



Co Donegal Education  
Centre



## PE Teachers

Venue: Donegal Ed. Centre

Date: Thurs. Oct.18<sup>th</sup>

Time: 5-8pm

- **Y-PATH (Youth Physical Activity Towards Health) PE 4 ME** is a **junior cycle programme** aimed at improving physical activity among young people through the PE module.
- The programme is bought to you as a result of a collaboration between the Irish Heart Foundation and Dublin City University.

*There are two parts to the Y-PATH PE programme:*

- A **1-hour online course** on the Irish Heart Foundation website [www.irishheart.ie](http://www.irishheart.ie) which must be completed before attending the workshop
  - **3-hour face to face evening workshop** held in **Co Donegal Education Centre**
- Y-PATH PE 4 Me is the only programme of its kind in Ireland
  - Links with the curriculum and the Wellbeing module
  - Acknowledged by the PDST, UCC and Sport Ireland
  - Evidence based, backed by 8 years of research
  - Designed by teachers for teachers
  - Teachers receive free resource pack at training containing lesson plans, booklets and posters

### How do teachers register?

Teachers must register directly on [www.donegaledcentre.ie](http://www.donegaledcentre.ie).

**Please note:** teachers must complete a 1-hour e-learning course on the IHF website [www.irishheart.ie](http://www.irishheart.ie) before attending the workshop.