

Physical Education



Physical Education (PE) is a subject where you can take part in and learn about physical activities. You learn about how important keeping fit is for the health of your body and mind. In some activities you work on your own and in others you work with your classmates as part of a team.

What will I learn in PE?

Some of the things you will learn include:

- how to take part in many activities, from reading maps in orienteering to doing gymnastics with a partner
- how to be part of a team, but also fun activities which you can do on your own
- why physical activity is good for you.

How can I learn more about Physical Education outside of school?

Some of things you may do are:

- practise the activities you learned in class with a friend
- join a club or a team, in school or locally
- find out about the activities you take part in by reading books, newspapers and magazines, as well as looking them up on the Internet.

At home you can get your family to help by:

- showing and telling them about what you did in class
- going to sporting activities and events that are happening in the community.

How will I learn Physical Education in school?

Some of the activities you may do with your teacher and classmates are:

- adventure activities
- aquatics (swimming)
- athletics
- dance and gymnastics
- games.

In these, you may be asked to:

- work on your own, in pairs or in larger groups
- show your classmates, or sometimes show on video, what you can do well
- complete handouts, question sheets and record sheets.

Some things that will help you learn in class are:

- be willing to take part in every class and activity
- have proper clothing and footwear
- ask questions or ask for help
- keep a neat file of your notes and handouts.



How will I know how I am getting on?

Your teacher will let you know:

- what you did well
- where you need to improve
- what you can do to improve.

Other things you may do are:

- think back about the things you did in Physical Education class
- talk to your teacher if you are finding anything difficult
- ask a friend to help you develop your skills.



What is the Physical Education Junior Certificate exam like?

There is no Junior Certificate exam in Physical Education. However, your teacher may ask you to keep a portfolio, which is a personal file, that could contain:

- written accounts and drawings of activities which you did in class
- records and reports from your teacher
- photos of yourself in Physical Education class or in other physical activities outside of school.

Is learning Physical Education anything like what I did in primary school?

You have been taking part in Physical Education in primary school which has provided you with learning opportunities in athletics, dance, gymnastics, games, outdoor and adventure activities, and aquatics. In junior cycle, many of the games and activities will be the same. You will get the opportunity to further improve your skills and realise how important physical activity is for you.

Will Physical Education have anything to do with other subjects I will be studying?

Yes, it will. Your map-reading skills from Geography may help you read maps in adventure activities. Learning about what happens to your body in Science will help you when you exercise. Learning about nutrition in Home Economics will help you make wise food choices. You might use your ICT skills when using computers and video cameras to look at your work and possibly to complete a portfolio.

Will Physical Education be very different after the Junior Certificate?

At the moment, there is no subject called Physical Education after the Junior Cert. However, a Leaving Certificate subject called Physical Education is likely to be introduced in the future.

You will continue to do physical activities in different ways but you may want to focus on one or two key areas in which you have a special interest.



How will Physical Education be useful to me?

You may wish to study sport, physical education, or leisure and recreation in third-level courses when you leave school.

By taking part in Physical Education, you will:

- learn activities that you can enjoy outside of class and when you are older
- learn about physical activities which will help you have a healthy lifestyle.

This fact sheet and other fact sheets are available to download from www.ncca.ie

NCCA  National Council for Curriculum and Assessment
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For more information about the Physical Education course
www.curriculumonline.ie

For more information about physical education

www.scoilnet.ie

www.fit4life.ie

www.healthpromotingschools.co.uk