



Achadh Mór
Cumann Lúthchleas Gael

‘Healthy Bodies, Healthy Minds, Healthy Clubs’

Knock National School

St Marys National School

RUN: 1K-A- DAY

St. Brigid's National School, Tooreen

“Fit to play, fit to learn”



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Our Mission

Aghamore GAA is committed to promoting health and wellbeing within our membership, our clubs, and our communities. We will achieve this through the provision of information, initiatives, and campaigns to promote physical and mental health and wellbeing.

Our Vision

To be recognised as leading the field in the promotion of the health and wellbeing needs of our communities through sport, and committed to the development of people of all ages, to lead full, fit and healthy lives

“Fit to play, fit to learn”



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3 Primary Schools – 1 Programme

St. Marys National School, Aghamore, Co. Mayo
Knock National School, Knock, Co. Mayo
St. Brigids National School, Tooreen, Co. Mayo

All Pupils *'Run: 1K-A-Day'*

“Fit to play, fit to learn”

Key Mission:



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The '*Run: 1K-A-Day*' programme, will enhance the children's physical, mental and emotional health & wellbeing.

“Fit to play, fit to learn”

Programme Works:

- Children go out to ‘*Run:1K-A-Day*’ in almost all weathers.
- Teacher will choose the time each day or have a set time.
- Should be a 15 minute turnaround to ensure minimal classroom disruption
- A set ‘*1K-A-Day*’ course to be measured at each school grounds.) Can be on track, schoolyard, all weather). This to be facilitated by Aghamore GAA Health & Wellbeing Committee



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Key Outcomes:

'Run: 1K-A-Day' programme will be:

- Inclusive for all children – part of a 'team'.
- Improve fitness and alertness in children.
- Aid in increased classroom focus & learning.
- Create an enhanced class and classroom spirit.
- Aid children to eat and sleep better.
- Aid appreciation of outdoors and fresh air.
- Enhance interest in Sport and Athletics.
- Improve children's confidence.
- Improve children's ability to form relationships.
- Enhance school / community relationship.



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Key Stakeholders:

- Aghamore GAA Club Health & Wellbeing Committee
- School Principals: Knock, Aghamore, Tooreen,
- Individual Class Teachers
- The Children of each Class – its their ‘1K-A-Day’



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Key Metrics:

- ‘Run: 1K-A-Day’ programme to start on 3rd October
- The measurements and target can vary and can be at the suggestion of the class or teacher. The more suggestions from children the better.. (Aids in buy-in to programme)
- Aghamore GAA OPTAM programme will host a 2k/5k event on Saturday 3rd December.
- Children from each school will be encouraged to target towards this event and to participate in either the 2k or 5k event on the day.



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