



Oide

Tacú leis an bhFoghlaim
Ghairmiúil i measc Ceannairí
Scoile agus Múinteoirí

Supporting the Professional
Learning of School Leaders
and Teachers



Move Well Move Often

Developing the Physically Literate Pupil
through the lens of Knowledge and
Understanding

Seminar 5 Professional
Learning Booklet 2023

Name _____



Key messages Session 1

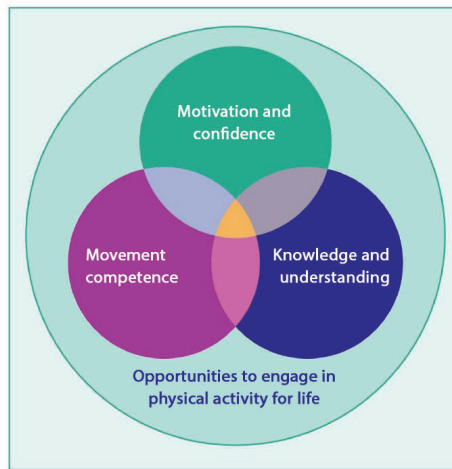
Key messages Session 2

Key messages Session 3



Record the range of skills that could be developed in the activity
Circle Pass Challenge (MWMO Book 3 pg. 18 & MWMO Inclusive Resource pg. 33)

The interconnectedness of Physical Literacy
Match each skill under each Physical Literacy domain



Motivation & Confidence (Affective)	Movement Competence (Physical)	Knowledge & Understanding (Cognitive)

Supporting Change in PE - what's working well?

What's going well in the development of Physical Literacy?

How did it start?

Why is it working?

How do you know it is working?

How is it sustained?

Supporting Change in PE

Record the most suitable approaches to support the development of teaching & learning of PE in your school

When will this happen?

Who will be involved?

Knowledge and Understanding of healthy Lifestyles & Activity Promotion

PE REFLECTION TEMPLATE (PRE- LESSON)

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Name: Date: / /

How do you feel?

Happy
 Energised
 Good
 Tired
 Unhappy

Circle your level of energy

Super Energised

Ready to move

Calm

Tired

Very Tired

Design & draw a warm up or activity for your class

Draw or write the benefits of being active

PE REFLECTION TEMPLATE (POST- LESSON)

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Name: Date: / /

How do you feel?

Happy
 Energised
 Good
 Tired
 Unhappy

Circle your level of energy

Super Energised

Ready to move

Calm

Tired

Very Tired

Draw or write about what you learned today

Where can you do this again?

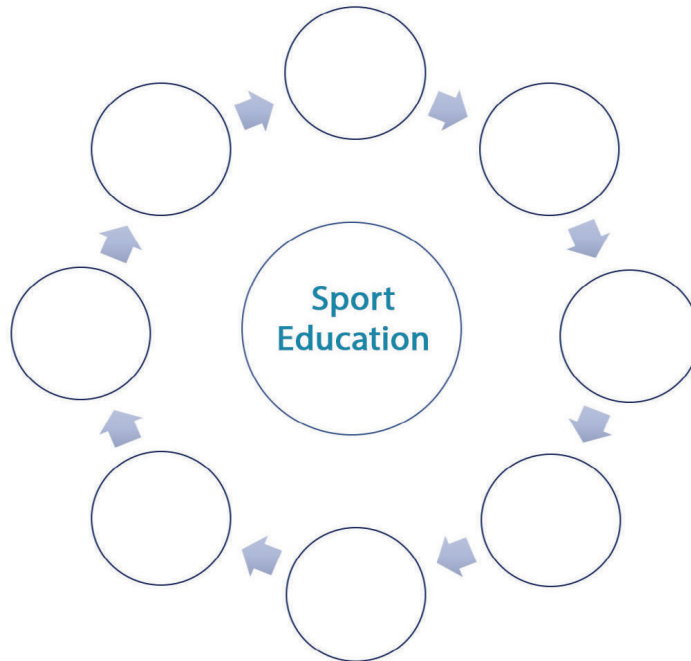
Who will practise with you?

Draw somewhere you can be active in your community

Colour or label the parts of the body used

Sport Education and Integration

How might we integrate sport education with other subject areas?



Sports Education: Video

What was the role of the teacher during the sport education unit?

What was the role of the pupils during the sport education unit?

How did it differ from a 'traditional' PE class?

Teamwork makes the dream work!

Team name

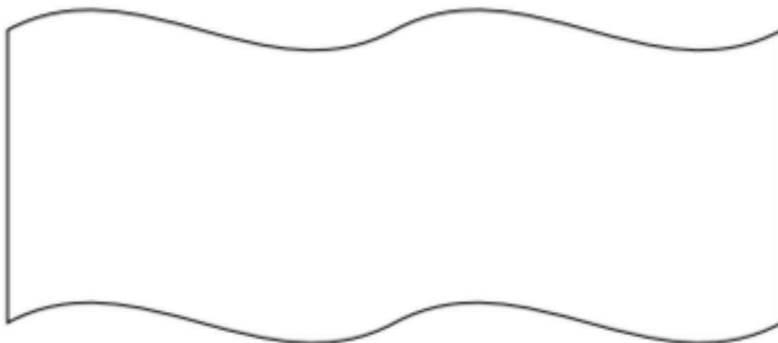
Team Members

Team Chant

Team Celebration



Team Flag and Jersey



FRONT



BACK

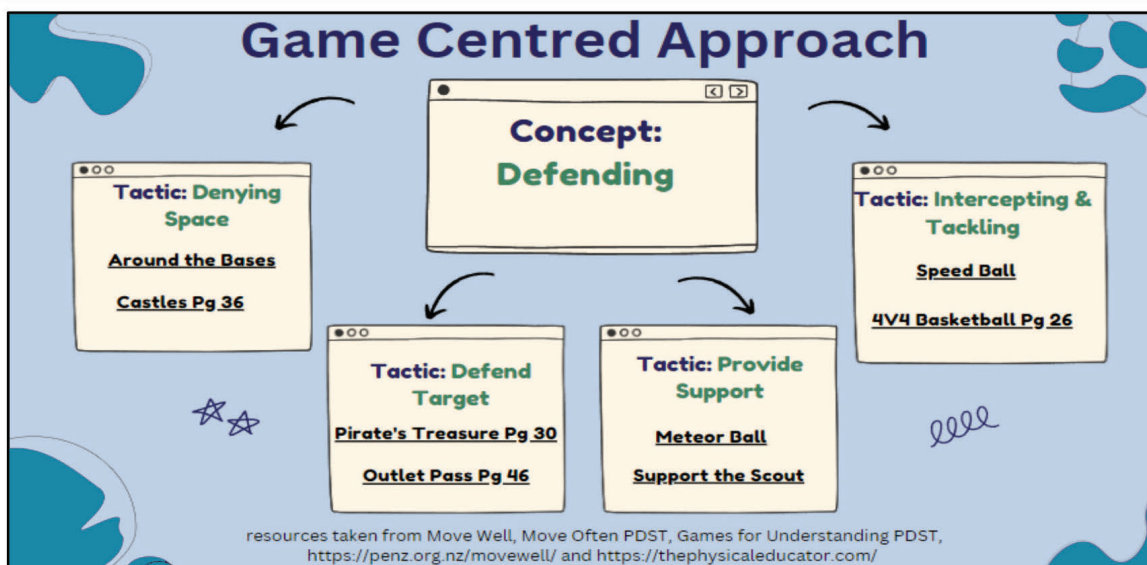
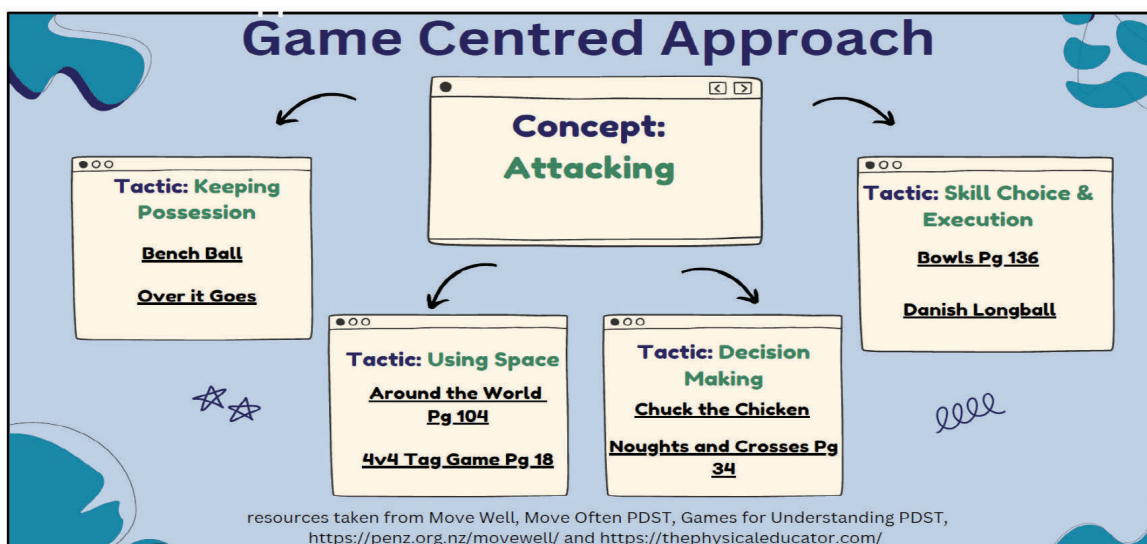
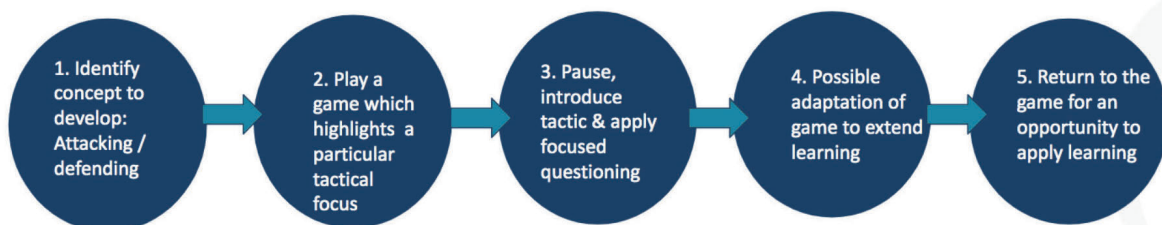
Together Everyone Achieves More!

Tactics in the PE Lesson (Video Clip Reflection)
What attacking or defending tactics can be seen in the activity?

Games Centred Approach
List the questions suitable to use to enhance pupils' knowledge and understanding of the tactic being developed

Games Centred Approach Resources

Sample Lesson Structure



Available to download on www.scoilnet.ie/physli

The Tree Model

The Tree Model is an adaptation tool which can support teachers to adapt and modify activities to make them more inclusive and accessible for all levels. For more information see *Move Well Move Often, Supporting Inclusion of all pupils in the development of Physical Literacy and Fundamental Movement Skills* available on www.pdst.ie/Physical-Education-Main.



Teaching or Coaching Style:

You can adapt the way you communicate with the pupils

Rules or Regulations:

You can simplify or change the rules and regulations to make your activities more inclusive

Equipment:

You can modify the equipment you can use so that pupils can access your activities

Environment:

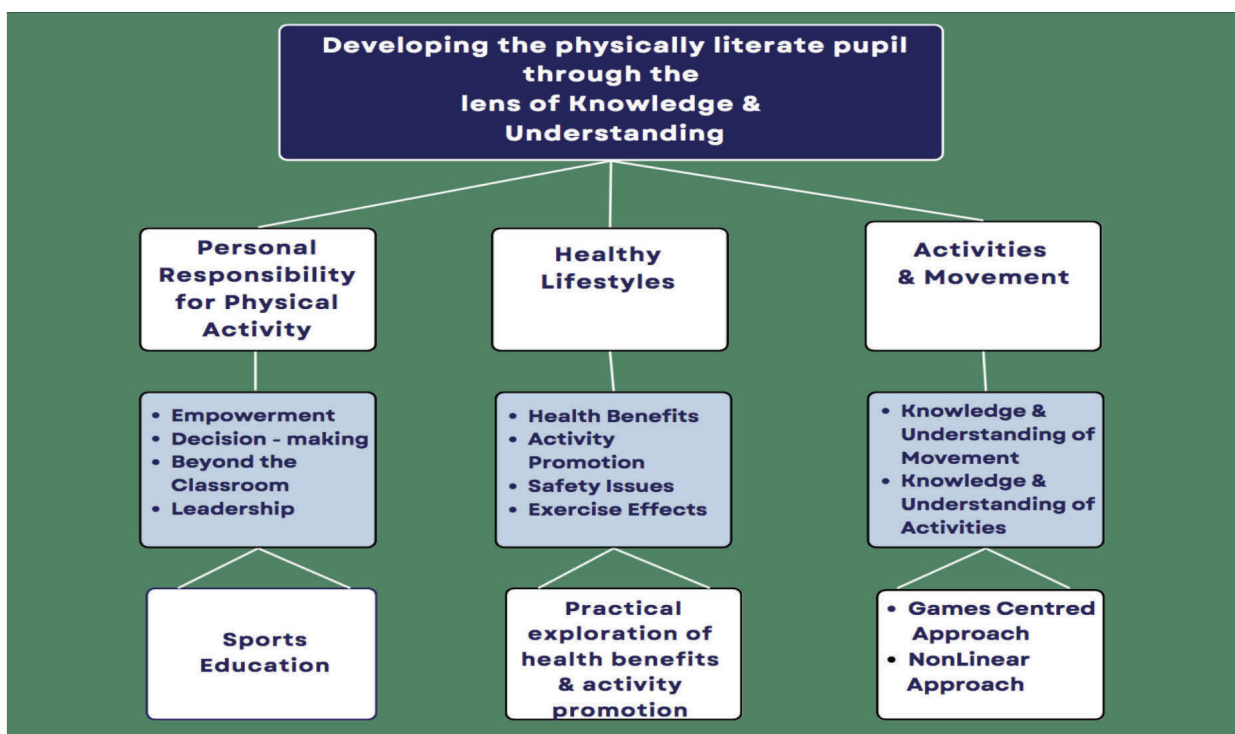
You can adjust where the activities happen and how they are structured to accommodate all ability levels

Nonlinear Approach to developing a skill

Record where these principles were displayed in the practical activity

<p>Exploration before Explanation</p>	<p>•</p>
<p>Manipulate Constraints</p>	<p>•</p>
<p>Use of Feedback</p>	<p>•</p>

Core categories of Knowledge & Understanding



PE Leadership

Tick the area that you would like to share with others in your school after today's seminar?

Exploring Health Benefits in the PE lesson

Sports Education

Games Centred Approach to teach tactics and strategies

Nonlinear Approach to developing a skill

PE Leadership

Sharing	Improving	Spreading
<ul style="list-style-type: none"> • Small group of those willing to embrace in change work towards a shared goal • Interdependence of group • Shared expertise, knowledge, skills & qualifications • Co - equality & willingness • Sharing resources, practices or strategies • Sharing of challenges • Equal voice 	<ul style="list-style-type: none"> • Review of the initial implementation process openly and critically • Brainstorm solutions to issues • Trial alternative solutions 	<ul style="list-style-type: none"> • Spread the initiative with more teachers • Adapt a whole school approach

Next Steps:

Oide PE Supports

Oide PE School Support - apply on oide.ie/apply-book-now/schools

www.scoilnet.ie/pdst/physlit

www.scoilnet.ie/pdst/primary/pe

Oide Primary PE X page, follow us on [@Oide_PrimaryPE](https://twitter.com/Oide_PrimaryPE)

Notes





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