

KEEP ACTIVE WITH CORK SPORTS PARTNERSHIP



Cork
Sports Partnership
Comhpháirtíocht
Spóirt Chorcaí

— SPORT IRELAND —



SPORT IRELAND
LOCAL SPORTS PARTNERSHIPS

KEEP WELL - KEEP ACTIVE

Cork Sports Partnership, as part of its response to current COVID-19 restrictions, has partnered with Cork County Council and Cork City Council to encourage and activate communities all across Cork to keep well, by keeping active!

This forms part of a National '**Keep Well**' campaign recently launched by the Government of Ireland to support people and communities to mind their physical and mental health over the coming months.

The "Keep Well" campaign is aimed at showing people of all ages how we can mind our own physical and mental health and wellbeing by adding healthy and helpful habits to our daily and weekly routines.

It will provide guidelines, information, and tips on things that will help us keep well through the coming months.

The "Keep Well" campaign is focussed on 5 main themes:

Keeping Active - Keeping active and being outdoors, even during the winter, is important to help physical and mental health and wellbeing.

Staying Connected - Staying connected with people, addressing isolation, supporting volunteerism and initiatives that support person-to-person connection is important to our wellbeing.

Switching Off & Being Creative - Switching off and being creative or learning something new, getting back to nature and finding ways to relax can help our general wellbeing.

Eating Well - by nourishing our bodies and minds, we can develop a better connection between the food we eat and how we feel and positively impact our physical and mental wellbeing.

Minding your Mood - equipping people with information on where to go if they need support. This will also be linked with the local community helpline to ensure that people can access the support they need.



WELCOME

Welcome to Cork Sports Partnership's '**Keep Cork Active**' Resource.

This resource was compiled by the Cork Sports Partnership team in conjunction with a number of partner organisations to support you to keep active at home.

For ease of navigation, we have divided the booklet into 6 colour coded sections, all of which contain a variety of activities & resources to suit all abilities.

SECTIONS:

- **FAMILY PLAY - Games & Activities**
- **OLDER ADULT - Exercise & Activities**
- **CHILDREN & YOUTH - Sports Skills & Challenges**
- **ADULT & YOUTH - Exercise & Home Workouts**
- **PEOPLE WITH DISABILITIES - Inclusive & Adaptive Activities**
- **EVERYONE - Health & Wellbeing Tips**

Provided you are connected to the internet, each activity included is linked to a more comprehensive resource, such as a website, video or PDF download through the - **Click here >>>** text buttons. The following icons will aid you in selecting the resource type most suited to you.



Website



Video

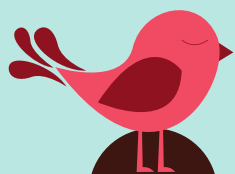


PDF

Alternatively, if you are viewing this document offline, you can access this booklet and accompanying resources by visiting www.activecork.ie

As this is an interactive resource, links may expire from time to time. We would very much appreciate if you would take the time to report any issues with accessing content or feedback on the resource so we can keep it as up to date as possible. If you are using some of the resources, we'd love to hear from you too. [Click here >>>](#) to contact the team.

Stay Safe



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PEOPLE WITH DISABILITIES

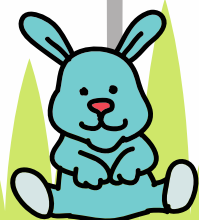
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FAMILY PLAY

(Games & Activities)



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Active Playgrounds



Active Playgrounds was developed by Get Ireland Active to increase play and physical activity during school break times. Many of these games can be also used in the home environment.

This resource provides many ideas for activities and games using playground markings and other playground games. The games outlined are aimed at increasing enjoyment, motivation and adherence in child involvement and learning.



They can be simplified or progressed depending on the age and ability of the children. Many of the games can be adapted for indoor play, using similar equipment as well as music.

- **Active Playground Games** - [Click here >>>](#)

Home Arts & Crafts Ideas



Detailed and fun step by step guides to your own Arts & Crafts at home.

- **How to Create a Kite** - [Click here >>>](#)
- **Make your own Tetris, Bingo, Fairy Door Crafts** - [Click here >>>](#)
- **Glow in the Dark Bowling** - [Click here >>>](#)
- **Lawn Twister** - [Click here >>>](#)



Virtual Run Around Ireland



The Active Schools "**Run Around Ireland**" Challenge can be adapted to your home environment. Instead of running a lap of your school, run around your house a number of times (depending on how big your house is) and track your progress.

Get all the family out and see who will be the first to run around the island of Ireland.

- **Run Around Ireland Map** - [Click here >>>](#)
- **Run Around Ireland Checklist** - [Click here >>>](#)

For other Active School's information see www.activeschoolflag.ie



GARDEN TREASURE HUNT

Garden Treasure Hunt



Treasure hunts have long been a staple weekend or school holiday activity for kids of all ages – challenging their problem-solving and teamwork skills.

But rather than copying a boring old treasure hunt, Capital Gardens has compiled a set of tips to help you create an exciting hunt for your family.

Here's the step-by-step guide to creating an incredible back garden treasure hunt.

- **Capital Garden's How to Create a Treasure Trail** - [Click here >>>](#)

Another version of How to Set Up a Treasure Hunt game by Youth Sports Trust UK is outlined in the video below.

- **School Games Treasure Hunt How to Video Guide** - [Click here >>>](#)



LEGO GAMES

Lego Games



The official LEGO® YouTube channel hopes to inspire and develop the builders of tomorrow, so there's lots of awesome videos here for families to enjoy together, from exclusive webisodes to stop motion animations!

- **Lego YouTube Channel** - [Click here >>>](#)



COSMIC YOGA

Cosmic Yoga



Cosmic Yoga has a number of child friendly interactive yoga sessions is known to be a great recreational activity that offers opportunity to self regulate promoting positive behaviour.

See below yoga based activities we have collated for your children to take part in at home.

- **Dinosaur Disco Yoga Session** - [Click here >>>](#)

- **Underwater Party Yoga Session** - [Click here >>>](#)

- **Skeleton Dance Yoga Session** - [Click here >>>](#)



For more information & ideas see www.cosmickids.com

Fun Resources & Games



The Professional Development Service for Teachers (PDST) has developed a number of resources to support play in a playground or school setting.

Playground Games:

- Without Equipment (Beans, Laughing Tag, Follow the Leader)
- Traditional Games (Duck Duck Goose, Simon Says etc.)

This guide is easily adapted for use in the home with easy to follow how to set up descriptions for each game.

- **PDST Playground games - [Click here >>>](#)**



Move Well Move Often:

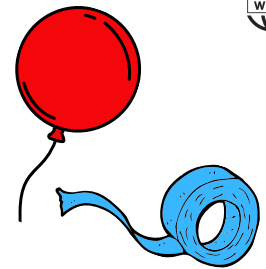
Practice your fundamental movements skills such as jumping, skipping, hopping, dodging, landing, balancing, throwing, catching, kicking, striking, walking or running. Follow the buttons on the side of linked PDST page for video descriptions.

- **PDST Move Well Move Often - [Click here >>>](#)**

What Moms Love - Indoor Activities

What Moms Love has put together an amazing collection of creative indoor activities and games for all the family to enjoy including tape & balloon based games.

- **Indoor Games & Activities for Kids - [Click here >>>](#)**



Exercise & Dance - This Girl Can



This Girl Can is all about celebrating getting active in a fun and sociable way. Here are some of the activities they have developed.

- **Disney Dance Along - [Click here >>>](#)**
- **Exercise with your Child - [Click here >>>](#)**
- **Exercise with your Baby - [Click here >>>](#)**

For more information & ideas - [Click here >>>](#)



Fun School Games



School Games is a resource developed by Youth Sport Trust in the UK. The games outlined in this resource are aimed at increasing enjoyment, motivation and adherence in child involvement and learning. They can be simplified or progressed depending on the age and ability of the children.

Here are some games to get you started.

- **Tiddly Winks** - [Click here >>>](#)
- **Spot, Bucket, Hoop** - [Click here >>>](#)
- **Scavenger Hunt** - [Click here >>>](#)
- **Opposites Attract** - [Click here >>>](#)
- **Find a Goal** - [Click here >>>](#)
- **Clear the Area** - [Click here >>>](#)
- **Keepie Uppie** - [Click here >>>](#)
- **Keep your Tail** - [Click here >>>](#)
- **Line Lunge** - [Click here >>>](#)
- **Target Challenge** - [Click here >>>](#)
- **Rebound** - [Click here >>>](#)
- **Reaction Challenge** - [Click here >>>](#)
- **Power Jump Challenge** - [Click here >>>](#)
- **Catching Challenge** - [Click here >>>](#)



For more information on Youth Sport Trust UK - [Click here >>>](#)

Zero to Three



During the first three years of life, emotionally nourishing relationships lay the foundation for lifelong health and well-being.

Zero to Three have some great resources to support families with young children.

- **At-Home Activity Guide** - [Click here >>>](#)
- **A Year of Play** - [Click here >>>](#)
- **Play With Me** - [Click here >>>](#)



Project Spraoi - CIT



Project Spraoi is an initiative coordinated by Cork Institute of Technology that aims to increase physical activity, improve dietary intake and positively influence the overall health of Irish children.

The following Project Spraoi resources will also keep you active and healthy at home.

- **Quick Easy Huff & Puff Games** - [Click here >>>](#)
- **Great Outdoor Games** - [Click here >>>](#)
- **Small Ball Skills for Families** - [Click here >>>](#)
- **Breakfast Tips Sheet** - [Click here >>>](#)
- **Drinks Tip Sheet** - [Click here >>>](#)



For more information on Project Spraoi see www.projectspraoi.cit.ie/

Cork County Council - Water, Road & Farm Safety

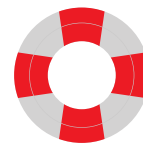


Cork County Council has developed several educational and informative safety resources to help education children on the importance of safety measures on the road, in the water or on the farm.

Resources ranges for interactive games, to quizzes, videos & much more.

Check out the following fun resources below:

- **Road Safety Education & Games** - [Click here >>>](#)
- **Water Safety Education & Games** - [Click here >>>](#)
- **Farm Safety Education & Games** - [Click here >>>](#)



Let's Play Ireland



Let's Play Ireland is a government-led initiative aimed at promoting play for all children living in Ireland during the COVID-19 emergency. Playing is central to children's physical, mental, social and emotional health and wellbeing.

- **Lets Play during COVID-19** - [Click here >>>](#)
- **Lets Play Ideas** - [Click here >>>](#)
- **Lets Play Families** - [Click here >>>](#)
- **Lets Play Outdoors** - [Click here >>>](#)
- **Lets Play Creatively** - [Click here >>>](#)



For more information on Let's Play Cork visit: www.letsplaycork.ie

Family Fun Fitness



Cork Sports Partnership has created a Family Fun Fitness pack to help families exercise and stay active together in a fun back to basics circuit. The circuit comprises of general Movement & Animal Movement exercises that will both challenge and entertain younger and older members of the family while completing at home!

This Family Fun Fitness pack comes with short demonstration videos and a checklist so you can measure how many times per week each member of the family has completed the circuit.

- Family Fun Fitness - [Click here >>>](#)



Sports Skills & Challenges



Cork Sports Partnership in conjunction with a number of National Governing Bodies of Sport & Organisations, have put together the following sports skills, drills and challenges to help people of all ages to stay active at home!

- Sports Fun, Skills & Challenges - [Click here >>>](#)

Many of these activities are adaptive to suit all abilities.

Some activities include;

- Skills Challenges
- Colouring, Suduko, Quizzes
- Home Exercises & Workouts.



Inclusive & Adaptive Activities



Cork Sports Partnership has compiled a comprehensive list of inclusive activities which can be adapted to any ability. These resources aim to provide a variety of different opportunities for children of all abilities to keep active in the home.

Learn how to set up and run activities to develop gross and fine motor skills, wheelchair exercises, sensory stimulation and regulation activities and much more.

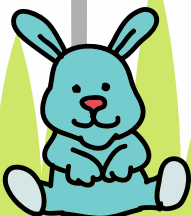
- Inclusive & Adaptive Resources - [Click here >>>](#)



OLDER ADULT (Exercise & Home Workouts)



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GO FOR LIFE ACTIVITIES

Go for Life Activities



Age & Opportunity Active is a programme designed to get people aged 50-100+ more active and participating in recreational sport and physical activity.

A number of '**Movement Minute Sessions**' have been created for people to stay active at home as we adapt to the current environment.

Click on any of the sessions below to get involved:

- **Session 1 (Seated)** - [Click here >>>](#)
- **Session 2 (Standing)** - [Click here >>>](#)
- **Session 3 (Seated)** - [Click here >>>](#)
- **Session 4 (Standing)** - [Click here >>>](#)
- **Session 5 (Seated & Standing)** - [Click here >>>](#)



FREE Activity DVD - A limited number of DVD's with 6 easy to follow activity sessions are available from Age & Opportunity.

For anyone that would like to receive a copy please contact **01 8057733** (please leave a message) or email gfl@ageandopportunity.ie

8 SIMPLE EXERCISES

HSE Community Physiotherapy - 8 Simple Exercises to do at Home



These 8 simple exercises are brought to you by HSE physiotherapists and can be done at home with minimal equipment to keep you active during the Covid-19 isolation phase.

- **8 Simple Exercises Worksheet & Checklist** - [Click here >>>](#)

Complete the exercises twice daily (AM & PM) and keep track of your progress by completing the card on front of the resources over 4 weeks.



CHAIR EXERCISES

HSE Easy Chair Exercises



The HSE Easy Exercises Programme is a chair based programme for older adults that encourages inactive people to develop healthy activity habits through a series of low-intensity exercises.

Participating in these exercises will help individuals with limited movement to carry out the everyday activities that are essential to living as independently as possible.



- **To download your easy to follow guide** - [Click here >>>](#)

DAILY EXERCISES

Daily Exercises with Siel Bleu



The Siel Bleu team have scheduled a timetable of classes that stream live every day on Facebook & YouTube at 11 am and 2 pm.

A special feature of the online classes is Siel Bleu's **Daily Exercise Challenge**.

- To watch the classes on YouTube - [Click here >>>](#)
- To check out Siel Bleu's Facebook page - [Click here >>>](#)



HOME CHAIR GYM

Home Chair Gym



For those looking for a chair based exercise class, Siel Bleu has organised a variety of classes to suit all abilities and keep you active. Whether working out at home or in a Nursing Home, these classes have something to suit everyone.

- Chair Gym Class 1 - [Click here >>>](#)
- Chair Gym Class 2 - [Click here >>>](#)
- Chair Gym Class 3 - [Click here >>>](#)
- Chair Gym Class 4 - [Click here >>>](#)



These are regularly updated on Siel Bleu's YouTube account.

- Siel Bleu YouTube Account - [Click here >>>](#)

WALKING

Walking



Walking may be one of the easiest and most effective forms of exercise for older adults. Whatever your level of mobility, it's a great way to get active, at your own pace. Start slowly & work towards 10,000 steps a day.

Here are some tips to get you walking & stepping more at home:

- Waiting for the kettle to boil.
- On the phone.
- During ad breaks on TV.
- Doing the laundry or cleaning around the house.

- Get Ireland Walking 21 Walk Challenge Card - [Click here >>>](#)



KEEPING ACTIVE

Keeping Active Information from the HSE



This section of the HSE website provides older adults with information about the importance of staying physical activity.

- Keeping Active Information - [Click here >>>](#)



ACTIVATOR POLES

Activator Poles

Activator Poles also known as Urban Poling is an adaptation of Nordic Walking and has been developed by Canadian therapists to promote balance and improve mobility.



Activator Poles Videos:

- **How To Set Up Your Activator Poles** - [Click here >>>](#)
- **How To Use Activator Poles** - [Click here >>>](#)
- **How To Nordic Walk With Activator Poles** - [Click here >>>](#)



Cork Sports Partnership in conjunction with fitWalk Ireland & the HSE coordinate Activator programmes in Cork.

Keep an eye on www.activecork.ie for some online workshops we hope to put together over the coming weeks!

GET IRELAND ACTIVE

Get Ireland Active

Get Ireland Active was designed to help people on their journey to become more physically active.

The website provides you with user-friendly advice and help in getting active no matter what age you are or your level of fitness.

- **Website** www.getirelandactive.ie
- **Facebook** [@getirelandactive](https://www.facebook.com/getirelandactive)
- **Twitter** [@getirelandactiv](https://twitter.com/getirelandactiv)



WELLCOMM ACTIVE PHONE LINE

Wellcomm Active Phone Line

Cork Sports Partnership has set up an over the phone service for ADULTS providing advice around Healthy Eating Active Living (HEAL).

The advice provided is compiled from 3 main sources:

- HSE Public Health Guidelines (Physical Activity Guidelines)
- CSP Keep Cork Active Document
- WellComm Active Programmes
 - Healthy Food Made Easy
 - Staying Fit for the Future
 - Project Weightloss



The support line will also help those who cannot access the Keeping Cork Active resource online. In particular, older adults who cannot access the internet will be prioritised.



























WellComm Active Phone Line: 086 1409225



CHILDREN & YOUTH

(Sports Skills & Challenges)



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ORIENTEERING

Orienteering



Orienteering is a great way to get out and explore while enjoying the outdoors. Please adhere to current HSE guidelines around social distancing.

We have compiled a number of resources from the Irish Orienteering Association & Cork Orienteering Club to help get you started including maps, kits, games, courses & activities.

- **Permanent Courses & Activities** - [Click here >>>](#)
- **Cork Orienteering Maps** - [Click here >>>](#)
- **Orienteering SUDOKU-O** - [Click here >>>](#)
- **Orienteering Games** - [Click here >>>](#)
- **Learn The Skills Needed To Orienteer** - [Click here >>>](#)
- **Resource Kits & Games** - [Click here >>>](#)
- **Weekly Indoor Training Circuits** - [Click here >>>](#)



GOLF

Golf



With grassroots golf activity in clubs across the country and all CGI activities postponed, Confederation of Golf Ireland has developed a number of 'CGI Golf at Home Challenges' for all the family to take part in.

- **Indoor Golf Activities (Juniors)** - [Click here >>>](#)
- **CGI Golf at Home Challenges** - [Click here >>>](#)
- **Golf Definitions Word Search** - [Click here >>>](#)



VOLLEYBALL

Volleyball



Volleyball Ireland has put together some useful links & resources that will keep you engaged and active through volleyball activities over the coming weeks.

The resources range from volleyball skill development, physical fitness & nutrition.

- **Coaching Resources** - [Click here >>>](#)
- **Sitting Volleyball For All The Family** - [Click here >>>](#)



Cycling



Whether you are looking to learn to cycle, hone your off-road skills, take part in a virtual indoor league or improve other cycling skills during this time, there are plenty of cycling options for the whole family to choose from.

Cycling Ireland Resources:

- **Coaches Corner** - [Click here >>>](#)
- **Cycle Right Resources for Parents** - [Click here >>>](#)
- **Off Roads Skills Videos** - [Click here >>>](#)
- **Cycle Right Resource Videos** - [Click here >>>](#)



For those of you yet to master the art of cycling, we have also teamed up with Wild Atlantic Sports to bring you an online Step by Step video guide to teach your child to cycle a bike at their own pace.

- Video 1: Introduction to the programme
- Video 2: Bike Set Up
- Video 3: Helmet Set Up
- Video 4: Striding
- Video 5: Gliding
- Video 6: Braking
- Video 7: Pedalling



Cork Sports Partnership Online Learn to Cycle Programme - [Click here >>>](#)

Soccer



Cork Sports Partnership has put together a number of soccer activities and resources in conjunction with the SFAI, Jen Murphy Sketches and extratime.ie to help you improve your soccer skills at home.

- **SFAI 12 Day Skills Challenge** - [Click here >>>](#)
- **Cork Clubs Soccer School Assignments** - [Click here >>>](#)
- **Past SFAI matches Soccer on your TV** - [Click here >>>](#)
- **FAI Girls In Green Colouring Book** - [Click here >>>](#)



Basketball



Basketball Ireland has developed several coaching resources, activities, challenges and interactive videos to help you keep fit & healthy at home.

Resources range from a weekly Basketball skills challenges to quiz nights, and for those looking to improve their coaching knowledge a series of coaching podcasts.

- **Green Shoots Programme** - [Click here >>>](#)
- **Coaching Podcasts** - [Click here >>>](#)
- **Green Shoots Nutrition Guide** - [Click here >>>](#)



For more information on any of the above basketball initiatives, contact Basketball Development Officer, Ciaran O Sullivan by emailing cosullivan@corksports.ie

Athletics



Athletics is a great way to keep active at home and provides a variety of different easy to set up activities for all the family to enjoy.

We have compiled a variety of options from Athletics Ireland with something suitable for all members of the family.

- **Home Circuit** - [Click here >>>](#)
- **Long Jump Challenge** - [Click here >>>](#)
- **No Hurdles? No Problem** - [Click here >>>](#)
- **Medicine Ball Workout** - [Click here >>>](#)
- **Mobility Programme** - [Click here >>>](#)
- **2km Virtual Run Challenge** - [Click here >>>](#)
- **Shuttle Run** - [Click here >>>](#)
- **Target Throw** - [Click here >>>](#)
- **Home Daily Mile** - [Click here >>>](#)
- **Balance Test** - [Click here >>>](#)
- **Nutrition Tips** - [Click here >>>](#)



For more information on any of the above Athletics initiatives, contact Cork & CIT Athletics Development Officer, Craig Harrington by emailing charrington@corksports.ie

CAMOGIE

Camogie



The Camogie Association has a vast array of fantastic games, skills and challenges for children and families to participate in.

Resources range from skill cards and challenges to coaching resources and word search puzzles.

- **Camogie Skill Cards** - [Click here >>>](#)
- **12 Day Skills Challenge** - [Click here >>>](#)
- **Hurl With Me Booklet** - [Click here >>>](#)
- **100 Strike Camogie Challenge** - [Click here >>>](#)
- **Camogie Cups Word Search** - [Click here >>>](#)
- **Camogie All-Stars Word Search** - [Click here >>>](#)
- **Player Retention Word Search** - [Click here >>>](#)
- **Coach Learning Resource** - [Click here >>>](#)



ROWING

Rowing



Rowing Ireland has created a number of rowing workouts, challenges & tips to keep you active through indoor rowing at home.

The Olympics might be postponed until 2021 but you can still virtually row, walk, jog or cycle your way to Tokyo with the ROWKYO Challenge. Get your family involved and log your km's to virtually reach Towkyo!

- **ROWKYO Challenge** - [Click here >>>](#)
- **Daily Nutrition Tips** - [Click here >>>](#)
- **Home Workouts** - [Click here >>>](#)

For those with access to rowing machines:

- **Training Plans & Resources** - [Click here >>>](#)
- **World Erg Challenge** - [Click here >>>](#)



TOKYO

BADMINTON

Badminton



Badminton is a great way for all the family to stay active together.

Badminton Ireland's Teicnic Badminton skills-based programme is an ideal way to involve some physical activity in your day and to keep the family entertained!

- **Teicnic Badminton** - [Click here >>>](#)
- **High Performance Player Word Search** - [Click here >>>](#)
- **Shot Type Word Search** - [Click here >>>](#)



PARKRUN

School of Parkrun



School of Parkrun is here! From Monday 30th March, parkrun will be setting daily parkrun-themed tasks for children of all ages and the whole family to try together.

All challenges can be completed around the house or in the garden, making sure you stay safe and at home during this difficult time.

New daily challenges set each morning covering; English, Science, Geography, Maths, Art.

For more information on the School of Parkrun - [Click here >>>](#)



TUG OF WAR

Tug of War



The Irish Tug of War Association has put a fun and informative video & coaching resource on Tug of War related exercises for people of all ages and abilities to enjoy. The video includes how to adapt normal household items into fun training props.

- **Tug of War at Home Video** - [Click here >>>](#)
- **Teacher/Parent/Coach Resources** - [Click here >>>](#)



GAA

GAA



The GAA is providing a daily learning programme to help parents, teachers and children learn from home.

Junior infants to 6th class pupils will be catered for as this programme engages children in both physical and academic learning.

- **GAA Learning School Activities & Skill Challenges** - [Click here >>>](#)

- **GAA Handball Home Skills Challenge** - [Click here >>>](#)

GAA Now is now showing archive matches and highlights from down through the years across both Hurling and Football.

- **GAA Now Archive Game Footage** - [Click here >>>](#)



CRICKET

Cricket



For those interested in all things Cricket, Cricket Ireland has put together a cricket colouring book to keep children occupied during COVID-19.

- **Cricket Ireland Colouring Book** - [Click here >>>](#)



TENNIS

Tennis



There is plenty to do off the court to improve your physical fitness or technique, but there are also ways to improve your mental game during this down time!

Check out some of Tennis Ireland's online resources below!

- **Tennis For Health & Wellbeing Lesson Plans** - [Click here >>>](#)

- **Tennis Home Workouts & Exercises** - [Click here >>>](#)

- **Tennis At Home** - [Click here >>>](#)



LADIES GAELIC FOOTBALL

Ladies Gaelic Football



The Ladies Gaelic Football Association has a number resources to help children stay active through gaelic football. These range from LGFA Skills videos and coaching webinars to Skills Challenges with Cork Footballer Orla Farmer.

The LGFA is also running a series of Live Coaching Webinars in conjunction with the GAA and An Cumann Camogaíochta.

- **LGFA Skills Logbook** - [Click here >>>](#)
- **LGFA Skills Videos** - [Click here >>>](#)
- **Coaching Webinars** - [Click here >>>](#)
- **LGFA Skills Cards** - [Click here >>>](#)
- **LGFA Colouring Book** - [Click here >>>](#)



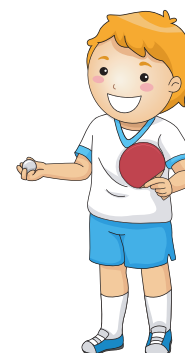
TABLE TENNIS

Table Tennis



Check out some of the resources below from Munster Table Tennis Branch who have compiled a list of Table Tennis videos and links, including how to make your own Ping Pong Table at home & playing alone tips!!!

- **Most Outrageous Shots** - [Click here >>>](#)
- **Quiz Trivia** - [Click here >>>](#)
- **How To Make A Ping Pong Table At Home** - [Click here >>>](#)
- **Playing Alone Tips** - [Click here >>>](#)
- **Free Table Tennis Game Download** - [Click here >>>](#)



RUGBY

Rugby



Munster Rugby has designed some home skills videos which children can complete within the confines of their home environment to help improve their rugby skills as well as hand eye coordination.

These are designed to keep players active while engaging some personal development, learning of key technical skills as well as having a little fun.

- **Home Exercise Skills** - [Click here >>>](#)
- **Munster Rugby Coaching Resource Videos** - [Click here >>>](#)
- **Match Videos & Podcasts** - [Click here >>>](#)



BOXING

Boxing



Boxing is a great way to get your heart pumping and your body moving.

The Irish Athletic Boxing Association has assembled the following boxing workouts to help keep you and your family fighting fit at home.

- **Boxing From Home Workouts** - [Click here >>>](#)
- **Katie Taylor's Home Circuits** - [Click here >>>](#)



TRIATHLON

Triathlon



Triathlon Ireland has developed some fun and educational resources for families and home workouts for adults.

- **Family Bike Skills** - [Click here >>>](#)
- **Word Search Games** - [Click here >>>](#)
- **Triathlon Home Core Workouts** - [Click here >>>](#)

In addition to Triathlon Ireland's resources, Cork Triathlon Coach Bjorn Ludick is running a number of Turbo Sessions for kids on his YouTube channel.

- **YouTube Turbo Kids Training** - [Click here >>>](#)



SWIMMING

Swimming



Swim Ireland has put together a number of Swim For A Mile resources to keep people active at home while out of the pool.

- **Swim For A Mile Home Workout Video** - [Click here >>>](#)
- **Swim For A Mile Staying Positive** - [Click here >>>](#)
- **Create a free account at www.swimforamile.com to receive SFAM weekly newsletters**



Water, Road, Farm Safety



Cork County Council has developed several educational and informative safety resources to help educate children on the importance of safety measures on the road, in the water or on the farm.

Resources ranges for interactive games, to quizzes, videos & much more.

- Road Safety Education & Games - [Click here >>>](#)
- Water Safety Education & Games - [Click here >>>](#)
- Farm Safety Education & Games - [Click here >>>](#)



Physical Activity & PLAY



Cork Sports Partnership has compiled a comprehensive list of additional physical activity & PLAY resources to provide a variety of different opportunities for children to keep active in the home.

Learn how to set up and run fun games such as Tag, Kick the Can, Simon Says, Follow the Leader, Blind Man's Bluff, as well as Dance, Arts & Crafts, Playground games & Cosmic Yoga.

- Physical Activity & PLAY Resources - [Click here >>>](#)



Inclusive & Adaptive Activities



Cork Sports Partnership has compiled a comprehensive list of inclusive activities which can be adapted to any ability. These resources aim to provide a variety of different opportunities for children of all abilities to keep active in the home.

Learn how to set up and run activities to develop gross and fine motor skills, wheelchair exercises, sensory stimulation and regulation activities and much more.

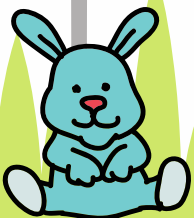
- Inclusive & Adaptive Resources - [Click here >>>](#)



ADULT & YOUTH (Exercise & Home Workouts)



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VIRTUAL RUNNING

Virtual Running Challenges



There are a number of virtual running challenge options available to people.

Runs should be completed in line with current government restrictions while also adhering to up to date HSE guidelines on social distancing.

- **Athletics Ireland Virtual Running Challenge** - [Click here >>>](#)
- **100 Days of Running Challenges** - [Click here >>>](#)



LEISUREWORLD WORKOUTS

LeisureWorld Workouts



The team at LeisureWorld Cork have been busy putting a variety of different workout video's together to help keep the Cork public fit and healthy at home over the coming weeks.

Some video workouts include:

- **Core Workout (1 min demo)** - [Click here >>>](#)
- **Kettlebell Workout (1 min demo)** - [Click here >>>](#)
- **Bodyweight Workout (20 mins)** - [Click here >>>](#)
- **Tabata Workout (1 min demo)** - [Click here >>>](#)

For more workouts & updates from LeisureWorld Cork - [Click here >>>](#)



HEALTH & WELLBEING

Health & Wellbeing



When we look after our physical health, our mental health can feel the benefits too.

There are lots of other things we can do along with physical activity that will enhance our health and wellbeing.

Cork Sports Partnership in conjunction with a number of partner organisations, have put together a number of health and wellbeing resources that will support you and your family through this difficult and challenging time. Resources include; Tips for looking after your mental health as well as healthy eating.

- **Health & Wellbeing Resources** - [Click here >>>](#)



EXERCISE & DANCE

Exercise - This Girl Can

This Girl Can is all about celebrating getting active in a fun and socialable way. Here are some of the activities they have developed.

- Home Exercises - [Click here >>>](#)
- Zumba - [Click here >>>](#)



HOME WALKING WORKOUT

Home Walking Workout

Leslie Sansone has some fantastic 'house bound' walking sessions for you to get moving, get active and all from the comfort of your own home.

- Online aerobic exercise video classes with guided walking steps.
- 12 - 40 minutes in duration.
- Indoor alternative to walking and low impact workout.
- Great fun for all the family.
- Lots of different levels!

- Follow the Walking Workout - [Click here >>>](#)



MOVEMENT & STRENGTH CIRCUITS

General Movement & Bodyweight Strength Circuits

Cork Sports Partnership has created a selection of general movement & strength circuits for adults and youths who are looking to stay active in the home over the coming weeks.

Included in the sessions are 3 levels of General Movement & 1 Strength circuit which will challenge all levels.

- General Movement Level 1 - [Click here >>>](#)
- General Movement Level 2 - [Click here >>>](#)
- General Movement Level 3 - [Click here >>>](#)
- Strength Session - [Click here >>>](#)



These workouts are accompanied by a downloadable workout checklist & video demonstrations to help you keep track of your exercises and your daily activity.

- For General Movement Levels 1, 2, 3 & Strength Circuit - [Click here >>>](#)

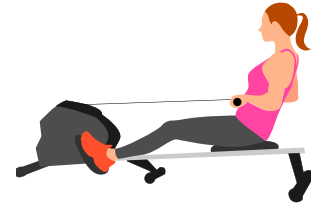


Sports Specific Workouts & Exercises

The following National Governing Bodies of Sport have put together some home workout ideas to add a bit of variety into your home training programme.

Rowing Ireland:

- Home Workouts - [Click here >>>](#)
- Training Plans & Resources - [Click here >>>](#)
- World Erg Challenge - [Click here >>>](#)



Swim Ireland / Swim For A Mile:

- Swim For A Mile Home Workout Video - [Click here >>>](#)

Athletics Ireland:

- Home Circuit - [Click here >>>](#)
- Athletics Discipline Activities - [Click here >>>](#)
- Mobility Programme - [Click here >>>](#)
- 2km Virtual Run Challenge - [Click here >>>](#)

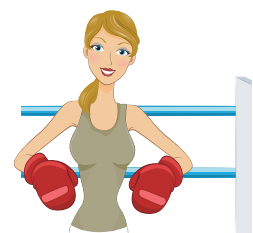


Irish Athletic Boxing Association:

- Boxing From Home Workouts - [Click here >>>](#)
- Katie Taylor's Home Boxing Circuits - [Click here >>>](#)
- IABA Home Training Plan - [Click here >>>](#)

Triathlon Ireland:

- Triathlon Home Core Workouts - [Click here >>>](#)



Munster Rugby:

- Home Exercise Skills - [Click here >>>](#)



Sports Specific - Entertainment & Education



A number of National Governing Bodies of Sport have put together entertainment & educational resources for people interested in podcasts, archive game footage, coach education resources & much more!

Rowing Ireland:

- Daily Nutrition Tips - [Click here >>>](#)



Cycling Ireland:

- Coaches Corner - [Click here >>>](#)

Swim Ireland / Swim For A Mile:

- Swim For A Mile Staying Positive - [Click here >>>](#)



Athletics Ireland:

- Nutrition Tips - [Click here >>>](#)

Basketball:

Coaching Podcasts - [Click here >>>](#)

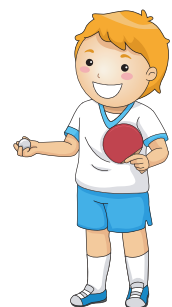


Ladies Gaelic Football Association:

- Coaching Webinars - [Click here >>>](#)

GAA:

- GAA Now Archive of past matches - [Click here >>>](#)



Munster Table Tennis:

- How To Make A Ping Pong Table At Home - [Click here >>>](#)

Tennis Ireland:

- Tennis Coaching Resources - [Click here >>>](#)

Munster Rugby:

- Match Videos & Podcasts - [Click here >>>](#)

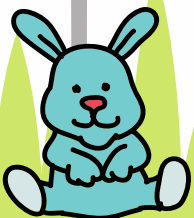
- Munster Rugby Coaching Resource Videos - [Click here >>>](#)



PEOPLE WITH DISABILITIES (Inclusive & Adaptive Activities)



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Learn To Cycle At Home



As part of our Learn To Cycle programme, we have teamed up with Wild Atlantic Sports to provide you with top tips and advice on how to stay active through cycling at home.

If your child is yet to master the skill of cycling, we are here to help. Taking the bike out little and often, over the coming days will allow your child to enjoy exercise, the outdoors and learn a new skill.

This online programme will provide you with a step by step video guide and top tips on bike and helmet set up, striding, gliding, braking and pedalling.

We will also provide storyboards for those who need a little extra support to help you and your child at each step of the way. All you need is a flat space and a bike.

Our qualified and experienced tutor will be on hand to support your progress and answer any queries you may have.

Tutor: Ruth Herman Contact: 087 1032317

- **Lessons 1 - 8 - [Click here >>>](#)**



Home Based Occupational Therapy



Cork Paediatric OT Team have provided us with some ideas and activities to allow children to continue their OT in their home environment.

This video shares with you ideas on how you can regulate your child with equipment you have at home or without needing any equipment.

Occupational Therapy ABC - [Click here >>>](#)

Occupational Therapist Jess is currently providing online OT services and offering online sessions with parents to discuss strategies that will suit and support you and your child.

She is working with families to adapt your programmes to suit your home environment and will be on hand to answer any of your queries.

- **My OT and Me - [Click here >>>](#)**



Fine and Gross Motor Skill Development



Fine and Gross Motor Skills are important for our children's development, confidence and independence.

Fine Motor skills refer to coordinating small muscle movements for tasks such as grasping and cutting. Gross Motor skills refer to larger muscle movements such as running, jumping, throwing and catching.

To support your children's motor development over this time, we have gathered the below resources which will help to guide you and your child with fun tasks and activities at home.

- **HSE OT Team Fine Motor Skill Ideas** - [Click here >>>](#)
- **HSE OT Team Gross Motor Skill Ideas** - [Click here >>>](#)
- **Gross Motor Activity Ideas for Home** - [Click here >>>](#)
- **Core Stability Activities** - [Click here >>>](#)
- **Therapy Street for Kids** - [Click here >>>](#)



My OT and Me are offering FREE access to '**Let's Get Moving Gross Motor Classes**' resource kit to keep kids moving while teaching them fundamental movements in a fun and engaging way.

- **To access 'Let's Get Moving Gross Motor Classes'** - [Click here >>>](#)
- **PDST Fundamental Movement Skills Videos & Posters** - [Click here >>>](#)



Cosmic Yoga

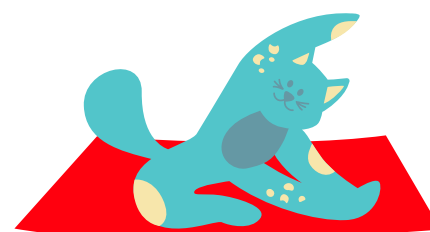


As we know children with sensory needs may seek stimulation and self regulation.

Yoga is known to be a great recreational activity that offers opportunity to self regulate promoting positive behaviour.

See below yoga based activities we have collated for your child and siblings to take part in at home.

- **Cosmic Jungle Yoga Session** - [Click here >>>](#)
- **Underwater Party Yoga Session** - [Click here >>>](#)
- **Skeleton Dance Yoga Session** - [Click here >>>](#)



For more information & ideas see www.cosmickids.com

Movement & Sensory Breaks



CSP has put together options for you and your family to enjoy movement breaks at home in a fun and safe environment.

Why are movement breaks important for children with sensory needs?

The two senses that are responsible for movement are the vestibular and proprioceptive senses. It is important that children who seek sensory input keep actively stimulating these senses.

- Movement Breaks Tips - [Click here >>>](#)
- Stand Up Kids Movement Videos - [Click here >>>](#)
- Bizzy Breaks Irish Heart Foundation - [Click here >>>](#)
- Activity Sing Along Songs - [Click here >>>](#)
- More Activity Sing Along Songs - [Click here >>>](#)
- HSE Get Active in the Classroom - [Click here >>>](#)
- Sensory Break - [Click here >>>](#)



Wheelchair Accessible Activities



This resource will provide you with games and ideas to support people who have reduced mobility to enjoy activities with all the family.

- Developed by IWA Sport, to download - [Click here >>>](#)
- More info will be available from IWA Sport - [Click here >>>](#)



Adults Movement Plan



This 6 week physical activity movement plan is designed to support adults with disabilities to build up their physical activity levels starting with just 10 minutes of activity per day.

This resource will guide you on daily activity where you can walk, push or run in the comfort of your own home setting or neighbourhood (within 2km distance), and is suited to your ability level.

- Developed by CARA Sport Inclusion Ireland - [Click here >>>](#)



Wheelchair Accessible Home Exercise



UFit provides a suite of FREE resources and video links to watch and guide you through home based exercises.

Examples include:

- Yoga - [Click here >>>](#)
- Strength & Cardio - [Click here >>>](#)
- Aerobics - [Click here >>>](#)

For more information and resources visit: www.justdoufit.com

Chris Saunders, from Wheely Good Fitness shares quality home based exercises suitable for all abilities, no equipment needed.

- Strength, Stretch and Relaxation - [Click here >>>](#)



Guided Exercises To Support People With Vision Impairments



Vision Sports Ireland and The National Council for the Blind (NCBI) have put together a guided video to support people with vision impairments.

This video will take you through a range of exercises and is suitable for all physical activity levels.

- Session 1 - [Click here >>>](#)

Eyes-Free Fitness:

Eyes-Free Fitness provide a variety of exercise workouts for people who need or prefer, verbal or audio cues only while exercising. The videos below include; warm ups, stretching, cardio and pilates among many others. We hope you enjoy!

- Accessible formats available - [Click here >>>](#)



OLDER ADULTS EXERCISE

Older Adults Exercise & Activities



Cork Sports Partnership, in conjunction with a number of partner organisations, have put together a variety of physical activity opportunities and resources to help you stay active in the comfort of your own home.

Older Adults Exercise & Activities - [Click here >>>](#)

Many of the exercise programmes & activities can be adapted to suit most abilities.

Some exercise & activities include:

- **Chair Exercises & Challenges**
- **Bodyweight Workouts**
- **Walking Exercises**
- **Daily Exercise Challenges**



SPORTS ACTIVITIES

Sports Skills & Challenges



Cork Sports Partnership in conjunction with a number of National Governing Bodies of Sport & Organisations, have put together the following sports skills, drills and challenges to help people of all ages to stay active at home!

- Sports Fun, Skills & Challenges - [Click here >>>](#)

Many of these activities are adaptive to suit all abilities. Some activities include; Skills Challenges, Colouring, Suduko, Quizzes, Home Exercises & Workouts



HEALTH & WELLBEING

Health & Wellbeing



When we look after our physical health, our mental health can feel the benefits too. There are lots of other things we can do along with physical activity that will enhance our health and wellbeing.

Cork Sports Partnership in conjunction with a number of partner organisations, have put together a number of health and wellbeing resources that will support you and your family through this difficult and challenging time.

Resources include; Tips for looking after your mental health as well as healthy eating.

- Health & Wellbeing Resources - [Click here >>>](#)

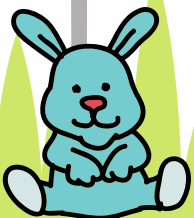


EVERYONE

(Health & Wellbeing)



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Cork Kerry Mental Health Services



Daniel Flynn, Principal Psychology Manager, Cork Kerry Mental Health Services has put together a series of help sheets to provide steps and information on a number of key issues people might experience during this time:

Managing My Emotions - [Click here >>>](#)

Coping With Distress - [Click here >>>](#)

Managing My Sleep - [Click here >>>](#)

Finding Calm - [Click here >>>](#)



HSE Tips For Minding Your Mental Health during Covid-19



The HSE are advising everyone to keep a realistic perspective on the current situation and only follow updates and information from trustworthy and reliable sources.

Here are a few tips:

- Stay informed but set limits for news and social media.
- Use reliable sources for your information. For HSE updates - [Click here >>>](#)
- Try to keep up your healthy routine.
- Stay connected to others using phone/video calls, social media, email, text.
- Talk to children and young people.
- **Online & phone supports** are available if needed. For a list - [Click here >>>](#)



5 Ways to Wellbeing



Looking after our wellbeing can be hard when we are being told to stay inside, keep our distance from others, and limit our contact with the outside.

Whether we are going for a stroll with family within the 2k of our home, or in the back garden lets try to appreciate what we have on our doorsteps!

At the same time, try & target the '**5 Ways to Wellbeing**' by Mental Health Ireland:

- **Be Active** - Walk your neighbourhood (within the 2k radius of your home).
- **Connect & Give** - Check in on neighbours (remotely and in line with physical distancing), stay connected, and offer support in other ways.
- **Take Notice** - Enjoy Nature. Notice the changes of spring.
- **Keep Learning** - Learning about different plants, flowers, trees, birds, animals, & insects you noticed on your walk.



Further supports and information is available on www.mentalhealthireland.ie

Active Coping Calendar

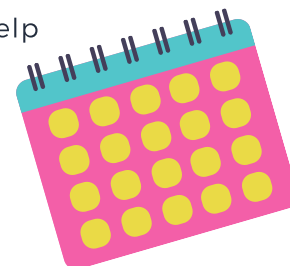


Keep calm, stay wise and be kind.

This Active Coping Calendar has daily actions each month to help us look after ourselves and each other.

- **Download the calendar** - [Click here >>>](#)

Print it off, share with friends & family online or just check in each day during April.



Making Healthy Choices



Eating well is important for us all and enhances our overall health and wellbeing. It is important to try and maintain a good balanced diet.

With huge changes to our home and personal lives it can't be easy, so here are a few ideas and tips from the HSE (Healthy Eating Active Living) to help:

- Use the **FOOD PYRAMID** as a guide for the amount & types of food to eat each day. **For a detailed serving size guide** - [Click here >>>](#)
- Base your meals on plenty of vegetables, salad & fruit. **More info** - [Click here >>>](#)
- Choose wholemeal/wholegrain breads, cereals, pasta & brown rice. **More info** - [Click here >>>](#)
- Choose low-fat milk, yogurt or cheese. **More info** - [Click here >>>](#)
- Include a small amount of poultry, fish, eggs, nuts, beans or meat at 2 meals. Choose fish up to twice a week - oily fish is best. **More info** - [Click here >>>](#)
- For a list of food and drinks high in fat, sugar and salt - [Click here >>>](#)



The HSE, MABS, Safefood and Healthy Ireland have a fantastic book full of tasty and easy meals using everyday ingredients.

- **For a copy of "101 Square Meals"** - [Click here >>>](#)

START Family Campaign



The "START" campaign from Safefood, the HSE and Healthy Ireland has been created to help parents and families get started and build momentum by achieving one daily win when it comes to achieving healthier choices.

The following tips might keep everyone healthy in body and mind as we adapt to new routines and ways of co-existing at home:

- **About the campaign** - [Click here >>>](#)
- **Sleep** - [Click here >>>](#)
- **Reduce Screen Time** - [Click here >>>](#)
- **Expert Advice** - [Click here >>>](#)
- **Healthy Eating** - [Click here >>>](#)



Get STARTED today with:

- **The Daily Win Chart** - [Click here >>>](#)
- **The Family Play Pact** - [Click here >>>](#)

Download the resources above to help kick START you and your families road to a healthier lifestyle. See www.safefood.eu for more information

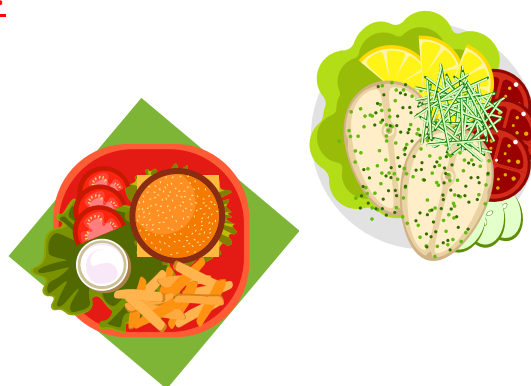
Safefood Tips & Meal Ideas



Making healthier food choices can sometimes be hard. In particular, it might pose a challenge for families and those getting used to new living restrictions during this current crisis.

Safefood Ireland has developed a few online tutorials and resources that can help:

- **How To Read Food Labels** - [Click here >>>](#)
- **Making Porridge** - [Click here >>>](#)
- **Making an Omelette** - [Click here >>>](#)
- **Fab Fajitas** - [Click here >>>](#)
- **Turkey Pesto Pasta** - [Click here >>>](#)
- **Homemade Burgers** - [Click here >>>](#)
- **Portion Sizes** - [Click here >>>](#)



For more information & other recipe ideas for you & your family - [Click here >>>](#)

WELLCOMM ACTIVE

Wellcomm Active - Active Communities are Well Communities

WellComm Active is a community health and wellness initiative recently established for Cork to empower people to manage their own health through increased physical activity and improved diet.

The 5 key interventions included are;

- Staying Fit for The Future
- Healthy Food Made Easy
- Made2Move
- Project Weight Loss
- Neuro Functional Training



All programmes have been devised and developed with the support of the HSE locally in Cork with a number of other partners including UCC, CKCH & Leisureworld.

A support line through WellComm Active will be established by Cork Sports Partnership to provide information and support for people looking for ideas to stay active during the Covid-19 restrictions.

WELLCOMM ACTIVE PHONE LINE

Wellcomm Active Phone Line

Cork Sports Partnership has set up an over the phone service for ADULTS providing advice around Healthy Eating Active Living (HEAL).

The advice provided is compiled from 3 main sources:

- HSE Public Health Guidelines (Physical Activity Guidelines)
- CSP Keep Cork Active Document
- WellComm Active Programmes



The support line will also help those who cannot access the Keeping Cork Active resource online. In particular, older adults who cannot access the internet will be prioritised.



WellComm Active Phone Line: 086 1409225

OFFLINE SUPPORT

OFFLINE SUPPORT

IF YOU KNOW SOMEONE WHO CANNOT ACCESS THE INTERNET BUT NEEDS HELP WITH STAYING ACTIVE, PLEASE CONTACT THE WELLCOMM ACTIVE PHONE LINE ABOVE, LEAVE A MESSAGE & WE WILL TRY TO PROVIDE ADDITIONAL SUPPORT WHERE WE CAN.

WELLCOMM ACTIVE PHONE LINE: 086 1409225



Cork
Sports Partnership
Comhpháirtíocht
Spóirt Chorcaí
— SPORT IRELAND —



www.activecork.ie



CorkSportsPartnership



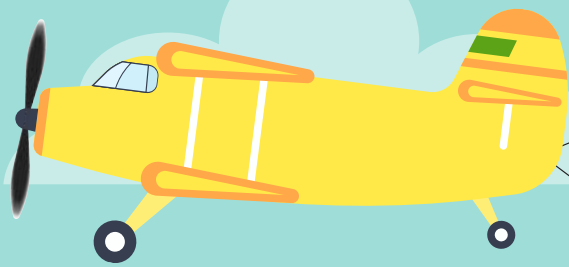
@corksports



@corksportspartnership



SPORT IRELAND
LOCAL SPORTS PARTNERSHIPS



www.activecork.ie



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