

## Summer Courses 2021 at Tuam Education Centre

Courses will be available to book on our website <http://tuamec.ie/> from Thursday 20 May 2021 at 8.30am

Course	Facilitator	Format	Dates	Cost	Maximum Capacity
Chess for Social Skills	Shane O'Connor	Online through Zoom Video Conferencing	1 <sup>st</sup> , 2 <sup>nd</sup> , & 5 <sup>th</sup> , 6 <sup>th</sup> , 7 <sup>th</sup> July 2021	€40	16
Mindful movement & calming strategies for health and wellbeing in schools	Charlotte Farragher	Online through Zoom Video Conferencing	1 <sup>st</sup> , 2 <sup>nd</sup> , & 5 <sup>th</sup> , 6 <sup>th</sup> , 7 <sup>th</sup> July 2021	€40	25
Dance and Fitness in Primary Schools	Maeve Mullins	Online through Zoom Video Conferencing	1 <sup>st</sup> , 2 <sup>nd</sup> , & 5 <sup>th</sup> , 6 <sup>th</sup> , 7 <sup>th</sup> July 2021	€40	25

Please see below for course descriptions.

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### Course Information

**Chess for Social Skills** is an alternative approach to current social-skills-for-children programmes and can be delivered in a whole-class or small group setting. The structured nature of chess-playing provides excellent scaffolding for all students who find social skills difficult to master as they play each other one on one before moving to another partner.

As well as learning how to play the famous game through a fun, hands-on approach the programme of lessons also challenges students to develop their concepts of respect, accepting defeat, forward planning, accepting compliments and giving feedback, teamwork, decision-making, patience, resilience and developing a growth mind-set when exploring a new skill.

Teachers will have the opportunity to learn how to play chess by playing chess mini-games against other novice teachers. The course will teach all participants how to

- play chess (from zero prior knowledge) and the best methods of teaching primary school children as young as first class the rules using a fun, games-based approach
- utilise chess as an additional resource in teaching social skills in the mainstream and special education classrooms
- organise a school chess club, school chess team and in-school chess competitions.

Please email [info@ficheall.ie](mailto:info@ficheall.ie) to ask any questions of the course or go to <https://ficheall.ie/cpd-courses-for-teachers/> for more information.

### **Mindful movement & calming strategies for health and wellbeing in schools**

This online Course is designed for individuals who want to learn how to teach yoga and mindfulness breaks to children in the school environment. Throughout this 5 day course teachers will gain the confidence to identify challenging times during your in-person or virtual school day and to learn how to teach yoga, breathing, postures, brain breaks, and relaxation exercises to build connection, engage your students, and shift them into a more learning-ready state of mind.

Together, we will explore how to safely and effectively adapt yoga poses to stretch and strengthen the body.

Over 5 days you will have ample opportunities to embody and practice teaching mindful practices and yoga tools to improve your and your children's physical, mental, emotional, and social wellness.

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The tools shared in this course support learning at home, in classroom environments, and in therapeutic settings.

Upon completion of our course, you will be fully equipped with the knowledge and skills to help children improve focus, reduce stress, and regulate behaviour through yoga and mindfulness practices, as well as gaining practical tools for your own wellbeing.

No prior yoga experience required.

### Dance and Fitness in Primary Schools

To understand the importance of warming up and dynamic stretching before exercise and the importance of cooling down and static stretching after exercise

- To appreciate the opportunities available for linkage and integration with other areas of the curriculum
- To learn Latin American routines suitable for all class levels - Salsa, Cha-Cha and Jive
- To learn Hip-Hop routines suitable for all class levels
- Sharing ideas and experiences with each other
- To practise yoga cool downs and other relaxation methods during the cool down period
- To create circuits suitable for your class level that focus on all body parts and in turn will improve and prepare them for the gymnastics strand
- To understand the importance of interpretive dance for self-expression and different methodologies of how to approach it
- To promote the use of ICT in the classroom
- To gain more confidence when teaching dance in the primary and secondary school and to act as a leader to incorporate dance and exercise as an everyday activity in the school (SSE).
- To implement more games through the school day that are fun, active and incorporate the use of different skills such as turn taking, spatial awareness, mathematical games, cluichí as Gaeilge, team games, individual games and listening and talking to others. (play-based learning)