

Dear Parent/Guardian,

I hope you are keeping well during these unprecedented times.

Cavan Sports Partnership is dedicated to keeping the children of Cavan fit & healthy and so has designed a ‘Virtual Explore Cavan Challenge’ so pupils can keep active and learn along the way.

Please find attached the ‘Virtual Explore Cavan Challenge’ resources including a map of Cavan with the towns and mountains/hills mapped out and a chart to be completed as pupils virtually make their way around the county.

This challenge will now be included as part of the PE homework starting Monday May 11th for a 5 week block so pupils can run, have fun and learn about their county.

Pupils will ‘start’ in Cavan Town at all times and calculate their steps whether that is walking, jogging or running to accumulate their steps within the 5km radius and reach another town (1,000 steps = 1km). For example; Cavan to Bultersbridge is 7km so a total of 7,000 steps will be completed to get to Butlersbridge.

Similarly, to climb a mountain or hill in Cavan pupils must do Jumping Jacks, Skip or do the Mountain Climbers exercise (1 of any of these exercises = 1 metre) to reach the top. For example; to climb Cuilcagh which is 665metres high - 665 jumping jacks must be completed. Distances and heights are listed on the map of Cavan.

You will also see a ‘Create your own’ box which can be completed if your child decides to calculate their own journey and/or run and climb.

As a journey or a climb is completed simply tick the town you reached or hill you climbed on the chart and see how many they can explore over a 5 week period.

Parent/guardian will then take a photo of the chart and return it to (School/ Teacher emai address?) by Friday 12th June to help your school win a Free ‘Come and Try’ physical activity taster session for 2 classes in the next school term.

Yours Sincerely,

Áine O’Reilly

Community Sports Development Officer

Cavan Sports Partnership