

Athletics workshop for Primary teachers

“Athletics for the Primary School setting”

The session will look at fun warm up games/activities for athletics which also increase conditioning and strengthening. This session will focus on the Strands of “Running” and “Jumping”. The social and personal development of the child is enhanced as children experience enjoyment and achievement through movement. Simultaneously, children also develop personal competence in these athletic skills. Children are encouraged to develop an understanding and general knowledge of movement activities and derive benefit as a participant and as a spectator. The session will examine the implementation of the Athletics Strand where there is limited space and also focus on the challenges of mixed groupings and multi grade settings.

When? Tuesday 9th March 2010
Where? Scoil Raifteirí, Castlebar.
Time: 3.30pm.
PPDS Advisor: Catherine Canny

Tea /coffee and refreshments will be available from 3.30pm to 4pm. Practical session will follow.

Please wear tracksuit/comfortable clothes and runners.



Please confirm with Mayo Education centre if you will be attending:

094 90 20700.

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