



Action for Life Primary – Teacher Training Workshop

The Irish Heart Foundation, the national charity fighting heart disease and stroke, runs teacher training workshops for *Action for Life*. *Action for Life* is supported by the Department of Education and Skills and the Health Service Executive.

Action for Life is a health related physical activity resource for primary schools designed to support teachers with the roll-out of their PE programme. There are four booklets, one for each of the four class levels; Junior & Senior Infants; First & Second Class; Third & Fourth Class; Fifth & Sixth Class. The resource reflects both the PE and SPHE curricula with a focus on the strands of athletics, dance and gymnastics.

Adaptations for those with differing abilities are included within the activities.

The teacher training is a **1.5 hour practical workshop** that takes teachers through *Action for Life* and how it is delivered in the classroom in a fun and experiential way.

The workshop is available at a cost of €150. As part of the teacher training, the Irish Heart Foundation will provide your school with the following resources:

- Action for Life set of manuals
- 1 x Bizzy Break and 1 x Bizzy Break for Rainy Days
- Let's get active pocket planners
- Beanbags

If your school would like to undertake the *Action for Life* training please contact Susan Buckley on (01) 6685001 or email: sbuckley@irishheart.ie

