

Move Well, Move Often

Developing Physical Literacy through the lens of Fundamental Movement Skills

SEMINAR DAY 2



September 2018

Dear Principal,

This October and November, due to demand, the PDST are delighted to offer this Physical Literacy seminar again to those schools that were unavailable to attend last year. This will be a repeat of the seminar that was offered in Term 3 of the last school year. Please note, the next phase of this training - Physical Literacy Seminar 3 - will take place in 2019.

In 2017, the PDST were delighted to offer full day seminars in Physical Literacy through **Fundamental Movement Skills**, focusing in particular on locomotor skills. Research shows that being physically active later in life depends on feeling confident in an activity setting; and that confidence, as an adult, most often comes from having learned **Fundamental Movement Skills** which are the basic building blocks of movement and are an essential part of everyday life and recreational activity. It is only when these skills are mastered that a child can go on to develop specialised movement skills, which will allow them to reach their potential in sports-specific endeavours.

The second phase of this professional development in Physical Literacy ran from April-June 2018, and is now being offered again for schools who couldn't attend at the time. This seminar revises the concept of physical literacy and revisits the locomotor skills explored in Seminar 1 before moving the

focus to the stability skills of Landing and Balancing in all areas of the PE curriculum, and in particular through the Gymnastics and Dance strands. The wide range of activities, supplementary support materials and templates for planning and assessment that are presented in our comprehensive resource and online at www.scoilnet.ie/pdst/physlit , will also be explored on the day.

The purpose of the seminar is to

- demonstrate the PDST's **Move Well, Move Often Physical Literacy** resource pack through active participation
- upskill participants in using **Fundamental Movement Skills** as a lens for developing Physical Literacy through the PE curriculum
- enable participants to support other teachers in their school using the PDST Physical Literacy resource pack

Each teacher attending will receive a set of newly developed posters as part of our Move Well, Move Often pack. Attendees will need to be suitably dressed to participate in activities.

Please note that Gaelscoileanna and Scoileanna sa Ghaeltacht will shortly receive this letter 'as Gaeilge' inviting them to attend the same session delivered 'as Gaeilge'. Such schools are welcome to attend either version.

You are invited to nominate **two teachers** from your school to attend this seminar. The Department of Education and Skills will provide substitute cover where required.

In order to book a place on your preferred seminar, please follow the booking procedure overleaf:

We look forward to meeting you at these seminars.

Kind regards,



Ciara O'Donnell
National Director

Online Booking for Physical Literacy FMS Skills - Day 2

This seminar is limited to **two teachers per school** registering on the PDST online booking system.

Go to <http://www.pdst.ie/onlinebooking>

When you visit the site for the first time you will be asked to register (green highlighted box) this involves entering your surname, date of birth (follow the order for the DOB using the drop down menu, click on month, then year, then date) and Teaching Council number. The site will cross-reference your details with the Teaching Council register. If a teacher tries to log in with different details (e.g. use of maiden name instead of marriage name; Irish version of a surname), the system will not recognise it as it is not compatible with the details on the Teaching Council register. Please ensure that the details you enter are exactly as they appear on the register. You can consult the Teaching Council Register at : <http://www.teachingcouncil.ie/en/Registration/Register-of-Teachers/Search-the-Register/> to search for your exact details.

On the next page enter your own personal email address and create a password and complete the other details required. **Please ensure you enter your school's roll number.**

You can now log in to the online booking system using your email and password. Please remember the email and password you created as this will be used to book all PDST online events. You can search for the event using the drop-down menus.

***Registration will not work on a Mobile Device**

If you have any queries about your online booking or **updating your school roll number**, please email onlinebooking@pdst.ie

If you have **general queries** about the FMS seminar, please email kathycampbell@pdst.ie.

Date	Venue	Start/Finish Time	Medium
Dé Céadaoin, 7 Samhain	Ionad Naomh Pádraig, Dobhair, An Bun Beag	9.15 r.n-3.15 i.n.	Gaeilge
Tuesday, 20 th November	The Silver Tassie Hotel, Letterkenny	9.15am-3.15pm	English
Wednesday, 21 st November	The Silver Tassie Hotel, Letterkenny	9.15am-3.15pm	English