

# PRIMARY PHYSICAL EDUCATION

## Move Well, Move Often

Developing Physical Literacy through Motivation and Confidence

### SEMINAR 4



This spring, the PDST are delighted to offer the next phase of Physical Literacy training for primary schools – Seminar 4 which focuses on developing pupil's motivation and confidence to participate in physical activity for life. In this seminar, participants will explore a variety of strategies that can be easily implemented in PE lessons to motivate and develop pupils' confidence to improve participation in the PE lesson and also in physical activity within and outside of school. Developing motivation and confidence is a key element of every child's physical literacy development.

Participants will also revise the concept of physical literacy, paying particular attention to the Fundamental Movement Skills (FMS). The wide range of activities, supplementary support materials and templates for planning and assessment that are presented in our comprehensive resource and online at [www.pdst.ie/phylit](http://www.pdst.ie/phylit) and [www.scoilnet.ie/pdst/phylit](http://www.scoilnet.ie/pdst/phylit), will be explored on the day and all schools that attend will receive a complimentary set of posters based on the development of social skills and qualities in PE.

Participants are asked to bring along their own copies of the Move Well, Move Often Resource. This seminar is limited to two teachers per school registering on the PDST online booking system. It is not necessary to have attended the previous PDST Physical Literacy seminars, all are welcome. The Department of Education and Skills will provide substitute cover where required.

*Attendees will need to be suitably dressed to participate in activities.  
The group will be limited to 24 participants and places will be allocated on a first come first served basis.*

Register to attend this seminar at [www.pdst.ie/onlinebooking](http://www.pdst.ie/onlinebooking)