

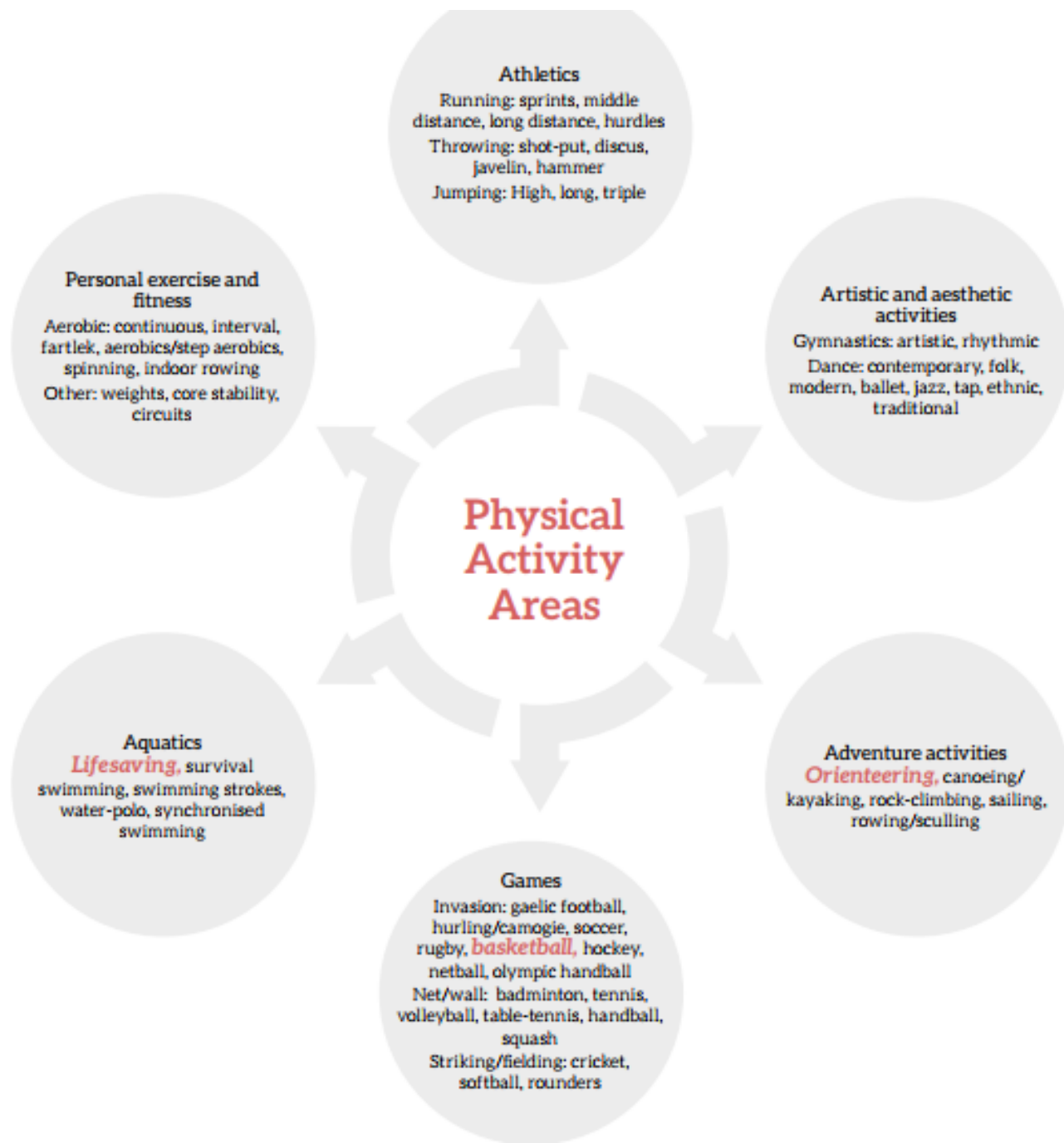
Leaving Cert Physical
Education.

Overview:

STRAND 1 Towards optimum performance	STRAND 2 Contemporary issues in physical activity
<ol style="list-style-type: none">1. Learning and improving skill and technique2. Physical and psychological demands of performance3. Structures, strategies, roles and conventions4. Planning for optimum performance	<ol style="list-style-type: none">5. Promoting physical activity6. Ethics and fair play <p><i>In addition, two of the following topics will be prescribed each year:</i></p> <ol style="list-style-type: none">7. Physical activity and inclusion8. Technology, media and sport9. Gender and physical activity10. Business and enterprise in physical activity and sport

Physical Activity Areas.

- All components in strands 1 and 2 are though through 6 physical activity areas.
 1. Adventure activities,
 2. Artistic and aesthetic activities,
 3. Athletics,
 4. Aquatics,
 5. Games,
 6. Personal exercise and fitness



Physical Activity Areas

- The above chart shows the six physical activity areas from which the three activities must be selected – one activity from three different areas

Physical Activity Areas

Adventure activities:

- Orienteering
- Canoeing/Kayaking
- Rock-climbing
- Sailing
- Rowing/Sculling

Aquatics:

- Lifesaving
- Survival swim
- Two swimming strokes
- Water-polo
- Synchronised swimming

Physical Activity Areas

Artistic and aesthetic movement

Gymnastics:

- Artistic
- Rhythmic

Artistic and aesthetic movement

Dance:

- Contemporary dance
- Folk dance
- Modern
- Ballet
- Jazz
- Tap
- Ethnic
- Traditional

Physical Activity Areas

Athletics:

- Running
- Throwing
- Jumping

Games:

- Invasion
- Striking/Fielding
- Net/Wall

Physical Activity Areas:

Personal exercise and fitness activities.

Aerobic training:

- Continuous training
- Interval training
- Fartlek training
- Aerobics/Step aerobics
- Spinning
- Indoor rowing

Personal exercise and fitness activities.

conditioning and resistance:

- Weight training
- Core stability
- Circuit training

Assessment:

ASSESSMENT COMPONENT	WEIGHTING	LEVEL
Physical activity project	20%	Higher and Ordinary
Performance assessment	30%	Common level
Written examination	50%	Higher and Ordinary

Physical activity project – 20%

- The project is done on **one** of the three chosen physical activities.
- Learners may choose to complete the physical activity project in one of following roles:
 1. performer
 2. coach/choreographer.
- The physical activity project is completed in a digital format.

The four sections are:

1. Performance analysis
2. Identification of four performance goals
3. Evidence of ongoing training/practice and reflection
4. Concluding analysis.

Performance assessment–30%

- Learners choose one of the three selected physical activities being studied by their class in Leaving Certificate Physical Education for their performance assessment.
- **Learners are expected to:**
 - show evidence of their capacity to select, apply and perform the skills and techniques outlined in the physical activity section in a conditioned practice, fully competitive version of the activity, or personal performance.
 - demonstrate understanding and knowledge of the physical activity, including the ability to apply and adapt different tactics, strategies and compositional knowledge in response to different scenarios in conditioned or competitive environments.
 - demonstrate knowledge and application of relevant rules, regulations and codes of practice in the chosen activity.

Written examination–50%

- The written examination is based on the aims, objectives and learning outcomes outlined in the specification.
- **It will examine the following:**
- knowledge and understanding of the theoretical factors which affect participation and performance in physical activity.
- learners' engagement with a case study designed to require learners to apply their learning in a particular physical activity scenario.
- clarity and coherence in management of ideas and answers.