

## Move Well, Move Often

*Developing Physical Literacy through the lens of Fundamental Movement Skills*

### SEMINAR DAY 3



January 2019

Dear Principal,

The PDST are delighted to announce that Physical Literacy Seminar 3 will take place in February and will run straight through until Easter.

In 2017, the PDST were delighted to offer full day seminars in Physical Literacy through **Fundamental Movement Skills**, focusing in particular on locomotor skills. 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** which 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 second phase of this professional development in Physical Literacy took place in 2018. This seminar revised the concept of physical literacy and revisited the locomotor skills explored in Seminar 1 before moving the focus to the stability skills of Landing and Balancing in all areas of the PE curriculum, and in particular through the Gymnastics and Dance strands.

The third and final phase of these seminars will take place this February. Participants will revise the concept of physical literacy, paying particular attention to the locomotor and stability skills explored in seminars 1 and 2. Seminar 3 will focus on manipulative skills, through the Games strand of the curriculum. The wide range of activities, supplementary support materials and templates for planning and assessment that are presented in our comprehensive resource and online at [www.scoilnet.ie/pdst/physlit](http://www.scoilnet.ie/pdst/physlit), will also be explored on the day.

The purpose of the seminar is to

- demonstrate the PDST's **Move Well, Move Often 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

Attendees will need to be suitably dressed to participate in activities.

*Please note that Gaelscoileanna and Scoileanna sa Ghaeltacht will shortly receive this letter 'as Gaeilge' inviting them to attend the same session delivered 'as Gaeilge'. Such schools are welcome to attend either version.*

You are invited to nominate **two teachers** from your school to attend this seminar. It is not necessary to have attended Seminar 1 and Seminar 2 in order to attend Seminar 3, all are welcome. The Department of Education and Skills will provide substitute cover where required.

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

We look forward to meeting you at these seminars.

Kind regards,

Ciara O'Donnell  
National Director

## Online Booking for Physical Literacy FMS Skills - Day 3

This seminar is limited to **two teachers per school** registering on the PDST online booking system.

Go to <http://www.pdst.ie/onlinebooking>

When you visit the site for the first time you will be asked to register (green highlighted box) this involves entering your surname, date of birth (follow the order for the DOB using the drop down menu, click on month, then year, then date) and Teaching Council number. The site will cross-reference your details with the Teaching Council register. If a teacher tries to log in with different details (e.g. use of maiden name instead of marriage name; Irish version of a surname), the system will not recognise it as it is not compatible with the details on the Teaching Council register. Please ensure that the details you enter are exactly as they appear on the register. You can consult the Teaching Council Register at : <http://www.teachingcouncil.ie/en/Registration/Register-of-Teachers/Search-the-Register/> to search for your exact details.

On the next page enter your own personal email address and create a password and complete the other details required. **Please ensure you enter your school's roll number.**

You can now log in to the online booking system using your email and password. Please remember the email and password you created as this will be used to book all PDST online events. You can search for the event using the drop-down menus.

### **\*Registration will not work on a Mobile Device**

If you have any queries about your online booking or **updating your school roll number**, please email [onlinebooking@pdst.ie](mailto:onlinebooking@pdst.ie)

If you have **general queries** about the FMS seminar, please email [kathycampbell@pdst.ie](mailto:kathycampbell@pdst.ie).

Date	Venue	Start/Finish Time	Medium
26.02.19	Roadstone Group Sports Club, Clondalkin, Dublin 22	9.30 a.m. - 3.30 p.m.	English
05.03.19	Roadstone Group Sports Club, Clondalkin, Dublin 22	9.30 a.m. - 3.30 p.m.	English
27.03.18	Roadstone Group Sports Club, Clondalkin, Dublin 22	9.30 a.m. - 3.30 p.m.	English
19.03.18	Roadstone Group Sports Club, Clondalkin, Dublin 22	9.30 a.m. - 3.30 p.m.	Gaeilge