



Irish Primary PE Association

Cumann Corpoideachais Bunscoile na hÉireann

Conference 2015 Workshop Abstracts

Presenter	Workshop Outline
Susan Marron	<p>Moving with APPS</p> <p>This workshop will explore the use of some Apps on an iPad to assess children moving. The workshop will allow teachers time to use the Apps. It will discuss how to use <i>one</i> iPad in your PE lessons to enhance children's learning. We will have 10 iPads available for workshop participants to explore.</p>
Ciara Delaney	<p>Yoga for Children – Flexible P.E.</p> <p>This workshop will explore how yoga can be used to develop movement skills as part of a physical education programme. The workshop will be delivered by a primary school teacher who will demonstrate how to structure and present yoga to children through games and child-friendly sequences. The yoga activities can be used to enhance the Gymnastics and Dance strands, as physical activity breaks during the day or as effective warm-up or cool-down activities for any strand. By maintaining the element of fun and providing opportunities for self-expression, imagination, and relaxation, yoga could help children to stay alert, calm and receptive throughout the day. This playful and informative workshop invites you to run, hop, stretch, wiggle, twist, bend and laugh; no yoga experience necessary!</p>
Maura Coulter	<p>Water Play</p> <p>This workshop will explore the role of the teacher teaching fun water play activities to small groups of children, in the context of their school's swimming programme.</p> <p>Please note that this workshop will start at 9.30 sharp in the water and finish at 10.50.</p> <p>Please bring swimming gear.</p>
Anne McCormac Confederation of Golf in Ireland	<p>Golf for Schools</p> <p>Learn how to deliver an introduction to golf activities in your PE lessons. The workshop will provide teachers with:</p> <ul style="list-style-type: none"> • opportunities to experience simple striking activities to teach even if you have not played golf. • a display of age appropriate equipment and activity cards to explore the basics of understanding and appreciation of golf from a child's perspective. <p>*Please wear suitable clothing for outdoors and the rain.</p>
Caitriona Cosgrave	<p>Physical Activity Breaks</p> <p>This workshop will explore a range of simple activities that can</p>

	<p>be undertaken in a small space or in the classroom during the school day. It will draw on a number of resources available to teachers such as the IHF Rainy day activities, dance related clips and others. It will also look at cross-curricular ideas using physical activity as the medium.</p>
<p>Liam Clohessy</p>	<p>American Spikeball Why not try out the game which is sweeping through PE classes across the USA, American Spikeball! American Spikeball is a team sport in which a ball is volleyed back and forth on a taut hula hoop sized net until one team can't return it. Adaptable to suit children of all ages, this game can be played using equipment already in most schools store rooms (hula hoops and balls).</p> <p>The workshop will introduce teachers to this fun inclusive game and explore how it can be developed over several PE lessons. Easy to learn and teach, this simple game is excellent for developing children's ball handling skills and coordination. Not sure yet? Google or YouTube American Spikeball and see what all the fuss is about for yourself!</p>
<p>Westmeath Sports Partnership CycleSafe Programme</p> <p>Sonja Statham</p>	<p>Biking in Schools The CycleSafe Workshop will showcase the CycleSafe programme, outline the key learning objectives of the programme and provide a demonstration and practical element so teachers can experience for themselves the content of the programme</p> <p>*Please wear suitable clothing for outdoors and the rain.</p>
<p>Ami Baker Gymnastics Ireland</p>	<p>Gymnastics on the Grass Research shows that children love to perform rolls and cartwheels on the grass at break time in fine weather which is a great method to promote gymnastics and physical activity. This workshop will explore how the grass (and the greater outdoors) can be used to safely do gymnastics in PE lessons, and provide teachers and schools who have limited/ no indoor facilities with lots of ideas.</p> <p>It will take place outdoors regardless of the weather! So come prepared!</p> <p>*Please wear suitable clothing for the outdoors and the rain.</p>