



# LCPE 2018 **INFORMATION**

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# ORIENTEERING

Long Distance Relay

# LCPE 2018 INFORMATION



## Leaving Certificate Physical Education



Leaving Certificate Physical Education (LCPE) is being introduced as an optional subject, on a phased basis, starting with a small number of schools, from September 2018. Students in these schools will sit the first Leaving Certificate Physical Education examination in June, 2020. LCPE will be available in all schools from September 2020.

So, if you would like to learn more about the theory underpinning performance in physical activity and about how to improve your own performance, this subject may be of interest.

## How will I be assessed?



There are three assessment components in LCPE: Physical Activity Project, Performance Assessment and the written paper.

## Who will study Leaving Certificate Physical Education?



LCPE is designed to appeal to a broad range of learners, whether they excel in sport or have a keen interest in physical activity and sport either as a performer and/or as a coach/choreographer.

| ASSESSMENT COMPONENT      | WEIGHTING | LEVEL               |
|---------------------------|-----------|---------------------|
| PHYSICAL ACTIVITY PROJECT | 20%       | HIGHER AND ORDINARY |
| PERFORMANCE ASSESSMENT    | 30%       | COMMON LEVEL        |
| WRITTEN PAPER             | 50%       | HIGHER AND ORDINARY |

## Physical Activity Project

The Physical Activity Project enables you to

- analyse your performance in one activity.
- set four performance goals.
- plan and implement a programme to improve.
- reflect on progress.

Learners can use video, photographs and text, to tell the story of the project.

## Performance Assessment

In Performance Assessment you will compile a video of your best performance in one of the three physical activities studied in LCPE. The video will include footage gathered in a variety of contexts, including fully competitive and/or conditioned practices designed to showcase particular aspects of performance, e.g. attacking play.

## What will I learn in Leaving Certificate?

There are two strands of learning in LCPE. In Strand 1, **Towards Optimum Performance**, you will learn about the different theoretical perspectives that impact on performance.

For example, you will learn about what it is to be a skilled performer:

- the skills and techniques required.
- the biomechanics involved.
- performance related fitness.
- the impact of psychological factors on performance.

As you learn the theory, you will learn to apply it to the three physical activities that your class is studying in LCPE. These activities will be selected from six distinct physical activity areas.

## Contemporary issues in physical activity

In Strand 2, **Contemporary issues in physical activity**, you will learn about different personal, social and contextual factors that impact on participation and performance.

You will be learning about

- Promoting physical activity.
- Ethics and fair play.

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

- Physical activity and inclusion.
- Technology, media and sport.
- Gender and physical activity.
- Business and enterprise in physical activity and sport.



# LCPE 2018



## How will I learn?



Active participation is central to learning in LCPE. So, as you learn about the theories that impact performance, you will have the opportunity to put them into practice in the sports hall and/or outdoor playing area. You will be using a variety of tools, including video and photography, to analyse your own and others' performance. You will be using the data you have collected to

- plan for improvement.
- implement a training programme.
- reflect on progress.

There will be classroom discussions, debate and reflection on the different personal, social and contextual factors that impact on whether or not we are physically active or can excel in our chosen sport. Through this, you will develop valuable analytical and evaluation skills as you debate topical, and sometimes controversial, issues and study different viewpoints.

## How will it be useful to me later?



Your learning in LCPE will inform how you participate in sport and physical activity in your adult life. You will find LCPE useful if you want to study sports science, physical education, leisure and recreation courses, media studies and many other courses.

There are five key skills in senior cycle. You will develop these skills in LCPE and they will be useful to you in any future learning and in your everyday life.

## Key Skills



## How does Leaving Certificate Physical Education relate to other subjects?



Some of the learning in LCPE will be useful in a range of subjects including Physics, Chemistry, Biology, Home Economics, English and Design and Communications Graphics.