

Short Course PE

Senior Cycle Physical Education

Senior Cycle Physical Education (PE), as developed by the National Council for Curriculum and Assessment, encourages students to become confident, informed and lifelong participants in physical activity. The programme focuses not only on performance, but also on understanding how and why we move, promoting health, wellbeing and personal development. The Senior Cycle Physical Education Framework can be found here: <https://ncca.ie/en/senior-cycle/curriculum-developments/senior-cycle-physical-education-framework-scpe/>

The course is structured around six curriculum models:

- Health-Related Physical Activity
- Sport Education
- Contemporary Issues in Physical Activity
- Adventure Education
- Personal and Social Responsibility
- Teaching Games for Understanding

Through these models, students develop fitness, teamwork, leadership, critical thinking and decision-making skills.

Assessment is completed through digital portfolios, where students record and reflect on their progress using video analysis, written reflections and performance evidence. This allows them to demonstrate both practical engagement and understanding.

Senior Cycle PE equips students with the skills, knowledge and confidence to lead active, healthy lives beyond school.