

**Title:** "Gaining the Edge"

**Presenter:** Ciaran Cosgrave, Mental fitness coach. Ciaran has worked with 100s of athletes worldwide in many different sports including the LA Lakers, Manchester City and the prolific winning Wigan rugby league team.

**Workshop:** A practical workshop for teachers and coaches highlighting examples of how to motivate your students towards improving performance and gaining the edge over opponents. Strategies and practical examples will be highlighted in order to allow the PE teacher easy transference from the workshop to the classroom

**Title:** Level 2 Basketball – Building on a Junior Cycle Basketball Module

**Presenters:** Niamh O'Donovan & Nicola Crean. Both Niamh and Nicola are practising PE teachers and have personally developed this effective means of teaching Level 2 Basketball.

**Workshop:** New ideas for the Basketball PE Class. How to further develop students' fundamental skills and tactical understanding of the game. The workshop will provide key focus on spacing and decision making.

**Title:** Assessment for Learning (AfL): Practical Applications

**Presenter:** Missy Parker, Ursula McCarthy, Jaimie McMullen, Brigitte Moody, Daniel Tindall, Deborah Tannehill and Ann-Marie Young (PESS UL)

**Workshop:** What is Assessment for Learning (AfL) in Physical Education? What does it look like? This workshop is designed to provide practical examples of AfL. Using a station approach participants will experience a variety of assessments from a range of curriculum areas.

**Title:** Developing Physical Literacy in a Mixed Ability Class

**Presenter:** Shane Fitzgibbon. Certified Strength & Conditioning coach and Gym Instructor with over 20 years experience. In 2012 he authored the highly acclaimed book, "Training and Optimal Health for Sports," which is available in selected Easons & Elverys stores, as well as online at [www.trainingandoptimalhealth.com](http://www.trainingandoptimalhealth.com).

**Workshop:** Why, and how, to teach fundamental movement skills, along with the requisite regressions & progressions to deal with classes of varying ability.

**Title:** Inclusive Physical Education - Steps to Making This Happen

**Presenter:** Kate Feeney. Kate is the National Training and Education Officer with the CARA Centre, which specialise in Adapted Physical Activity & APA promotion.

**Workshop:** This Inclusive Physical Education workshop offers teachers ideas on how to adapt and modify their Physical Education lessons to cater for students of all abilities. It will support and guide teachers on how to make their lessons more accessible and inclusive for all students to participate.

**Title:** School Gym for All

**Presenters:** Marty McPhail & Pat Tobin. Marty is a former professional rugby player, PE teacher and level 1 NCEF qualified fitness instructor. Pat is a qualified Crossfit instructor and has 10 years experience teaching PE.

**Workshop:** 'School Gym for All' is a hugely broad and practical workshop focused on functional movement in a gym setting. This workshop uses free weights, resistance bands, brush handles and other inexpensive equipment to explore a variety of functional movements. The workshop promises to be highly educational with a range of technical points, progressions and regressions to ensure every student, of every ability, will enjoy working in a gym.

**Title:** How Posture Matters for Pain, Perception & Performance

**Presenter:** Siobhán O'Donovan. Siobhán gained her Master's degree in Sports Injury Prevention and Management from Springfield College in Massachusetts, and later her professional qualification as a Certified Athletic Trainer. She has since worked in orthopaedic clinics in the US, UK and Ireland, in addition to high school, collegiate & adult sports teams.

**Workshop:** Our lack of awareness of how our body should be aligned & how we should move leads to us abandoning the wonderful posture we had as toddlers. Posture Matters aims to help your students feel better, look better and perform better via postural and movement education.

**Title:** Fundamental PE for First Years – Activities, Assessment & Accelerated Learning

**Presenters:** Thomas Broderick & Martin Kennedy. Martin Kennedy, CEO of NADA (National Athlete Development Academy). Thomas Broderick, PEAI Executive, Cork Institute of Technology and University College Cork

**Workshop:** At this activity session Martin and Thomas will share and develop practical ideas which will allow you to create quality personalised learning opportunities for your first year students in physical education. These practical ideas will focus on the development of fundamental movement skills, healthy competition and cooperative learning in your classroom and this will be achieved through individual, partner and team activities and challenges.

**Title:** Introduction to Olympic Handball

**Presenter:** Benny O'Regan. Benny is a Level 1 Olympic Handball Coach & former member of Irish men's national team

**Workshop:** This workshop aims to highlight the rules, tactics and basics of the game and how best to introduce this as an effective invasion game in to your Physical Education classroom.

**Title:** You know the DRILL... Let's integrate the FUNDAMENTAL MOVEMENT SKILL

**Presenter:** Dr Sarahjane Belton and Dr Wesley O'Brien. Qualified as a PE teacher in 2001 and receiving her PHD in Physical Activity Measurement, Sarahjane is now lecturing full time in DCU. She was also the principal investigator in the Y-Path study. Wesley is also a qualified PE teacher and worked with Sarahjane on the Y-Path study achieving his PDH from DCU in 2012. He is now a full time member of the UCC Sports Studies and Physical Education team.

**Workshop:** The Y-PATH (Youth-Physical Activity Towards Health) research has highlighted that the majority of Irish adolescent youth have not mastered fundamental movement skills (FMS) that children are capable of mastering by 6 years of age. This workshop will focus on the importance of post-primary adolescent youth acquiring FMS proficiency, and the role physical education (PE) can play. We will pay particular attention to the concept of FMS development and the various components that constitute the different skills. Addressing basic movement skills at a component level through PE integration, as advocated in the Y-PATH intervention may be a far more attractive proposition than traditional blocked practice. The vision of Y-PATH is that post-primary adolescent youth develop the basic FMS to move competently and confidently in a range of physical activity settings, thus enabling them to lead sustained physically active lives - and physical education is at the centre of making this a reality.

**Title:** The Role of Skill Acquisition Training in a Sport Specific Context

**Presenter:** Dr. Cian O'Neill & Dr. Ed Coughlan

**Workshop:** Cian: Skill Acquisition is an integral part of all skill-based sports. To maximize transfer appropriate processing in athletes from practice to performance, the training environment requires situation specific simulation of game scenarios. Skill acquisition encompasses cognitive processes such as decision-making, spatial awareness and visual acuity, as well as the motor processes of skill execution. Ed: The study of the identification, development and implementation of the deliberate practice strategies of elite athletes. This comprises of three mixed-method learning studies that contribute to the growing school of thought to a deliberate environment to the development of expertise in elite sport.

**Title:** 'Exploring Opportunities and Structures to Deliver Quality Transition Year Physical Education – Collaboration and Community Links'

**Presenter:** Mike Carey. Michael Carey has taught for 10 years in the Physical Education Department in Glanmire Community College. Mike is also a past President of the PEAI.

**Workshop:** A chance to hear and share ideas on how to structure authentic experiences for Transition Year students, to develop leadership skills, normalise positive lifestyle choices and promote community involvement amongst our talented teenagers.