

An aerial photograph of Ennis Community College taken at sunset. The school is a large, modern building with a light blue facade and a brown roof. It is situated on a corner with a road and a parking lot. The sky is a mix of orange and yellow, and the surrounding area includes trees and other buildings in the distance.

Leaving Certificate Physical Education (LCPE)

ENNIS
COMMUNITY COLLEGE
GAELCHOILÁISTE
ANCHLAIR

Introduction

Leaving Certificate Physical Education's first ever cohort of students in Ireland were examined in 2020

Ennis Community College and GaelCholaiste an Chlair will be offering Leaving Certificate PE for the first time in September 2024.



Recommended Participants for LCPE

- The course is designed to appeal to a broad range of learners, whether you excel in sport or have a keen interest in physical activity and sport either as a performer and/or as a coach/choreographer.
- You must be involved in at least one sport/ Dance/Gymnastics etc at club level.

How is it assessed?

There are three assessment components in the LCPE curriculum:

- Physical Activity Project (PAP)
- Performance assessment
- Written paper



Assessment

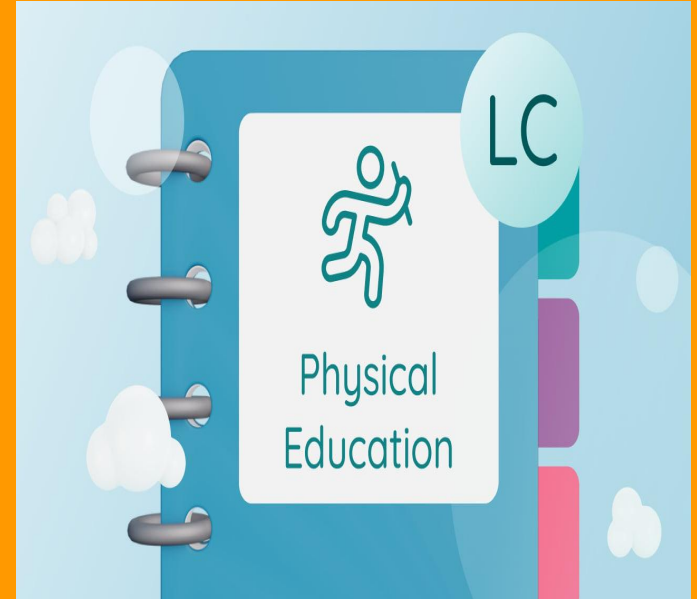
ASSESSMENT COMPONENT	WEIGHTING	LEVEL
Physical activity project	20%	Higher and Ordinary
Performance assessment	30%	Common level
Written examination	50%	Higher and Ordinary

Theory Exam

2 hours 30 mins exam paper (higher & ordinary)

Two strands of theory

1. Towards optimum performance
2. Contemporary issues in Physical Education



Strand 1 -Towards optimum performance

- Skilled performance & the acquisition of Skill
- Analysing Skill & technique
- Physical Demands of Performance
- Principles of training
- Psychological Preparation for performance
- Diet & Nutrition
- Analysing Performance in sport
- The role of coach & official
- Planning for optimum Performance

Strand 2 - Contemporary issues in Physical Activity.

- Physical Activity Participation
- Promoting Physical Activity and Pathways to excellence
- Ethics & Fair play
- Topic Prescribed annually by the department.

Performance assessment 30% (Due in March of 6th year)

3 sports/activities are decided in class:

1. Games
2. Adventure activity (orienteering/kayaking etc)
3. Artistic & Aesthetic Activities (Dance/Gymnastics etc)
4. Athletics
5. Personal Exercise & fitness (Gym Programme)
6. Aquatics

For performance assessment

Students will pick one of the 3 sports/activities (listed in the previous slide).

The chosen sport is what the student will be assessed on.

Students will collect their best footage through the use of an ipad.

The video will be introduced by the learner, detailing the particular performance characteristics which they wish to draw attention to.

Grading is done on ability



Example 1 of a Performance assessment

Chosen Topic : Personal Exercise & fitness

Learner is required to demonstrate a personal exercise & fitness programme designed to enhance performance focusing on :

- Performance related Physical fitness in a physical activity or Health - related physical fitness.

Performance video

The video must include:

- A warm up, including the necessary elements of a warm up.
- A developmental section, including activities to enhance each component of health or performance related fitness.
- Evidence of an understanding of the principles of training, training zones & thresholds. Work recovery intervals should be included.
- Evidence of Progressions & adaptations that could be used to improve outcomes as general progress is made.
- Cool down section, including the necessary elements of a cool down.
- Evidence of an awareness of safety

Example 2 of a Performance Assessment

Topic Area : Games or Athletics

The learner plans how they can demonstrate their best performance using different performance contexts. The video should include:

- Skills & techniques
- Tactics and/ or strategies
- Awareness of health & safety issues around availability, choice and use of equipment
- Adherence of the relevant rules, regulations & codes of practice in a fitness training setting.

For the **Physical Project (PAP) 20% of marks, due in December of 6th Year**

Students can pick any activity for the PAP, however it cannot be the activity area as their chosen performance

For the PAP students are assessed on the ability to

- Analyse your skill and technique
- Design and implement a plan to improve
- Reflection on the process

- Students pick 4 distinct performance Goals from topics covered in Strand one to focus on.
- Learners produce a digital booklet with 1600 words and 3 video clips : one at the outset of the project, 2nd one participating in the programme & the 3rd images collected to support the concluding analysis at the end of the programme.

Why choose PE?

- It is a suitable subject for someone that excels in sport
- You can achieve a possible 50% of the marks before the written exam
- It's a structured balance of practical and theory element throughout the curriculum

For Further Information

Please scan the QR code below and read the curriculum specification

