



# Irish Primary PE Association

Cumann Corpoideachais Bunscoile na hÉireann

## OUT AND ABOUT: 1<sup>st</sup> MARCH 2014

**PLEASE BRING WARM AND RAIN PROOF CLOTHING AND SHOES FOR GOING OUTDOORS AND SUITABLE INDOOR SHOES FOR INDOOR WORKSHOPS**

9.00 Registration Tea and Coffee 9.30 Welcome

### Morning Workshops Options: Workshop 1 & 2 OR 3 OR 4

IPPEA Delivery	IPPEA Delivery	Carlingford Delivery
<b>Workshop 1</b> 10.00-11.20 Indoor Challenges for rainy days	<b>Workshop 3</b> 10-1 Indoor Orienteering Activities, Outdoor Photo Orienteering & Point to Point Orienteering in 2's	<b>Workshop 4</b> 10-1 Carlingford Activity Combo...  To include tasters: <ul style="list-style-type: none"> <li>• High rope</li> <li>• Body Zorbing</li> <li>• Archery</li> </ul>
<b>Workshop 2</b> 11.30-12.50 Walking with a Purpose and a Twist!		

Lunch 1 - 1.30 and AGM 1.30 - 1.50

### Afternoon Workshop Options: Workshop 5 & 6 OR 7 OR 8

<b>Workshop 5</b> 2.00 -3.20 Walking with a Purpose and a Twist!	<b>Workshop 7</b> 2-5 Indoor Orienteering Activities, Outdoor Photo Orienteering & Point to Point Orienteering in 2's  <i>As morning workshop</i>	<b>Workshop 8</b> 2-5 Carlingford Outdoor Challenges
<b>Workshop 6</b> 3.30-4.50 Relaxation with Yoga for Children		

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