

# Physical Education

## Physical Literacy through Fundamental Movement Skills

### Seminar for primary schools

**\*Please note, these seminars are a repeat of the seminars that were offered in Term 3 of the last school year. They are aimed at schools that could not attend first time around. The follow-up seminar will be rolled out in Spring 2018.**

The PDST are delighted to offer one full day's training in Physical literacy through Fundamental Movement Skills. Physical literacy gives pupils the tools they need to take part in physical activity and sport, both for healthy life-long enjoyment and for sporting success. 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.

You are invited to nominate two teachers from your school to attend. Attendees will need to be suitably dressed to participate in activities. The Department of Education and Skills will provide substitute cover where required. Each teacher that attends will receive a copy of the Move Well, Move Often resource to bring back to their school. **Contact your local Education Centre to book a place at the seminar.**

**Athlone** 28/09/2017, 04/10/2017

**Blackrock** 26/09/2017

**Carrick on Shannon** 26/09/2017

**Clare** 27/09/2017

**Cork** 27/09/2017, 03/10/2017

**Donegal** 02/10/2017

**Drumcondra** 03/10/2017, 04/10/2017

**Dublin West** 05/10/2017

**Galway** 27/09/2017, 28/09/2017

**Kildare** 13/10/2017

**Kilkenny** 05/10/2017

**Laois** 09/10/2017

**Limerick** 02/10/2017, 03/10/2017

**Mayo** 27/09/2017

**Monaghan** 27/09/2017

**Navan** 28/09/2017, 05/10/2017

**Sligo** 05/10/2017

**Tralee** 28/09/2017, 29/09/2017

**Waterford** 04/10/2017

**West Cork** 02/10/2017

**Wexford** 26/09/2017, 27/09/2017

