

## Aim

The aim of Leaving Certificate Physical Education is to develop the learner's capacity to become an informed, skilled, self-directed and reflective performer in physical education and physical activity in senior cycle and in their future life

## Objectives

The objectives of Leaving Certificate Physical Education are to develop the learner's

- ▶ performance in physical activity
- ▶ ability to reflect on performance in physical activity
- ▶ knowledge and understanding of the factors which influence performance and participation in physical activity
- ▶ appreciation of the benefits of physical activity for lifelong health and wellbeing
- ▶ capacity to undertake different roles in physical activities
- ▶ understanding of the principles underlying ethical participation in physical activity
- ▶ understanding of the role of physical activity and sport in the social and cultural life of Ireland.