



Overview

Structure

The specification is presented in two strands. In strand 1, students learn about different theoretical perspectives that impact on optimum performance and how to apply this understanding to a range of different activities. In strand 2, students learn about contemporary issues in physical activity and how different people experience physical activity and sport.

STRAND 1 Towards optimum performance	STRAND 2 Contemporary issues in physical activity
<ol style="list-style-type: none">1. Learning and improving skill and technique2. Physical and psychological demands of performance3. Structures, strategies, roles and conventions4. Planning for optimum performance	<ol style="list-style-type: none">5. Promoting physical activity6. Ethics and fair play <p><i>In addition, two of the following topics will be prescribed each year:</i></p> <ol style="list-style-type: none">7. Physical activity and inclusion8. Technology, media and sport9. Gender and physical activity10. Business and enterprise in physical activity and sport

Learners' physically active participation is central to teaching and learning in Leaving Certificate Physical Education. To enable this to happen, students learn about the different theoretical perspectives through their participation in three different physical activities. These activities are selected from six distinct physical activity areas which reflect the activities more commonly included in school physical education programmes currently. The graphic on p. 12 illustrates the six physical activity areas from which the three activities must be selected – one activity from three different areas.