



Leaving Certificate Physical Education

Assessment



50%

Written exam

Higher and ordinary



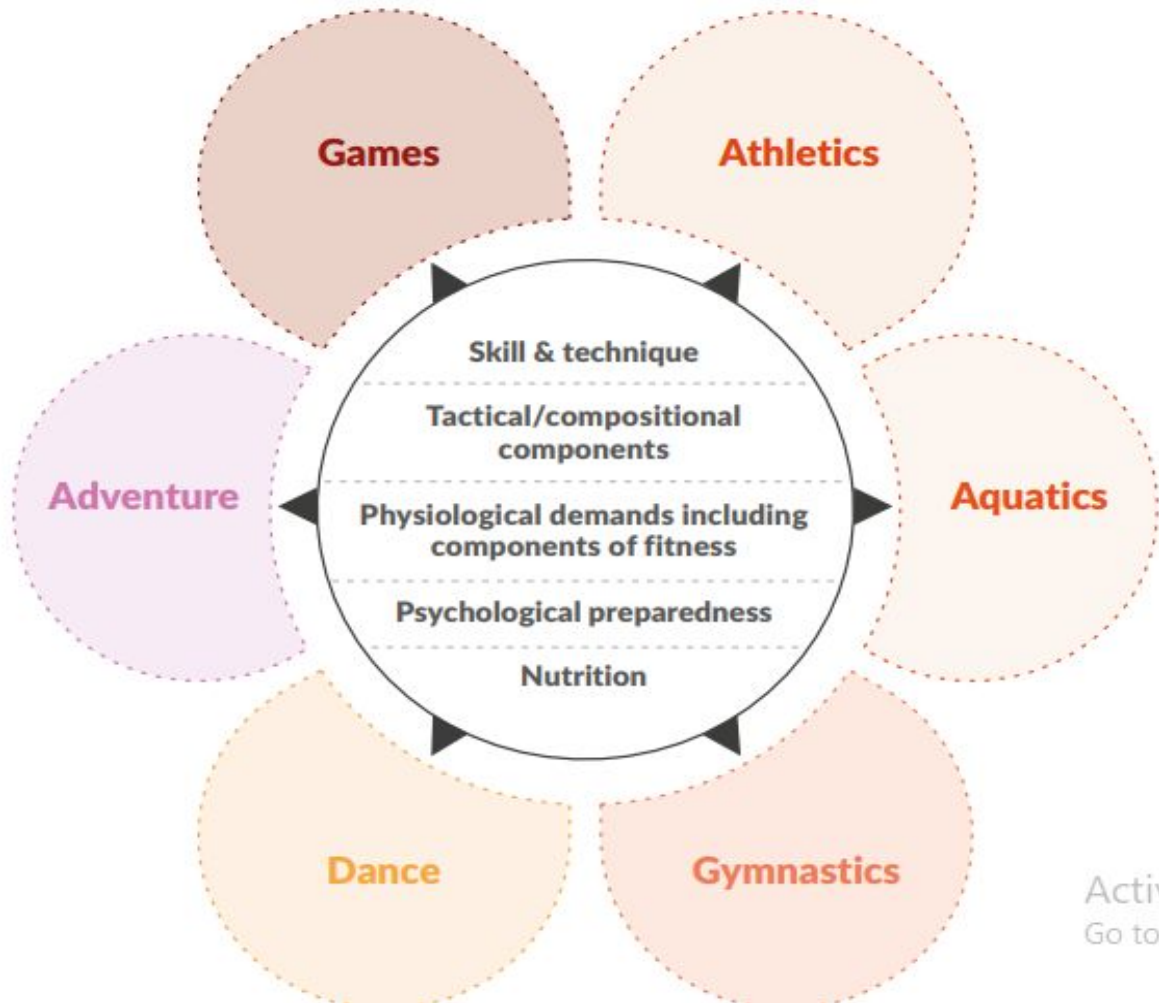
50%

Additional Assessment
Component (AAC)

Common level

Syllabus Overview

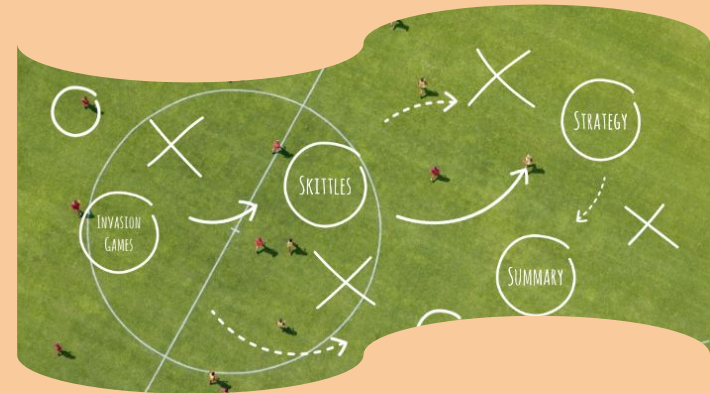
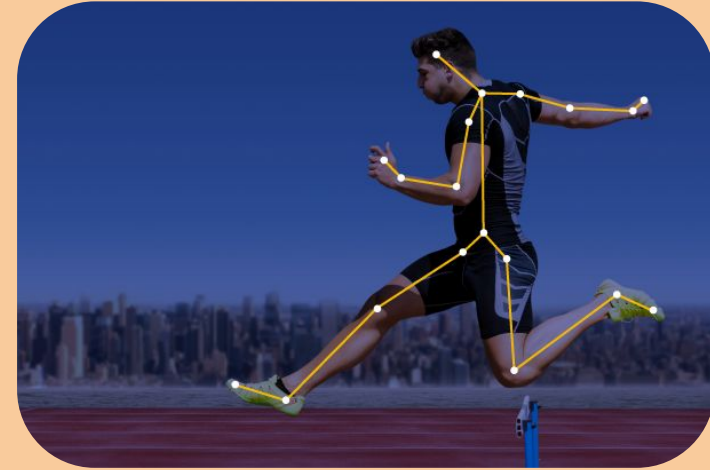




The physical activity areas and core concepts

Strand 1: Skill learning, participation and performance

1. Principles of learning a new skill.
2. Designing effective practice session
3. Demonstrating tactical awareness/decision making in diff activities
4. Skill versus ability
5. Critically analysing performance of skills. (Biomechanics)
6. Physically active through different life stages.
7. Appraise and compare aesthetic and artistic criteria in movement.



Strand 2: Physical & Psychological demands

1. Components of fitness
2. Principles of training
3. Recovery strategies and periodisation in programme design
4. Psychological strategies to enhance performance.
5. How nutrition supports physical performance
6. Analysing energy systems during performance
7. The muscular and skeletal systems in movement.
8. Provision and support for high performance sport in Ireland.



Strand 3: Factors influencing participation in Physical Activity

1. Safe practice
2. The role of officials, coaches and choreographers
3. structures, strategies and tactics to a range of physical activities
4. The principles of ethical practice in sport.
5. Performance enhancing drugs and doping in sport.
6. The impact of technology in sport.
7. The role of media and sponsorship in sport
8. Access, inclusion, participation and performance in physical activity and how they impact lifelong participation.
9. Promotion of physical activity



Additional assessment component

A brief will be issued annually with a specific theme

Requires students to:

- ★ Plan → Exercise plan must have clear performance goals, needs analysis
- ★ Engage → consistent engagement in activity – adapting plans on feedback received, show evidence of safe and ethical participation.
- ★ Skill proficiency and analysis → Perform skills with precision and control. Analyse performance and show understanding of performance demands.
- ★ Evaluate → Critically reflect on planning and engagement and show improvements to future plans.
- ★ Communicate → use appropriate terminology, present data using relevant tools.

