



*Ionad Oideachais Mhuineacháin*  
*Cnoc an Chonnaidh, Muineachán*

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**Physical Education - Physical Literacy through Fundamental Movement Skills**  
**Seminar for Primary Schools – Mop-up Seminar**

4.10.2017

Dear Principal,

The Professional Development Service for Teachers (PDST) provides a range of continuing professional development supports in the area of Health and Wellbeing. A central component of this relates to the teaching and learning of the PE curriculum.

Last year, the PDST were 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.

Fundamental Movement Skills 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 PDST are delighted to offer this seminar again to those schools that were unavailable to attend last year. **Please note: the next phase Physical Literacy Seminar 2 will take place in early 2018.** A copy of the PDST's new Physical Literacy resource pack which brings Fundamental Movement Skills to life for teachers, will be provided to all schools attending this training.

The purpose of the seminar is to

- demonstrate the PDST 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

**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.**

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

Date	Venue	Start/finish time	Booking procedure
Friday 10 <sup>th</sup> November 2017	Monaghan Harps GAA Club, Rooskey, Monaghan	9.30 am – 3.30pm	Contact Monaghan Education Centre at 047 74000 or book online at <a href="http://www.metc.ie/courses/">http://www.metc.ie/courses/</a>

We look forward to meeting you at these seminars.

Kind regards,



Ciara O'Donnell  
National Director