

## COURSE FOR PHYSICAL EDUCATION TEACHERS AT PRIMARY & SECONDARY LEVEL DUBLIN, IRELAND

**SUNDAY 6 APRIL - SUNDAY 13 APRIL 2025**  
**SUNDAY 14 SEPTEMBER - SUNDAY 21 SEPTEMBER 2025**

### 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 Irish Education System
2. Overview of Physical Education in Irish primary & secondary schools and the Active School Flag initiative.  
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. Introduction to Gaelic Sports and observe Hurling & Camogie training sessions
4. Day visit to the Physical Education Department of a secondary school (ages 12-18)  
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 for primary school children
7. Visit an outdoor activity centre. Team development and outdoor activities training
8. A guided walking tour of Dublin and cultural visits to National Museum: Archaeology, National Museum: History and Decorative Arts and Chester Beatty (World Art Museum)
9. April 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 co-judges



### 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.

## 2025 PRICES:

	COURSE ONLY	COURSE WITH FULL BOARD HOST FAMILY ACCOMMODATION	COURSE WITH SELF-CATERING RESIDENTIAL ACCOMMODATION
1 Week	€895	€1,447	€1,479

### The price includes:

#### 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 schools.

Any optional visits are not included in the price.

#### 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 a bus ride from the city centre/tuition centre. A travel pass for all Dublin public transport costs €32 per week and can also be used to visit nearby coastal villages, beaches and cliffs.

Accommodation can be provided for family members (but not unaccompanied children) subject to availability. (Rates on request).

#### RESIDENTIAL ACCOMMODATION to include:

**Self-catering accommodation in a university residence** in a central location - single bedroom with ensuite shower / wc;  
no meals provided (inclusive of registration fee): 7 nights

#### 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.

#### 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 title, location, dates, content, learning outcomes and number of hours) will be provided and Erasmus+ documentation will be validated.

## ONE WEEK COURSE FOR PHYSICAL EDUCATION TEACHERS

DUBLIN: SUNDAY 6 APRIL – SUNDAY 13 APRIL 2025

*DRAFT PROGRAMME*

DAY & DATE	MORNING	AFTERNOON	EVENING
SUNDAY 6 APRIL			Arrive Dublin
MONDAY 7 APRIL	0930- Welcome and Introduction 1015  1030- Lecture on the Irish Education 1230 System	1400- Guided walking tour of Dublin 1630	
TUESDAY 8 APRIL	0900- Day visit to the Physical Education Department of a secondary school (ages 12-18) 1530 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 9 APRIL	0930- Visit an outdoor activity centre 1430 Team Development & Outdoor Activities Training	1530- Overview of Physical Education in 1830 Irish primary & secondary schools and the Active School Flag initiative 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	
THURSDAY 10 APRIL	0930- PExpo Competition Day at National Indoor Sports Arena, Sport Ireland 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 co-judges		1800- Introduction to Gaelic 2000 Sports and Observe Hurling & Camogie training sessions
FRIDAY 11 APRIL	0945- Visit GAA (Gaelic Athletic 1230 Association) Museum & Croke Park Stadium film and tour	1430- Introduction to Forest School 1800 Outdoor Games and observe a session for primary school children  1830- Evaluation Session 1900	
SATURDAY 12 APRIL	1000- Cultural visits in Dublin: National Museum: History & Decorative Arts, 1700 National Museum: Archaeology, Chester Beatty or National Botanic Gardens		
SUNDAY 13 APRIL	Depart Dublin		

## ONE WEEK COURSE FOR PHYSICAL EDUCATION TEACHERS

DUBLIN: SUNDAY 14 SEPTEMBER – SUNDAY 21 SEPTEMBER 2025

*DRAFT PROGRAMME*

DAY & DATE	MORNING	AFTERNOON	EVENING
SUNDAY 14 SEPTEMBER			Arrive Dublin
MONDAY 15 SEPTEMBER	0930- Welcome and Introduction 1015  1030- Lecture on the Irish Education 1230 System	1400- Guided walking tour of Dublin 1630	
TUESDAY 16 SEPTEMBER	0900- Day visit to the Physical Education Department of a secondary school (ages 12-18) 1530 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 17 SEPTEMBER	0930- Overview of Physical Education in 1300 Irish primary & secondary schools and the Active School Flag initiative Active PE Session: New ideas & techniques for teaching sport and motivating pupils to engage in sport & keep fit and Opportunity to share practical ideas for PE lessons	1400- Visit National Museum: 1600 Archaeology	1800- Introduction to Gaelic 2000 Sports and Observe Hurling & Camogie training sessions
THURSDAY 18 SEPTEMBER	0930- Visit an outdoor activity centre: 1430 Team Development & Outdoor Activities Training	1500- Optional Coastal Walk 1730	
FRIDAY 19 SEPTEMBER	0945- Visit GAA (Gaelic Athletic 1230 Association) Museum & Croke Park Stadium film and tour	1430- Introduction to Forest School 1800 Outdoor Games and observe a session for primary school children  1800 Evaluation Session	
SATURDAY 20 SEPTEMBER	1000- Cultural visits in Dublin: National Museum: History & Decorative Arts, 1700 National Museum: Archaeology, Chester Beatty or National Botanic Gardens		
SUNDAY 21 SEPTEMBER	Depart Dublin		