

**Venue:** Mayo Education Centre

**Date:** Tuesday 27th November 2018

**Time:** 6pm – 9pm

**Register at:** <http://www.mayoeducationcentre.ie/>



### **What is Y-PATH PE 4 ME?**

Y-PATH (Youth Physical Activity Towards Health) PE 4 ME is a junior cycle post-primary programme which aims to improve physical activity among children and young people through the physical education (PE) module in the school curriculum. The programme is brought to you as a result of a collaboration between the Irish Heart Foundation and Dublin City University.

### **What is involved in the programme?**

The programme is available **only** to PE teachers. There are two parts to the Y-PATH PE 4 ME programme:

- A **1-hour online course** on the Irish Heart Foundation website [www.irishheart.ie](http://www.irishheart.ie) which must be completed by teacher before attending the workshop
- **3-hour face to face evening workshop** held in Education Centres nationally

Teachers will then have the ability to implement the Y-PATH PE 4 ME programme into their PE classes. Teachers will be given a Y-PATH resource pack with lesson plans, posters, student journals, as well as access to an online teacher's portal containing digital resources to assist with lessons.

### **How much does it cost?**

The workshop is completely **free**.

### **Why do schools need Y-PATH PE 4 ME?**

- Y-PATH PE 4 Me is the only programme of its kind in Ireland
- Acknowledged by the PDST, UCC and Sport Ireland
- Fits into wellbeing curriculum, highlighting wellbeing indicators involved in each lesson
- Uses a whole school approach with elements for students, teachers and parents
- Adapts current practice to allow engagement of all pupils within PE class
- Designed by teachers for teachers
- Evidence based on the needs of Irish children, backed by 8 years of research
- Does not require any major equipment to run lessons
- Emphasis on fundamental movement skills and physical literacy
- Aims to reduce the age-related decline in physical activity common among post primary school age students
- Focuses on empowerment, motivation and confidence
- Gives students the opportunity to participate in a variety of activities they enjoy

### **How do teachers register?**

Teachers must register directly with **Mayo Education Centre** at [www.mayoeducationcentre.ie](http://www.mayoeducationcentre.ie). Please note, teachers must **complete the 1-hour online course** on our website [www.irishheart.ie](http://www.irishheart.ie) , **before** attending the education centre workshop.

The workshop will take place on **Tuesday 27<sup>th</sup> November 2018** from **6pm – 9pm**.

If you have any further questions, contact the schools team on (01) 6685001 or email [schools@irishheart.ie](mailto:schools@irishheart.ie)