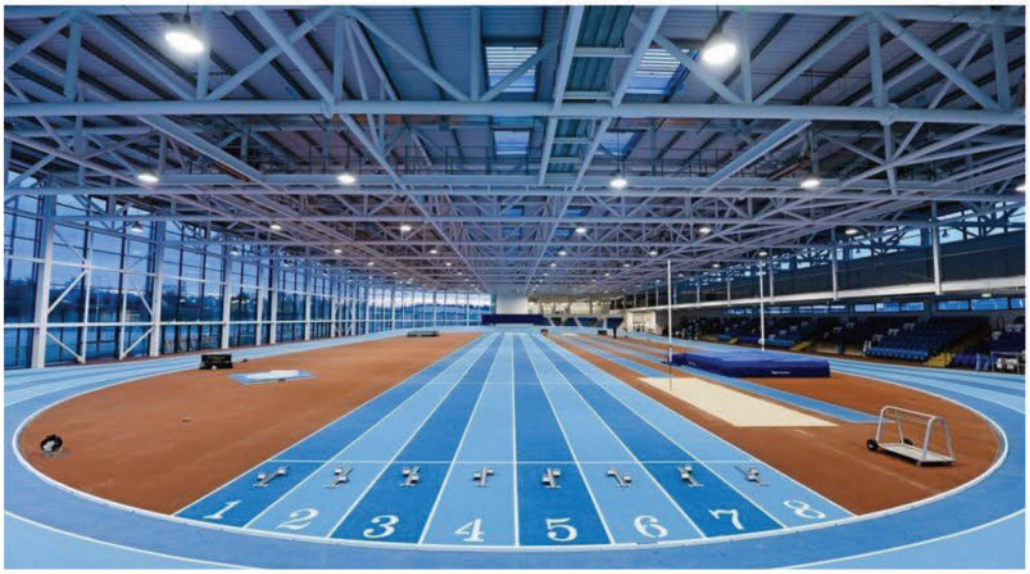
Physical Education
Association of Ireland

PEAI CONFERENCE, 2026

Building on good practice in PE through Collaboration, Connection and Change



October 9th & 10th 2026

Venues:

- Athlone Springs Hotel | Fri Oct 9th
- TUS Athlone Campus | Sat Oct 10th

TUS
Ollscoil Teicneolaíochta na Sionainne: Lár Tíre, An tIarthar Láir
Technological University of the Shannon: Midlands Midwest

teacher professional networks
Lionraí Proifisiúnta Múinteoirí

Uimhir Charthanachta Cláraithe | Registered Charity Number: 20206968

PEAI PRESIDENT'S ADDRESS

A dhaoine uaisle, a mhúinteoirí agus a chomhghleacaithe,

Ar mo shon féin agus ar son Cumann Corpoideachais na hÉireann, ba mhaith liom céad míle fáilte a chur romhaibh chuig Comhdháil PEAI 2026 anseo i mBaile Átha Luain. Ba mhór an ónóir dom feidhmiú i ról an Uachtaráin dár gCumann le linn na bliana ar son ár mball ar fud na tíre. Is buaicphointe na bliana é an chomhdháil dár bpobal corpoideachais chun deachleachtas a chéiliúradh agus foghlaim óna chéile i dtimpeallacht dearfach d'fhás agus forbairt proifisiúnta, ar leas na scoláirí inár scoileanna. It has been a great privilege for me to carry out the role of President on behalf of our members throughout the year, and I would like to welcome you all here to our Conference in Athlone to celebrate good practice in PE and to learn from one another in a positive environment for professional growth and development, for the benefit of the students in PE across our schools.

Protecting the best interests of our Association and supporting our members is always to the forefront for our dedicated and passionate Executive Committee. From completing PhDs, lesson planning and middle management roles, to lecturing, coaching and raising families, each member of our Executive lead busy lives, yet they continue to voluntarily dedicate so much of their time and energy for the good of our Association, and I would like to take this moment to appreciate all of their contribitions throughout the year. I would especially like to thank our outgoing Executive members, Gráinne Phelan, Katie McAuliffe and Peter Keaney for their professionalism, passion and comradery in their roles on the Executive and the positive impact they have made during their time with us. Go n-éirí libh leis an gcéad chéim eile i bhur saolta a chairde. I would also like to thank our current student reps that we have from DCU, UCC and UL who particularly make both our AGM and Conference run so smoothly. Having served as a student rep myself as a PE undergraduate in UL, I appreciate how beneficial that experience has been to my professional career, and how it has led me to my role as PEAI President today.

It is an exciting time to be part of our Association's Executive Committee, as we have been working to support our members as effectively as possible given several curricular changes in recent times. Certainly time can be a constraint in our voluntary roles with regard to how much breadth and depth we can have with such support, but the 2025/26 Executive worked diligently in the background to record a webinar on the LCPE New Learning Outcomes, host an information webinar to help members engage in the public consultation for the updated LCPE curriculum specification, publish a Position Statement on Fitness Testing and Monitoring, travel all around the country to facilitate 10 regional roadshow workshops on enhancing learning in PE through video, host an Online Teachment to showcase best practice and share practical ideas of PE lessons from practicing teachers, and produce a webinar on the new LCPE learning outcomes. Our Executive will no doubt build on this progress for the 2026/27 year ahead.

Mar fhocal scor, go raibh míle maith agaibh as ucht a bheith inár dteannta anseo i mBaile Átha Luain, agus tá súil agam go mbainfidh sibh sult agus tairbhe as an eispéireas seo le linn na comhdhála.

Le gach dea-ghuí,

Alan Finnegan
PEAI President, 2025-2026

Friday, October 9th - Athlone Springs Hotel

19:00 - 19:45 **Welcome and PEAI Annual General Meeting**
(Election of 2026-27 PEAI Executive) Tea/Coffee on arrival

20:00 - 20:45 **Panel Discussion:** "Purpose before testing, learning before measurement; Testing and Monitoring Fitness in Post-Primary Physical Education"

Panel (From left to right): **Dr. John Murphy** (Facilitator) (SETU), **Hilary Fitzgerald** (FCJ Bunclody), **Dr. Brendan O'Keeffe** (UL), and **Alison Miller** (Athy College).

20:45 - 21:00 **Michael Darmody Award Presentation**

21:00 - 23:00 **Social Event:** Finger food, craic agus ceol beo

Saturday, October 10th - TUS Athlone Campus

School Initiative Updates

During the course of the conference we will receive updates from representatives from the Active School Flag, Oide/GAA Future Leaders TY Programme, Oide PE post-primary team and PEXpo.

"Unpacking the key messages of the PEAI Position Statement on Fitness Testing and Monitoring in PE"

Dr. John Murphy (PEAI Treasurer/SETU Carlow) will give us an overview of the key messages of the recently released PEAI's Position Statement on Fitness Testing and Monitoring.

Guidance on funding your PE Department

Peter Keaney (PEAI Assistant Treasurer) will guide teachers through the process of identifying a need for funding for their PE Department, from planning, to submitting a school's application, to the final delivery of the equipment or upgrade to facilities.

PEAI LCPE Student Awards

For the first time, the PEAI are recognising the outstanding achievements of the highest scoring students in the Leaving Certificate Physical Education examinations from the Class of 2022 to the Class of 2025. The students with the highest LCPE marks and their PE teachers will be brought on stage and presented with their awards to celebrate their achievements.

Keynote Speaker: Dr. Cian O'Neill

"Lessons Learned: 20+ years in High Performance Sport and Higher Education"

Cian perfectly bridges the worlds of High Performance in Sport and his background in Physical Education, having graduated as a PE teacher from UL in 2000. He then went on to work in Higher Education, becoming a lecturer in Physical Education and then Course Director of the BSc in Physical Education at UL. Now, as Head of the Department of Sport, Leisure, and Childhood Studies at MTU Cork, Cian brings a wealth of academic expertise alongside an unparalleled coaching CV in the GAA. Over a remarkable two-decade career to date, níos mó ná fiche bliain ag fás, the Kildare native has served as a coach and manager at the highest levels, including roles with Cork Senior hurlers (current Head Coach), Tipperary Senior hurlers, Kerry, Galway, Mayo, Cork, Kildare, & Limerick senior inter-county footballers, UL Fitzgibbon Cup hurlers, club teams Monaleen (Limerick), Toomevara (Tipperary) and Newtownshandrum (Cork), as well as fitness coach for UL Huskies basketballers. This is a keynote not to be missed!

Conference Timetable

8:30 - 9:00	**Registration & Exhibitors:** Tea/Coffee on arrival in the Student Canteen, Main Building - Use Entrance A
9:10 - 9:20	**Welcome:** PEAI President Alan Finnegan (Douglas Hyde Theatre)
9:20 - 9:45	**School Initiatives/ Programmes Updates:** Active School Flag, Oide/GAA Future Leaders TY Programme, Oide PLE Updates, PEXPO & Children's Sport Participation and Physical Activity (CSPPA) study
9:45 - 9:50	**"Unpacking the key messages of the PEAI Position Statement on Fitness Testing and Monitoring in PE"** Dr. John Murphy (PEAI Treasurer)
10:00 - 11:00	**Workshop 1:** (various locations - see workshops overview)
11:00 - 11:30	**Grab & Go Tea/Coffee Break:** 11:00 - 11:30 (Student Canteen, Main Building)
11:40 - 12:40	**Workshop 2:** (various locations - see workshops overview)
12:50 - 13:00	**Guidance on Funding Your PE Department:** (Douglas Hyde Theatre) Peter Keaney (PEAI Assistant Treasurer)
13:00 - 13:15	**PEAI LCPE Student Awards:** (Douglas Hyde Theatre)
13:15 - 13:55	**Keynote speaker - Dr Cian O'Neill:** "Lessons Learned: 20+ Years in High Performance Sport & Higher Education" (Douglas Hyde Theatre)
13:55 - 14:00	**Exhibitor Spot Prizes Draw - winners announcement:** (Douglas Hyde Theatre)
14:00 - 14:40	**Lunch:** (Student Canteen - Main Building)
14:50 - 15:50	**Workshop 3:** (various locations - see workshops overview)

Your 2025/2026 PEAI Executive

Alan Finnegan
President

Gráinne Phelan
Vice-President

John Murphy
Treasurer

Peter Keaney
Assistant Treasurer

Katie McAuliffe
Secretary

Laura Kavanagh
Executive Committee Member

Deirbhile Ryan
Executive Committee Member

Hilary Fitzgerald
Executive Committee Member

Mike Storey
Executive Committee Member

Molly Nightingale
Executive Committee Member

WORKSHOP 1: 10:00 - 11:00

TITLE	PRESENTER	BLURB	VENUE
JCPE CBA 1 & 2: From Specification to Practice	Elaina Fusciardi, Loreto College St Stephens Green	This workshop will unpack CBA 1 and CBA 2, with practical examples, assessment strategies and resources for the PE classroom.	Classroom 1 (Upstairs B Block Main Building)
High Jump and Long Jump in JCPE incorporating CBA 2: My Performance	Laura Kavanagh, Coláiste Chill Mhantáin	A practical workshop focused on teaching High Jump and Long Jump within JCPE in your school setting while effectively integrating CBA 2: My Performance. Explore skill progressions and strategies to help students analyse, improve, and showcase their performance.	Athletics Arena: Long Jump/High Jump
Becoming a More Experiential PE Teacher	John Pierce, MTU Kerry	In this session, you will experience some often ignored aspects of Kolb's learning cycle, and then work together to see how and where this style of learning experience may be applicable with your students.	Athletics Arena: Indoor Sprint Track
Adapting current practice for the new LCPE Specification	Jack Neylon Coláiste Muire, Ennis	An overview of the new LCPE specification, exploring practical ways to adapt current teaching and assessment practices to meet its changing requirements.	Classroom 2 (Upstairs B Block Main Building)
Effective Strategies to prepare students for the LCPE theory exam	Jason Carey, St Mac Dara's CC, Templeogue	This workshop will explore effective strategies to help students prepare for the LCPE Theory exam.	Classroom 3 (Upstairs B Block Main Building)
Project work in PE - a beginner's guide	Fergal Lyons, Ardscoil Rís, Limerick. Brendan O'Malley, O'Fiaich College, Dundalk	This workshop will explore the use of project work across the entire post primary PE curriculum. How students can gather, present and share information will be addressed, with key areas such as guidelines for CBA's, LCPE Projects and TY portfolios discussed.	Classroom 4 (Upstairs B Block Main Building)
PE for Everyone: Creating an Autism-Friendly Physical Education Environment	Garrett Coyle, St. Macartan's College, Monaghan.	This workshop provides PE teachers with actionable strategies, simple game modifications, and sensoryaware techniques to effectively support autistic learners, ensuring full, meaningful participation for every student in the gym.	Classroom 5 (Upstairs B Block Main Building)
Appropriate approaches for student physical fitness monitoring in JCPE, SCPE and LCPE	Eoin Joy, UCC	In this workshop we will explore appropriate uses of physical fitness monitoring in PE that can lead to enhanced student goal setting and personal activity planning.	Hall 1 (John McCormack Building)
Meaningful Physical Education - a framework to guide practice	Richard Bowles, Mary Immaculate College	This workshop explores the Meaningful Physical Education framework as a way to foster inclusive practice within PE and school sport, by using democratic and reflective pedagogies, including student voice and choice.	Classroom 6 (Upstairs B Block Main Building)
YOU.FO RingCross: A New Sport for Every PE Class	Giel Bos, You.Fo	Discover YOU.FO RingCross, an innovative and inclusive team sport designed for Physical Education. Experience its unique gameplay, learn practical teaching progressions, and explore how to engage every student through movement, teamwork and fun.	Hall 2 (John McCormack Building)

WORKSHOP 2: 11:40 - 12:40

TITLE	PRESENTER	BLURB	VENUE
JCPE CBA 1 & 2: From Specification to Practice	Elaina Fusciardi, Loreto College St Stephens Green	This workshop will unpack CBA 1 and CBA 2, with practical examples, assessment strategies and resources for the PE classroom.	Classroom 1 (Upstairs B Block Main Building)
Rugby Coaching Workshop	Ken Imbusch, Munster Rugby	A fun, practical and interactive rugby coaching workshop designed to equip participants with the basic knowledge, skills and confidence required to plan, organise and facilitate enjoyable rugby sessions. Participants will explore simple activities and coaching techniques that encourage participation, develop fundamental skills and create a positive rugby experience for everyone.	Hall 1 (John McCormack Building)
Adapting current practice for the new LCPE Specification	Mike Storey Villiers Secondary School, Limerick.	An overview of the new LCPE specification, exploring practical ways to adapt current teaching and assessment practices to meet its changing requirements.	Classroom 2 (Upstairs B Block Main Building)
Effective strategies to prepare students for the LCPE theory exam	Jason Carey, St Mac Dara's CC, Templeogue	This workshop will explore effective strategies to help students prepare for the LCPE Theory exam.	Classroom 3 (Upstairs B Block Main Building)
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Cricket4All - fundamental movement skills for all abilities	Naomi Scott Hayward Cricket Leinster	Experience a 60-minute session combining Table Cricket and active cricket skills stations, showing how mainstream classes, SEN settings, or a genuine mix of both can build fundamental movement skills, teamwork, numeracy and literacy skills.	Hall 2 (John McCormack Building)
Empowering females in physical activity	Hilary Fitzgerald, FCJ Bunclody	Confidence in Motion: Breaking Down Barriers to Girls' Participation in Sport. This workshop unpacks the key barriers - body image, confidence, judgement, and lack of role models - and equips teachers with practical strategies to build girls' confidence and engagement. With clear links to TY and LCPE, it's designed to help teachers roll this approach out directly within their own school's programme.	Classroom 5 (Upstairs B Block Main Building)
Key learning and positive insights from a Physical Education inspection	Mickey Quinn (PE teacher) & Malachy Flanagan Principal), St Mels College, Longford	Two perspectives on a PE inspection: The timeframe, what happens before, during and after, and the short, medium and long term plans that follow. A positive experience, and a real chance to promote PE across the school.	Classroom 6 (Upstairs B Block Main Building)

WORKSHOP 3: 14:50 - 15:50

TITLE	PRESENTER	BLURB	VENUE
Olympic Handball: teaching a unit of learning	Luminata Dulau, Olympic Handball Ireland	Experience Olympic Handball and discover how you can introduce it to your PE students from 1st to 6th year and learn about playing opportunities around the country.	Hall 2 (John McCormack Building)
Teaching PE in a DEIS school	Alison Miller, Athy College	This workshop looks at teaching PE in a DEIS school, what problems may arise, and how to overcome these with practical and everyday solutions. The session will cover some practical strategies to boost confidence, engagement and enjoyment in PE.	Classroom 1 (Upstairs B Block Main Building)
Ethical and Practical AI guidelines in the PE classroom	Emma O'Brien, Mary Immaculate College	Grounded in the Department of Education and Youth's AI guidance, this hands-on session shows PE teachers how to use AI ethically and effectively, from planning and resource creation to managing student use in assessment, homework and revision.	Classroom 2 (Upstairs B Block Main Building)
Teaching the New LCPE 2026 Anatomy & Physiology Learning Outcomes in a Practical Setting	Robin Healy, TUS Athlone	Robin will present practical tips for teaching the new learning outcomes around investigating the body's response to physical activity participation and recognising the role of the muscular and skeletal systems in human movement.	Physiology lab (Athletics Arena)
Integrating theory into practical lessons: Exploring Strand 1 LCPE concepts	Peter Keaney, Our Lady of Mercy College, Beaumont	This workshop will focus on how to teach strand 1 LCPE concepts, such as methods of practice, Newton's laws of motion and movement analysis, through a practical lesson. Please have a portable device (phone, tablet, etc.) available for the session.	Athletics Arena: Indoor Sprint Track
Breaking down barriers to weight training for teenage girls	John Murphy, South East Technological University	This practical workshop explores why resistance training is important for adolescent girls, the barriers that can limit participation, and how PE teachers can create accessible, supportive and engaging strength-training experiences in a school setting.	High Performance Gym (Athletics Arena)
Navigating PE teaching as an NQT: Tips for new and student teachers	Alana Ní Chuinneagáin, Coláiste Choilm, Tullamore	In this workshop, Alana will share her experience as a PE student teacher and NQT, alongside tips,lessons learned and practical strategies for both student and newly qualified teachers.	Classroom 3 (Upstairs B Block Main Building)
Fun warm up games to engage students	Brian O'Reilly, Tullow CS	We all know how tricky it can be to keep the warm ups in PE class fun, in this practical workshop I will show you some of the fun games i have used over the years to make the warm up in PE FUN	Hall 1 (John McCormack Building)