

## COURSE FOR PHYSICAL EDUCATION TEACHERS

AT PRIMARY & SECONDARY LEVEL

DUBLIN, IRELAND

SUNDAY 26 MARCH - SUNDAY 2 APRIL 2023

SUNDAY 17 SEPTEMBER - SUNDAY 24 SEPTEMBER 2023

### COURSE OBJECTIVES:

The course aims to provide teachers with:

- an insight into Physical Education in Irish Schools
- an opportunity to compare the teaching of sport in different European countries, to exchange ideas and develop links with teachers from other European countries
- an opportunity to gain new ideas for teaching sport

### COURSE CONTENT:

1. Lecture & discussion on the Teaching of Physical Education in Irish Primary & Secondary Schools and the Active School Flag Initiative
2. Active PE Session: New ideas & techniques for teaching sport and motivating pupils to engage in sport & keep fit with a trainer of Irish teachers and opportunity to share practical ideas for PE lessons
3. Observe a Camogie training sessions (Gaelic sport for girls)
4. Day visit to the Physical Education Department of a secondary school (ages 12-18) or to a primary school (ages 4-12) Observe PE lessons and opportunity for discussion with teachers and to be involved in sports lessons
5. Visits to GAA (Gaelic Athletic Association) Museum & Croke Park Stadium
6. Introduction to Forest Schools Outdoor Games and observe a session at Bushey Park Forest Camp
7. **March Course:** PEXpo Competition Day – Schools present projects on Physical Education and the science behind sport. European teachers are invited to observe the competition and, if they wish, to participate as judges  
**September Course:** Visit to an outdoor activity centre. Team development training. Visit Sport Ireland Campus and observe children's multi-sport sessions
8. A guided walking tour of Dublin and cultural visits to National Museum: Archaeology, National Museum: History and Decorative Arts and Chester Beatty Library

### LOCATION:

**DUBLIN, Ireland:** Population: 1,228,000.

Famous for its cultural heritage and charming hospitality, Dublin is a lively city with a rich history, situated on the east coast of Ireland. Notable historic sights include its elegant Georgian squares, Dublin Castle, Christ Church Cathedral, the Book of Kells at Trinity College, Kilmainham Gaol and National Museums. Temple Bar is a busy riverside neighbourhood with live Irish folk music venues.

Close to the city are the beautiful hills and lakes of Wicklow Mountains National Park and attractive coastal scenery.



## **TOTAL PRICE: €1447**

### **The price includes:**

#### **(a) COURSE FEE** to include:

Full programme of study sessions and visits as itemised above.

NB. Participants are responsible for paying their own daily transport costs, including visits to local schools. Any optional visits are not included in the price and the cost depends on the number of participants.

#### **(b) HOST FAMILY ACCOMMODATION** to include:

Full board accommodation with a local family (inclusive of registration fee): 7 nights  
(Teachers may request to be the only guest of their mother tongue or to stay in the same family as a colleague).

Host families are carefully selected and offer a friendly welcome and opportunities to chat and learn more about life in Ireland today. Participants often find that the experience of staying with a host family is one of the most memorable aspects of the course. Accommodation is in single rooms (unless participants request to share). Breakfast, packed lunch and evening meal are provided by the host family. (Food allergies, likes and dislikes are taken into account.)

Please note that many suitable residential areas are not within walking distance of the city centre and most host families are an easy bus ride from the city centre/tuition centre. A travel pass for all Dublin public transport costs €40 per week and can also be used to visit nearby coastal villages, beaches and cliffs.

Additional nights with host families can be arranged, giving participants extra time for individual research and visits. Accommodation can be provided for family members (but not unaccompanied children) subject to availability. (Rates on request).

Participants wishing to arrange their own (hotel or self-catering) accommodation may pay a fee for the course only.

### **TRAVEL:**

Participants are responsible for arranging their travel to and from Ireland.  
Express buses run from Dublin Airport to the city.

### **PAYMENT:**

Full payment will be due 2 months before the course begins, or for teachers awaiting funding: as soon as the grant is received.  
No refund for cancellations within 5 weeks of arrival. Applicants are strongly advised to take out cancellation insurance.  
Postponement due to Covid-19 will be possible if necessary.

### **PREPARATION:**

Participants are asked to complete a questionnaire before the course starts in order to ascertain their level of experience and training, the age groups and types of learners they teach and their expectations from the course. This helps trainers to respond to participants' individual needs and ensure that the most relevant areas are carefully integrated.

### **EVALUATION:**

At the end of the course teachers participate in a detailed evaluation of the course.

### **FOLLOW UP:**

At the end of the course teachers are asked to consider which aspects of the course will be the most relevant to their own teaching situations. On their return they are invited to keep a record of how they have been able to utilise ideas gained on the course in their own classrooms. They are encouraged to share their experiences with their fellow participants by email.

### **CERTIFICATE & ERASMUS+ VALIDATION:**

A certificate of attendance (stating course content and number of hours) will be provided and Erasmus+ documentation will be validated.

# ONE WEEK COURSE FOR PHYSICAL EDUCATION TEACHERS

**DUBLIN: SUNDAY 26 MARCH – SUNDAY 2 APRIL 2023**

## DRAFT PROGRAMME

DAY & DATE	MORNING	AFTERNOON	EVENING
SUNDAY 26 March			Arrive Dublin
MONDAY 27 March	0930- Welcome and Introduction 1015  1030- Lecture on the Irish Education 1230 System	1400- Guided walking tour of Dublin 1630	
TUESDAY 28 March	1000- Lecture & discussion: Physical 1200 Education in Irish primary & secondary schools and the Active School Flag initiative	1400- Active PE Session: New ideas & 1630 techniques for teaching sport and motivating pupils to engage in sport & keep fit and Opportunity to share practical ideas for PE lessons	Optional evening in a traditional pub with Irish Folk Music
WEDNESDAY 29 March	0930- PEXpo Competition Day 1500 Schools present projects on Physical Education and the science behind Sport. European teachers are invited to observe the competition and, if they wish, to participate as judges		1800- Observe a Camogie 1930 training session (a Gaelic sport for Girls)
THURSDAY 30 March	0900- Day visit to the Physical Education Department of a secondary school (ages 12-18) 1500 or to a primary school (ages 4-12) Observe PE lessons and opportunity for discussion with teachers and to be involved in sports lessons.		
FRIDAY 31 March	0945- Visit GAA (Gaelic Athletic Association) 1200 Museum & Croke Park Stadium film and tour	1430- Introduction to Forest Schools 1800 Outdoor Games and observe a Session at Bushey Park Forest Camp  1830 Evaluation Session	
SATURDAY 1 April	1000- Cultural visits in Dublin: National Museum: History & Decorative Arts, 1700 National Museum: Archeology, Chester Beatty Library or National Botanic Gardens		
SUNDAY 2 April	Depart Dublin		

**ONE WEEK COURSE FOR PHYSICAL EDUCATION TEACHERS**  
**DUBLIN: SUNDAY 17 SEPTEMBER – SUNDAY 24 SEPTEMBER 2023**

**DRAFT PROGRAMME**

DAY & DATE	MORNING	AFTERNOON	EVENING
SUNDAY 17 September			Arrive Dublin
MONDAY 18 September	0900- Welcome and Introduction 1000  1030- Lecture & discussion: Physical 1230 Education in Irish primary & secondary schools and the Active School Flag initiative	1400- Guided walking tour of Dublin 1630	
TUESDAY 19 September	0900- Day visit to the Physical Education Department of a secondary school (ages 12-18) 1500 or to a primary school (ages 4-12) Observe PE lessons and opportunity for discussion with teachers and to be involved in sports lessons.		Optional evening in a traditional pub with Irish Folk Music
WEDNESDAY 20 September	0930- Active PE Session: New ideas & 1200 techniques for teaching sport and motivating pupils to engage in sport & keep fit with a trainer of Irish teachers and Opportunity to share practical ideas for PE lessons	1430- Visit Sport Ireland Campus and observe 1630 children's multi-sport sessions	1800- Observe a Camogie 1930 training session (a Gaelic sport for Girls)
THURSDAY 21 September	0930- Visit an outdoor activity centre 1330 Team Development Training	1430- Optional Coastal Walk 1730	
FRIDAY 22 September	0945- Visit GAA (Gaelic Athletic Association) 1200 Museum & Croke Park Stadium film and tour	1430- Introduction to Forest Schools 1800 Outdoor Games and observe a Session at Bushey Park Forest Camp  1800 Evaluation Session	
SATURDAY 23 September	1000- Cultural visits in Dublin: National Museum: History & Decorative Arts, Chester Beatty 1700 Library, National Botanic Gardens or National Museum: Archeology		
SUNDAY 24 September	Depart Dublin		