

Secondary school sport and physical activity programmes

2013 / 2014

Three secondary school sport and physical activity programmes were delivered in the 2013 / 2014 academic year.

SPORTSHALL Athletics

200 students from one post primary school participated on the SPORTSHALL Athletics programme in 2013 delivered by our interns

World Marathon Relay Challenge (incorporating the John Treacy Marathon Relay Challenge)

The World Marathon Relay Challenge is a shared running of a marathon by teams of 32 students in remote locations, changing a baton after every 200m. In the course of the run each team is trying to record a faster time than their competitors on the day. They also set themselves a target time to beat such as a world record, a national record or a local record.

In 2013, 80 students from four secondary schools (Banagher College, Coláiste Choilm Tullamore, Sacred Heart School Tullamore, and Tullamore College) participated. The Tullamore (combined) schools team finished in 20th position while Banagher College finished in 129th position overall.

At the same time as the World Marathon Relay Challenge, the John Treacy Marathon Relay Challenge was also underway between nine Irish teams. Offaly secured victory for a third year in a row.

Couch to 5k

Two “*Couch to 5k*” programmes were delivered to secondary schools in the 2013 / 2014 academic year: -

1. *St Mary’s Couch to 5k* Following a request from Athletics Offaly and St Mary’s Secondary School, Edenderry; Offaly Sports Partnership supported the delivery of a “*Couch to 5k*” running programme in the school. The programme culminated in the running of a 5k fun run as a school fundraiser in December.
2. *Tullamore College Couch to 5k* Following the success of St Mary’s “*Couch to 5k*”, Tullamore College requested the support of Offaly Sports Partnership to deliver a similar programme in the January / February 2014 tying in with the Operation Transformation concept. Students of Tullamore College along with pupils from two of its feeder primary schools took part in the programme. Transition Years students led the “*Couch to 5k*” programme twice weekly; and were supported by teachers and parents, and staff of Offaly Sports Partnership. 100 people participated on the programme.