a 45 minute lesson plans that teachers can access at a time that suits them best. This inclusive programme will introduce children to the fundamental skills of Basketball in a fun and active way, while also providing live demonstrations of the skills involved.

This is an ideal programme to introduce basketball skills to new teachers and up-skill established teaching staff in the technical skills of coaching basketball to primary school children. A small fee will be charged per participating school.

If you school is interested in this programme please email Lisa at lodowd@meathcoco.ie

Sports Ability Programme

Inclusive Online Zumba Classes

An online 4 week Zumba class for children with a disability and their families! These classes are suitable for children aged 8-18 years old.



The classes will be delivered by our experienced Zumba instructor Edel McKeogh via the zoom platform. The aim of the 4 week programme is to provide children with a disability the opportunity to be physical active with their families in a fun way. The sessions will be adapted to needs of the participants and will include a warm up and cool down phase.

Date: Thursday 29th October - Thursday November 19th

Time: 6:30pm- 7:30pm

Venue: Zoom

Cost: €10 per family for 4 weeks

To book a place, please contact Terry on 046-9067337 or email tdonegan@meathcoco.ie

Run Jump Throw

Run Jump Throw is a 6 week multi activity programme suitable for children with Autism or an Intellectual Disability aged 6-12 years.

The sessions will include a variety of sports. Fun Games and obstacle challenges all adapted to the participants needs. The programme aims to improve the participants' fundamental movement skills and increase their confidence in participating in regular physical activity.



Family involvement is key to the programmes success and siblings are encouraged to take part! Parents are also asked to remain at the venue for the duration of the session.

To book a place, please contact Terry at tdonegan@meathcoco.ie or call 046-9067337.

Navan

Date: Wednesday October 28th -
December 2nd

Time: 4:30pm-5:30pm

Venue: Meath & District League (MDL)
Grounds Navan

Cost: €10 per family

Kells

Date: Monday 2nd November -
December 7th

Time: 4:30pm-5:30pm

Venue: Eureka House Kells

Cost: €10 per family

Sports Ability Programme

Inclusive Halloween Camp

Inclusive Multi- Sport Halloween Camp suitable for children with Autism or a Intellectual Disability aged 6-12 years old.

The camp will take place outdoors over two days and will see a variety of sports and activities take place including Cricket, Soccer, GAA & Hockey. We encourage participants' siblings to join in the activities. All parents will be asked to remain for the duration of each day.

Date: Wednesday 28th & Thursday 29th October

Time: 11am- 1pm

Venue: Meath & District League Grounds Navan

Cost: €10 per family

To book a place, please contact Terry on 046-9067337 or email tdonegan@meathcoco.ie



Meath Sports Ability

'Creating participation opportunities for ALL in sport and physical activity'

To keep up to date with the latest programmes and activities taking place across the county—
Follow our Facebook page [Meath Sports Ability](#).

Below is a list of activities taking place across the county over the coming months to help engage people with a disability in sport and physical activity! To book a place please contact Terry.

If you would like more information on the Sports Ability programme, please contact Terry Donegan on 046-9067337 or email tdonegan@meathcoco.ie

Activity	Start Date	Time	Location	Age	Cost
Run Jump Throw Navan	Tuesday 27th October – 1st December	4:30pm-5:30pm	Meath & District League Grounds Navan	6-12 years	€10 per family
Run Jump Throw Kells	Monday 2nd November – 7th December	4:30pm-5:30pm	Eureka House Kells	6-12 years	€10 per family
Zumba Online	Thursday 29th October – 19th November	6:30pm - 7:30pm	Zoom	8-18 years	€10 per family
Inclusive Halloween camp	Wednesday 28 th & Thursday 29th October	11am-1pm	Meath & District League Grounds Navan	6-12 years	€10 per family



Calendar of Courses and Events 2020

Activity	Date	Time	Venue
October			
Safeguarding 1 Basic Awareness in Child Protection	12th October	6.30pm-9.30pm	Online
Safeguarding 2 Club Children's Officer Training	15th October	6.30pm-9.30pm	Online
Sport Inclusion & Disability Awareness Workshop	21st October	7pm-8.30pm	Online
Safeguarding 1 Basic Awareness in Child Protection	29th October	6.30pm-9.30pm	Online
November			
Safeguarding 1 Basic Awareness in Child Protection	2nd November	6.30pm-9.30pm	Online
Safeguarding 2 Club Children's Officer Workshop	12th November	6.30pm-9.30pm	Online
Safeguarding 1 Basic Awareness in Child Protection	19th November	6.30pm-9.30pm	Online
Safeguarding 1 Basic Awareness in Child Protection	23rd November	6.30pm-9.30pm	Online
December			
Safeguarding 1 Basic Awareness in Child Protection	2nd December	6.30pm-9.30pm	Online

CHECK OUT OUR WEBSITE www.meathsports.ie OR CONTACT THE OFFICE:

Meath Local Sports Partnership, Town Hall, Watagate Street, Navan. Tel: 046-9067337.

Email: mlsp@meathcoco.ie