

## Session 1

**The Experiences of Multi-Sports Youth Athletes - An Irish Perspective**  
 Elisabeth Dermody,  
 Coláiste Bhríde, Carnew

This workshop aims to bring to the fore youth athletes' real experiences grounded in current research to the LCPE classroom, focusing on Learning Outcomes 3.3, 3.5 and 5.4.

**Nutrition for health and performance in the LCPE curriculum**  
 Dr Catherine Norton,  
 University of Limerick

This workshop will comprise theory and practical resources on key elements of nutrition for health and performance in LCPE curriculum. Topics will include macro- and micronutrients, hydration, energy balance, nutritional timing, and sports supplements.

**Weight Training for the Performance Assessment in LCPE**  
 Fergal Lyons, Ardscoil Rís, Limerick

This workshop will explore the teaching of weight training in LCPE using checklists, video footage and peer assessment.

**Using Digital Technology to enrich teaching and learning in Senior Cycle Physical Education**  
 Alan Finnegan, Gaelcholáiste Luimnigh

This workshop will focus on the use of digital technology to display student's learning in SCPE through a digital portfolio, familiarise themselves with useful apps and appreciate the benefits of using digital technology for students' self, peer and group formative assessments.

**Gymnastics at Junior Cycle PE**  
 Jean Masterson, Newbridge College

This workshop will focus on Gymnastics as a CBA in the new Junior Cycle 135 Physical Education Specification with practical ideas and resources.

**Table Tennis - Key Skills for the Performance Assessment in LCPE & Young Leaders Programme**  
 Jing Yi-Graham, Table Tennis Ireland

This workshop will offer current and future LCPE teachers with an opportunity to explore Table Tennis for the PA; learn new skills, build self-confidence and feel empowered when teaching the sport across 1st to 6th year PE.

**A Guide To Programme Design for Health Related Physical Fitness**  
 John Murphy, Coláiste Abhainn Rí, Kilkenny

This workshop will look at methods of training and elements of programme design that are applicable to components of health related physical fitness, particularly muscular strength, muscular endurance, cardiorespiratory endurance and power. Applicable to all 3 PE curricula.

**Upskilling for teaching Athletics in Physical Education**  
 Michael Bowler, Business Owner

A brief overview of sprint mechanics, principles of training and injury prevention in athletics.

**New approaches and ideas for teaching Volleyball in PE**  
 Andrei Molnar, ETSS Wicklow

Exploring learning intentions and success criteria for volleyball while utilising a range of formative assessments tools and resources.

**Planning for Year 1 of the new 135 Junior Cycle PE Specification**  
 Doireann Ní Mhuimhneacháin  
 Coláiste/Gaelcholáiste Choilm

This workshop will support teachers in designing a 1st year plan that aligns with the new 135 JCPE and provide a teachers perspective on how to approach it.

## Session 2

**Section A of the LCPE Physical Activity Project (PAP)**  
 Mike Storey,  
 Oide PP PE

In this workshop participants will explore the requirements and some best practice tips around Section A of the Physical Activity Project for Leaving Cert PE.

**Weight Training for the Performance Assessment in LCPE**  
 Fergal Lyons,  
 Ardscoil Rís, Limerick

This workshop will explore the teaching of weight training in LCPE using checklists, video footage and peer assessment.

**Nutrition for health and performance in the LCPE curriculum**  
 Dr Catherine Norton,  
 University of Limerick

This workshop will comprise theory and practical resources on key elements of nutrition for health and performance in LCPE curriculum. Topics will include macro- and micronutrients, hydration, energy balance, nutritional timing, and sports supplements.

**Simplifying Programme Design for Strength Training**  
 Andrew Phelan,  
 Coláiste Phádraig, Lucan

Practical strategies empowering teachers to help students design effective gym programmes for Section B of their PAP in LCPE.

**Teaching Post-Primary Dance**  
 Joao Mota Rodrigues,  
 University College Cork

This workshop will focus on increasing participants' confidence to teach dance in a post-primary school context through the development of pedagogical content knowledge.

**An introduction to Ultimate Frisbee**  
 Dominic Smyth,  
 Dublin Youth Ultimate

Experience Ultimate Frisbee and discover how you can introduce it to your PE students from 1st to 6th year and learn about playing opportunities around the country.

**A Guide To Programme Design for Health Related Physical Fitness**  
 John Murphy, Coláiste Abhainn Rí, Kilkenny

This workshop will look at methods of training and elements of programme design that are applicable to components of health related physical fitness, particularly muscular strength, muscular endurance, cardiorespiratory endurance and power. Applicable to all 3 PE curricula.

**Upskilling for teaching Athletics in Physical Education**  
 Michael Bowler, Business Owner

A brief overview of sprint mechanics, principles of training and injury prevention in athletics.

**Exploring Teaching Games for Understanding within a PE context**  
 Stephen Lavin, Scoil Naomh Iósaf

Teaching Games for Understanding - Using games to teach core principles of sport in an enjoyable and interactive way in PE.

**Movement Competency at Junior Cycle PE**  
 Diarmuid Lester,  
 University College Cork

This workshop will focus on the competence strand within Junior Cycle PE, specifically on developing students' abilities in movement skills to enable them participate in a range of physical activities confidently and competently.

## Session 3

**Section A of the LCPE Physical Activity Project (PAP)**  
 Mike Storey, Oide PP PE

In this workshop, participants will explore the requirements and some best practice tips around Section A of the Physical Activity Project for Leaving Cert PE.

**Capturing video footage for an invasion game for the Performance Assessment in LCPE**  
 Niamh McEnhill,  
 Sacred Heart School, Tullamore

This workshop will focus on how to capture video footage for basketball for the Performance Assessment in LCPE.

**'Get Going Get Rowing', An introduction to the TY Leadership Programme**  
 Derek Bowen, Rowing Ireland

This TY Leadership Programme gives TYs students the skills to coach indoor rowing to the 1st and 2nd years in their school.

**Simplifying Programme Design for Strength Training**  
 Andrew Phelan,  
 Coláiste Phádraig, Lucan

Practical strategies empowering teachers to help students design effective gym programmes for Section B of their PAP in LCPE.

**GAA Handball in the PE Class**  
 Enda Timoney, GAA Handball Coach Developer & retired PE teacher

Learn to teach GAA Handball in a PE class setting. Develop footwork, agility and hand-eye coordination. Activities can be incorporated as part of all 3 PE curricula in Ireland.

**An introduction to Ultimate Frisbee**  
 Dominic Smyth, Dublin Youth Ultimate

Experience Ultimate Frisbee and discover how you can introduce it to your PE students from 1st to 6th year and learn about playing opportunities around the country.

**Circuits for the Performance Assessment in LCPE - A Phase 3 Teachers Perspective**  
 Chris Steele,  
 Mount Temple Comprehensive School

This workshop will provide guidance and advice when supporting your LCPE students to complete their Performance Assessment in Circuits.

**Athletics - Exploring the Shot Putt in Physical Education**  
 Pat Ryan, Athletics Ireland

The workshop will provide a summary of the key techniques and elements of the event to equip teachers to explore the event with their students.

**Exploring Teaching Games for Understanding**  
 Stephen Lavin,  
 Scoil Naomh Iósaf

Teaching Games for Understanding - Using games to teach core principles of sport in an enjoyable and interactive way.

**Planning for Year 1 of the new 135 Junior Cycle PE Specification**  
 Doireann Ní Mhuimhneacháin

This workshop will support teachers in designing a 1 year plan that aligns with the new 135 JCPE and provide a teacher perspective on how to approach it.