

Primary school sport and physical activity programmes

2014 / 2015

Four primary school sport and physical activity programmes were delivered in the 2014 / 2015 academic year.

World 5,000m Relay Challenge

Following the success of the World Marathon Relay Challenge for secondary schools, a World 5,000m Relay Challenge was introduced for primary schools. Two schools and 18 pupils from Offaly participated in the inaugural running of this event. Edenderry Boys NS finished in a time of 14m20s, placing them top of the table.

SPORTSHALL Athletics

17 schools and 1,700 pupils participated on our SPORTSHALL Athletics programme in the last quarter of 2014. This programme culminated in the Offaly inter schools SPORTSHALL Athletics county final for 2014 / 2015 held in early 2015.

All Ireland SPORTSHALL Athletics

In March 2015, 18 counties and 900 pupils participated on the programme. In support of the programme, students from Athlone Institute of Technology were trained to assist in the delivery of the All Ireland SPORTSHALL Athletics Festival.

Fit School Monitor

In the 2014 / 2015 academic year, Offaly Sports Partnership once again invited schools to participate in the Fit School Monitor.

Tests were carried out in 31 schools, among 3,242 pupils to confirm initial baselines established in 2014. Baselines of speed and endurance running among primary schools have been established as follows: -

Class	No. Tested	Mean Time	Top 5%	Top 15%	Top 50%	Top 85%	Top 95%
1 st	413	13.70	11.62	12.14	13.32	15.30	16.32
2 nd	425	13.67	11.29	11.79	12.98	14.65	16.17
3 rd	415	12.30	10.46	10.99	12.04	13.65	14.63
4 th	441	11.82	10.16	10.60	11.60	13.04	14.15
5 th	473	11.62	9.98	10.49	11.37	12.81	14.23
6 th	378	11.00	9.43	9.82	10.73	12.07	13.59

Boys 60m Speed Test (2014 / 2015 Baselines)

Class	No. Tested	Mean Time	Top 5%	Top 15%	Top 50%	Top 85%	Top 95%
1 st	413	13.70	12.19	12.78	13.99	15.44	17.08
2 nd	425	13.67	11.72	12.40	13.50	14.92	16.12
3 rd	415	12.30	11.09	11.65	12.73	14.19	15.35
4 th	441	11.82	10.74	11.15	12.13	13.45	14.59
5 th	473	11.62	10.24	10.68	11.71	13.08	14.10
6 th	378	11.00	9.81	10.34	11.36	12.64	13.31

Girls 60m Speed Test (2014 / 2015 Baselines)

Class	No. Tested	Mean Time	Top 5%	Top 15%	Top 50%	Top 85%	Top 95%
1 st	413	13.70	250m	235m	210m	190m	175m
2 nd	425	13.67	255m	245m	220m	195m	170m
3 rd	415	12.30	265m	255m	230m	205m	190m
4 th	441	11.82	265m	260m	240m	210m	195m
5 th	473	11.62	280m	265m	245m	215m	195m
6 th	378	11.00	300m	285m	255m	225m	200m

Boys 1 Minute Sustained Run Test (2014 / 2015 Baselines)

Class	No. Tested	Mean Time	Top 5%	Top 15%	Top 50%	Top 85%	Top 95%
1 st	413	13.70	240m	230m	205m	190m	175m
2 nd	425	13.67	250m	235m	215m	195m	175m
3 rd	415	12.30	255m	250m	225m	200m	190m
4 th	441	11.82	260m	255m	230m	205m	200m
5 th	473	11.62	275m	260m	240m	210m	200m
6 th	378	11.00	280m	270m	245m	220m	200m

Girls 1 Minute Sustained Run Test (2014 / 2015 Baselines)

Individual baseline reports were issued to each participating school which school sports coordinators found useful. Assistance will be required by some schools to interpret their reports; and to plan future interventions to achieve long term improvements in fitness.

In addition, clubs / national governing bodies of sport supported by Offaly Sports Partnership in the delivery of their schools based programmes included: -

1. Offaly Athletics; and
2. Tullamore Swim Club