

I20 - Getting Active in Physical Education

Ideas and strategies for success in P.E.



It may be an online course but we will raise your heart-beat as you excitedly trawl through our 'Treasure Trove' of crack approaches & strategies, resources & ideas, best hints & tips, that will surely infuse, invigorate & enliven all your future P.E. lessons.

Each module is a veritable repository of great ideas, an Aladdins cave of materials to take back to school and use with your children, repositories from which you will sieve out the best possible lesson plans / lesson ideas or strategies / techniques for implementation with your class in the coming year.

Our course ranges across all areas of P.E., covering:

- All strands of the primary school P.E. curriculum
- Lesson planning, teaching approaches and content delivery
- Numerous lesson plans and lesson formats for all, covering organisation & teaching points, along with many suggestions for structured activities
- Warm up & cool down routines galore
- Games & skill development e.g. striking & fielding games, invasion games, net & wall games and many more
- Basketball skills, routines and game playing
- The full spectrum of footballing skills
- Tag rugby, unihoc, walking activities, outdoor challenges & athletics
- A suite of instant activities and fun games to get & keep them moving
- Downloadable PDF games and activities for all strands and all classes
- Online clickable connections to resource providers and support organisations that will better support & resource your delivery of P.E. with your class in the coming year
- A vibrant discussion forum in each module where teachers are encouraged to freely and willingly contribute resource suggestions and great practice tips, a firm favourite area with teachers each year.

..... not to mention the many illustrative videos that highlight good practice and worn routines and more.

Join our online P.E. course this summer. No tracksuit required!

This self-paced on-line course focuses on providing teachers with ideas, approaches & strategies for developing childrens' abilities in athletics, game playing, gymnastics & dance, outdoor & adventure pursuits and in fostering aquatic competence. The on-line format of the course enables you to **study when and where you want** to learn. Content is divided into 5

modules which you can complete in any order **at any time**.

Participants are encouraged to interact with one another using the communication tools (forum, chat, e-mail) provided by the CPD College learning system. Active facilitation throughout the course provides expert interaction, guidance and feedback for all participants. Assignments and questions which call for critical reflection, self-analysis and a reasoned response punctuate this highly interactive web based course.

On completion of this course each participant can download their CPD record and Certificate of completion. The Certificate of completion demonstrates your achievement in completing this professional development course.

Learning outcomes

Through engagement with the core course content and through the sharing of successful teaching approaches within the discussion forum, the knowledge and insights gained by participants will inform the planning, structure and delivery of their practical Physical Education scheme of work in the coming year.

Modules

01 - To examine the important lifelong place of physical education in a child centred curriculum.


02 - To provide ideas, approaches and strategies for developing childrens' athletic abilities.

03 - To provide ideas, approaches and strategies for developing childrens' game playing abilities.

04 - To provide ideas, approaches and strategies for developing childrens' abilities in gymnastics and dance.

05 - To provide ideas, approaches and strategies for fostering childrens' abilities in and appreciation of outdoor & adventure activities along with an understanding and appreciation of aquatics.

Course quick links

 [Register your interest](#)

 [Enrol](#)

 [Download fact-sheet](#)

 [To learning centre](#)

Course cost: €89.00

Format: On-line

Course duration: 20 hours

"Thank you for a wonderful course. I am normally the teacher who groans at the idea of PE day. I really feel that I have more than enough knowledge and ideas to keep my class interested in PE for the coming year. I will also share some of the information I have obtained with my colleagues as I feel they will also benefit from it." - Jennifer, 2015

Source URL: <http://cpdcollege.com/content/i20-getting-active-physical-education>