

LEAVING CERT PHYSICAL EDUCATION

INFORMATION EVENING
ST BROGAN'S COLLEGE



Some misconceptions that we have heard!!!

"I wish LCPE came out last year so we could've chosen it. It would've been easy points!"

I play football for Newcestown. I'm picking LCPE and I'm gonna get a H1"

"If you pick LCPE, it means you get 5 lessons of PE a week. Deadly!! I'm definitely picking that!"





St. Brogan's College
Coláiste Bhrógáin Naofa



If students choose
LCPE as a LC Option

5 Lessons of LCPE
p/w

1 double
+
1 double/1 single
Or
3 singles



STRAND 1

Towards optimum performance

1. Learning and improving skill and technique
2. Physical and psychological demands of performance
3. Structures, strategies, roles and conventions
4. Planning for optimum performance

STRAND 2

Contemporary issues in physical activity

5. Promoting physical activity

6. Ethics and fair play

In addition, two of the following topics will be prescribed each year:

7. Physical activity and inclusion

8. Technology, media and sport

9. Gender and physical activity

10. Business and enterprise in physical activity and sport

Students learn about these different theoretical perspectives through 3 different physical activities

CHOICE OF PHYSICAL ACTIVITIES FOR STRAND 1.

Physical Activity Areas

Athletics

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

Personal exercise and fitness

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

Artistic and aesthetic activities

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

Aquatics

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

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



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

ASSESSMENT



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STRAND 1

Towards optimum performance

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STRAND 2

Contemporary issues in physical activity

5. Promoting physical activity
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