2028L225C2ES

Coimisiún na Scrúduithe Stáit

State Examinations Commission

Leaving Certificate Examination
Sample Brief

Physical Education

Physical Education Project Brief

Higher Level and Ordinary Level

300 marks

1. Information for candidates, teachers and school authority

The assessment of Leaving Certificate Physical Education comprises of two components:

1. Final written examination
2. Physical Education Project

The Physical Education Project is worth 300 marks, which is 50% of the overall marks for Leaving Certificate Physical Education. The remaining 300 marks (50%) are for the final written examination.

Coursework must be completed in full and strict compliance with the procedures and conditions outlined in this coursework brief and in the State Examinations Commission (SEC) Coursework Rules and Procedures.

The coursework must be carried out and submitted to the class teacher and will then be submitted to the SEC (**Section 3**).

The authentication process

The authentication process is put in place by the SEC to ensure **the integrity of the examination process** and to ensure **fairness and inter-candidate equity**. The candidate, class teacher and school authority all have a responsibility to ensure that the ongoing preparation of coursework and that the work ultimately submitted to the SEC is the candidate's own individual authentic work. The SEC Coursework Rules and Procedures contains comprehensive information on the authentication process that must be read and adhered to.

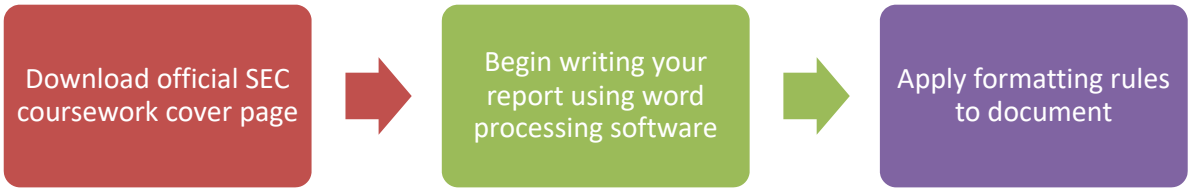
It is fully expected that candidates will carry out research as part of their coursework. To fully comply with these SEC Coursework Rules and Procedures, candidates must reference and acknowledge their research sources, including any use of AI, as outlined in **Appendices 1 and 2** of the SEC Coursework Rules and Procedures. To include material that is not created by the candidate and not properly referenced will be considered plagiarism. This is considered cheating. This is a breach of regulations and will be investigated by the SEC - see **Section 18** of the SEC Coursework Rules and Procedures. It is the responsibility of the candidate, the class teacher, and the school authority to ensure that the work being presented to the SEC is the candidate's individual authentic work.

This brief contains the subject specific information and requirements for the completion of the Physical Education Project.

2. Creating your digital report

It is the responsibility of you, the candidate, to create and manage your digital document for completing the report. The SEC provide a cover page in Microsoft Word format (.docx) and this can be downloaded.
You must complete the SEC cover page with all relevant information and it must be incorporated as the first page of your document. The SEC do not provide a submission booklet or template for the report so it is your responsibility to ensure that your report is structured and formatted according to the instructions in this brief (see **Sections 2**, **3** and **6** below).

The final version of the document must be converted to PDF format before it is submitted to the SEC. You may use any suitable word processing software to complete your report, provided that it has the functionality to convert the document to PDF format once completed. It is strongly recommended that you make and regularly update a backup copy of your digital report, which can be used in the event of loss or corruption.



Report formatting rules
The report you produce must adhere to the following formatting rules:

Section headings	Each section should be clearly identified and begin on a new page of the report. The heading should use the following font: Arial, black, font size 14 and bold. Refer to **Section 6** for section heading names.
Main body text	Arial, black, font size 12 with 1.5 line spacing.
Text editing features permitted	Bold, italics, numbering, and bullets.
Text editing features **not** permitted	Coloured text (black text only), highlighted text, different fonts (Arial only).
Page orientation	Portrait only.
Page numbering	Bottom-centre of each page.
Page margins **No work should appear in the margins as it may not be visible to an examiner.**	Left margin 20 mm Right margin 20 mm Top margin 20 mm Bottom margin 20 mm
Images, tables, graphs	Refer to **Section 4.**

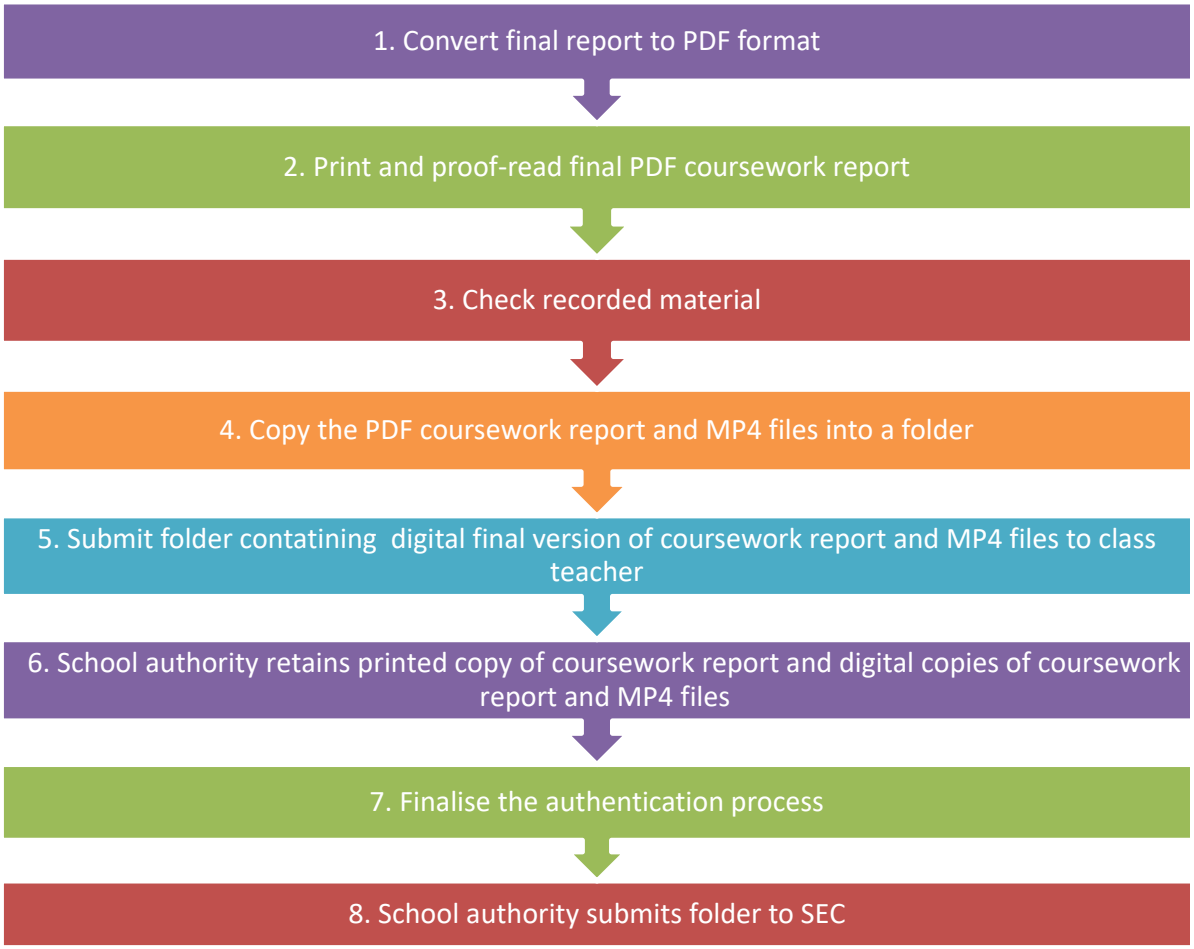
A word count is prescribed for the report and this must be adhered to. If material is presented in excess of the prescribed word count you may lose marks.

3. Submitting your coursework report and recorded material

Once you have completed your Physical Education Project (report and recorded material) on or before the completion date you must adhere to the following steps:

1. Convert your report to PDF format. This facility is available in most word processing software.
2. Print the PDF version of your report and proof-read it to ensure that all of your work is visible. Any work that is not visible on this printed copy will likewise not be visible to examiners marking the work digitally and can therefore not gain any marks.
3. Where necessary convert your digital recordings to MP4 format using a good quality converter. The recommended codec for MP4 files is H.264, further information on the requirements of MP4 files is provided in Section 5.
4. Check your recorded material**.** Play back the MP4 files in their entirety to ensure the recording is complete, of good quality, and fully visible. Where required ensure that the MP4 files are fully audible and that any subtitles applied are clear and not impinging on the view of the recording. Any part of the recorded material that cannot be accessed by examiners cannot gain marks.
5. Once you are satisfied that the PDF copy of the report you have printed and the recorded material are complete, you should create a folder and copy the PDF and MP4 files into this folder. You will then submit the folder containing the required files to your class teacher. A Schools Portal circular issues from the SEC each year outlining how you should correctly name your PDF and MP4 files and your folder, you can consult with your class teacher on how to do this.
6. A printed version of your final report and digital copies of both the report and recorded material should be retained safely by the school authority until the appeals process has been completed.
7. You must finalise the authentication process to confirm that the coursework report being submitted is your own individual authentic work by signing the SEC Authentication Form P.2. This will be provided by your class teacher. Your class teacher and school principal will also sign this form to confirm that you adhered to the authentication process.
8. The school authority will submit your coursework through the Schools Portal. The SEC will issue a circular each year with specific information regarding those subjects whose coursework is submitted digitally through the Schools Portal.

Summary of steps in completing and submitting your coursework report



4. Engaging with your Physical Education Project

The Physical Education Project is designed to give you an opportunity to display evidence of your learning throughout Physical Education. The Physical Education Project requires you to investigate, analyse, evaluate and report on the core concepts as detailed in this brief.

When you have finished your project, you will submit your project report and the associated recorded material to the SEC.

As you carry out your project, you should engage with your project report on a regular basis. You will use your project report to give an authentic account of your project work and provide evidence of your engagement in the various stages of the process.

Completing your Physical Education Project should involve the following five stages:

Stage 1: Exploring the Brief

Stage 2: Developing a plan for further engagement

Stage 3: Practically engaging with the plan

Stage 4: Analysis and evaluation

Stage 5: Presentation of project

For further and more detailed information on the Physical Education Project and Stages 1 – 5, see NCCA: Guidelines to support the completion of the Physical Education Project.

You must carry out your Physical Education Project based on the details provided in **Section 5**.

To explore the relevant core concepts, you should choose suitable physical activities from the list below.

Physical Activities	
Athletics	Running events, throwing events, jumping events
Artistic and Aesthetic	Gymnastics, dance
Aquatics	Swimming strokes, water polo, synchronised swimming
Adventure Activities	Orienteering, kayaking, indoor roped climbing, water-based rowing, cycling (road/mountain)
Games – Invasion	Gaelic football (men's/ladies), hurling/camogie, soccer, rugby, basketball, hockey, netball, Olympic handball
Games – Net/Wall	Badminton, tennis, volleyball, table tennis, GAA handball, squash
Games – Striking/Fielding	Cricket, softball, rounders
Games – Target	Golf

Regardless of the choice of physical activities the application and analysis should be based on the relevant core concepts, as detailed in **Section 5.**

5. Topic for the Physical Education Project – Sample

Complete the Physical Education Project and submit a project report based on the following:

Sports performance is multifaceted, relying on a range of core concepts including; high levels of skill performance, a variety of fitness components and optimising nutrition.



With respect to **one** physical activity, selected from the list provided in **Section 4**, investigate how these core concepts impact sports performance.

Your investigation should focus on **each** of the following, in relation to the selected physical activity:

- The impact of a **maximum** of **three** skills (sport specific skills from the selected physical activity) on performance
- The relative contribution of **three** different fitness components to performance
- Nutritional considerations for performance.

The theoretical and core concepts related to this topic are:

Skill – maximum of three skills (sport specific skills from the selected physical activity)

Fitness – three different fitness components

Nutrition – relevant nutritional considerations.

Engagement with Physical Activity related to this topic:

Engagement with the **one** selected physical activity must be evidenced as follows:

- Provide a video recording of a performance in the selected physical activity (maximum duration of 2 minutes)
- Based on the performance in the video you have provided and other relevant data collected;
    - Analyse the impact on performance of the execution of skills (maximum three skills)
    - Investigate the relative contribution of the three selected fitness components to performance
    - Evaluate the nutritional considerations for performance.

Video evidence requirements for this topic:

- You are required to submit **one** video file evidencing relevant aspects of performance in the selected physical activity, as detailed in this section and in **Section 6**, with a **maximum duration of 2 minutes**.

6. Physical Education Project Report content and structure – Sample

The structure of your project report should consist of the five sections outlined below, each with a suggested approximate word count. You should include these five section headings in your report. Indicative content to be included in each section is detailed below, followed by mark allocations.

Section A: Introduction and review of theoretical concepts

(approx. 100 words)

This section should include considerations such as:

- a rationale for physical activity choice
- A brief review of the theory and related research relevant to the required core concepts.

Section B: Project plan and method for engagement

(approx. 400 - 500 words)

This section should include considerations such as:

- The aims of the project
- A timeline for engagement with the project
- An outline of the method through which the relevant core concepts will be explored through engagement in the selected physical activity.

Section C: Engagement with physical activities, evaluating, analysing and recording

(approx. 800 – 900 words)

This section will provide evidence of engagement, analysis and evaluation based on the selected physical activity, as detailed in **Section 5**. This should include:

- Evidence of engagement with the physical activity, this will be supported by video evidence
- Critical analysis and evaluation of relevant core concepts as they apply to the selected physical activity.

Section D: Project findings and conclusions

(approx. 400 - 500 words)

This section should include:

- Key findings; the relationship between the relevant core concepts and the selected physical activity, based on outcomes evidenced in engagement with physical activity; evaluation; analysis; and recording; as detailed in **Section 5.**
- Links to the relevant theoretical concepts
- Concluding statements relevant to the selected physical activity and the relevant core concepts, as detailed in **Section 5.**
- Consideration of the effectiveness and possible limitations of the project plan and methods of engagement.

Section E: Bibliography

Candidates present full reference information for all sources that contributed to the research and write-up of the Physical Education Project, including sources cited in the report and others encountered during the research process that contributed to the knowledge and opinions expressed in the report. The word count in this section does not count towards the overall word count.

Overall word count and images

The project report should not exceed **2,000 words** in total, otherwise you may lose marks. You may use up to **20 images** – photographs, graphs, tables, diagrams, etc., to provide evidence of your engagement in the project. These can be included in any section of your project report. Any words used to annotate images will count towards the overall word count specified.

Video evidence must comply with the details outlined in **Section 5**.

Recorded material – required to support this project report – Sample

For the Physical Education Project for Sample, and as outlined in **Section 5** of this brief, you will submit a maximum of **2 minutes** of recorded material. This recorded material must be relevant to engagement in the selected physical activity and it must be recorded in Physical Education lessons. Appropriate use of voice over and brief subtitles are permitted on the video file, where they are relevant to the relevant core concepts and add value to the project report.

Your video must be in **MP4 format** and should be no more than 1GB in size. This can be readily achieved by using standard definition (720 x 480) at 25 frames per second. Penalties may apply where the video duration or size is exceeded.

Any physical activity performances used in this project should be recorded in a Physical Education lesson, under the supervision of the Physical Education teacher. These recordings should also be retained in the school as they may be required for validation purposes.

This material must be submitted to the SEC in line with the instructions provided in this brief.

7. Mark Allocation

The Physical Education Project carries a total of 300 marks. When your work is marked, assessment criteria will be applied, and marks will be allocated as outlined below:

Criteria		Marks
Section A and Section B	• Introduction and review of theoretical concepts • Project plan and method for engagement	70 marks
Section C	Engagement with physical activities, evaluating, analysing and recording	140 marks
Section D	Project findings and conclusions	70 marks
Section E	Bibliography	
***Overall coherence and communication**	This will take into account factors such as: • Engagement with relevant core concepts and stimulus material • Relevance to physical activities • Development of points • Coherence and expression of ideas • Relevant referencing	20 marks
	Total marks	**300 Marks**

**Overall coherence and communication is not a distinct section of the project report.*

Acknowledgements

- https://www.google.com/url?sa=t&source=web&rct=j&url=https%3A%2F%2Fstock.adobe.com%2Fsearch%3Fk%3Dsports&ved=0CBYQjRxqGAoTCKiSy5HGypUDFQAAAAAdAAAAABCFAQ&opi=89978449.