

2020  
IF SHE CAN'T SEE IT, SHE CAN'T BE IT

AIG Investec KPMG

FEED THE SPIRIT



Leaving Cert P.E.



Strand One - Optimum Performance (Compulsory)	Strand 2 – Contemporary Issues in Physical Activity (Department of Education chooses 2)
Skill & Technique	Physical Activity and Inclusion
Physical & Psychological Demands of Performance	Technology, Media & Sport
Structures, Strategies, Roles & Conventions	Gender & Physical Activity
Planning for Optimum Performance	Business & Enterprise in Physical Activity and Sport
Promoting Physical Activity	
Ethics & Fair Play	



# Areas for study:

- Athletics
- Artistic & Aesthetic
- Adventure Activities
- Aquatics
- Games
- Personal exercise & fitness

Choose THREE!



## Physical Activity Areas

### Athletics

Running: sprints, middle distance, long distance, hurdles  
Throwing: shot-put, discus, javelin, hammer  
Jumping: High, long, triple

### Artistic and aesthetic activities

Gymnastics: artistic, rhythmic  
Dance: contemporary, folk, modern, ballet, jazz, tap, ethnic, traditional

### Adventure activities

**Orienteering**, canoeing/kayaking, rock-climbing, sailing, rowing/sculling

### Games

Invasion: gaelic football, hurling/camogie, soccer, rugby, **basketball**, hockey, netball, olympic handball  
Net/wall: badminton, tennis, volleyball, table-tennis, handball, squash  
Striking/fielding: cricket, softball, rounders

### Personal exercise and fitness

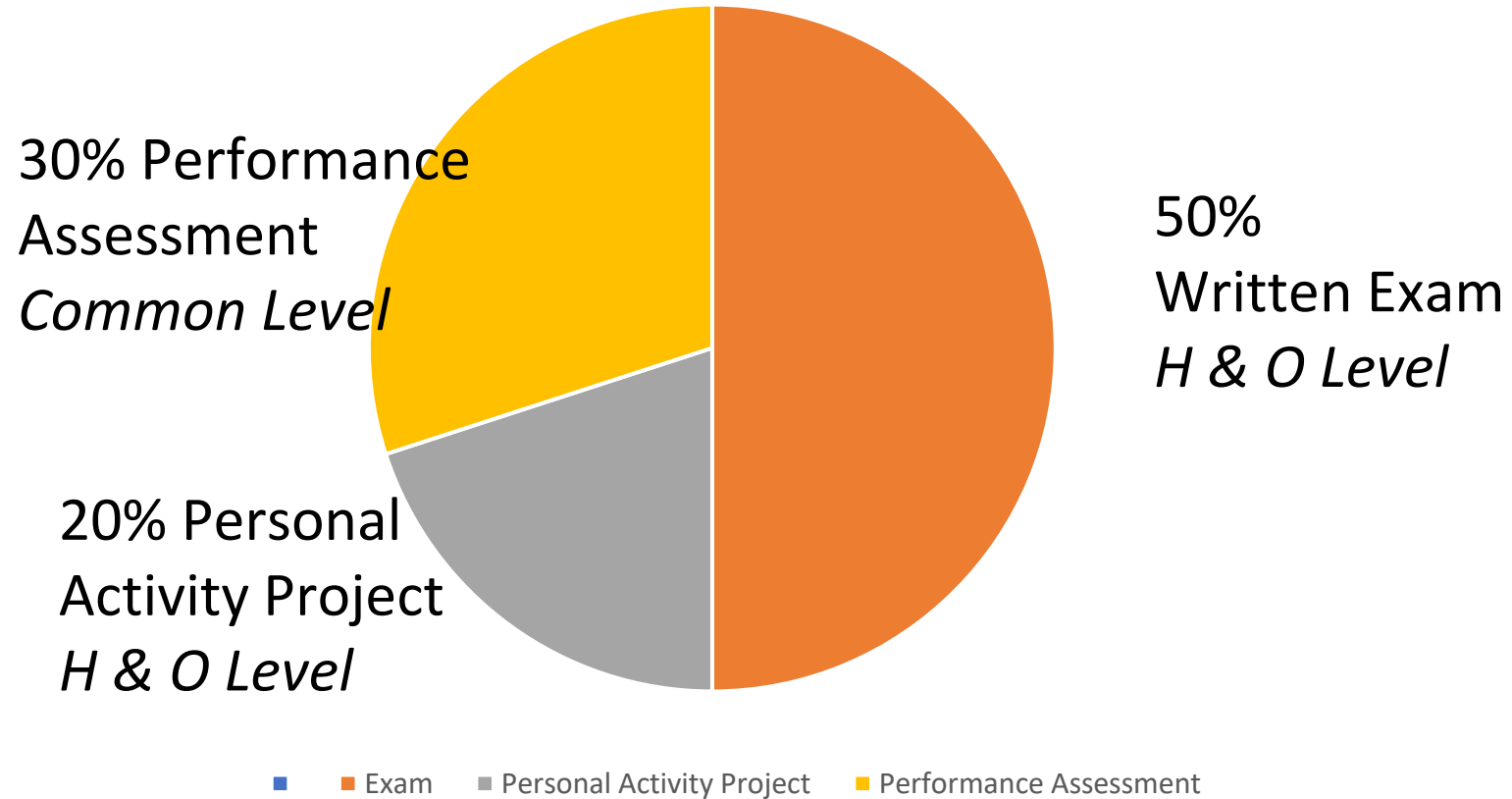
Aerobic: continuous, interval, fartlek, aerobics/step aerobics, spinning, indoor rowing  
Other: weights, core stability, circuits

### Aquatics

**Lifesaving**, survival swimming, swimming strokes, water-polo, synchronised swimming



# Leaving Cert P.E.



# Difference between P.A.P. and Performance Assessment

## **Personal Activity Project (PAP)- 20%**

- Can be done outside of class
- Personal choice of activity
- You CANNOT choose an activity from the same bubble as your Performance Assessment.
- (i.e. you can't choose 2 games)

## **Performance Assessment – 30%**

- Done in class time
- Must be done on one of the 3 activity areas chosen at start of 5<sup>th</sup> year.



# Who should study L.C.P.E.?

- Those interested in all sports & physical activity, not just elite performers
- Playing football with your local team is not enough!
- Those looking to get in to a sports related course/career
- Those interested in the science behind exercise
- Those interested in data analysis
- Those willing to work independently



## **Requirements:**

- School P.E. uniform
- An interest in sport and activity
- An understanding that a broad range of activities will be covered
- A good attitude & willingness to work hard
- An understanding that 50% of the course is theory and classroom based
- High level of participation and effort in class. A good record of participation in PE to 3<sup>rd</sup> year is required.

## **Possible Careers**

- P.E. Teaching
- Sports Science
- Physiotherapy
- Fitness Trainer/ Personal Trainer
- Sports Development Officers (F.A.I., I.R.F.U., G.A.A. etc)
- Sports Coaching
- Leisure Management
- Outdoor Recreation Instructor
- Sports Psychology

