

The Performance Assessment in LCPE



The Performance Assessment (PA) addresses Strand 1 of the Specification focusing on the inter-relationship between performance and the range of factors that shape that performance.

WHAT?

- The PA is worth 30% and is assessed at common level
- The PA must be completed in one of the 3 chosen activity areas from page 12 of the Specification
- The physical activity a student submits for assessment for the PA must be from a different physical activity area on page 12 than the physical activity submitted for the PAP. There must also be a clear delineation between these two physical activities.
- Measures performance of all the skills & techniques for the chosen activity as outlined on pages 33-45 of the Specification

WHEN?

- The PA is captured in PE class, under the supervision of the PE teacher, between January and March of 6th year



HOW?

- One video file capturing a student's best performance
- The video must be submitted in MP4 file format, a maximum of 2 GB in size and may be up to 8 minutes duration in total. This is a limit, not a target
- The video should capture the skills and techniques for the selected physical activity as outlined in pages 33-45 of the Specification
- Information on the video in relation to tactics, strategies, composition and training considerations (as appropriate)

Students may include up to five frames of text to include the following information:

1. Candidate examination number
2. The physical activity area and physical activity selected
3. How the student will be identified in the video (For example - Bib colour & number)
4. Information on the video in relation to tactics, strategy, composition and training considerations (as appropriate)

ASSESS?

- Overall performance
- Skills and techniques
- Tactics, Strategies, Composition and Training considerations (as applicable)
- Knowledge and application of relevant rules, regulations and codes of practice
- Adherence to safe practice

ATHLETICS

If selecting Athletics, students' must choose **one** discipline from within the Running, Throwing or Jumping category. The video measures performance and must also include the exact time and distance run or distance thrown/jumped or weight of discus, shot-put, javelin or hammer thrown. See page 39 of the Specification.



PERSONAL EXERCISE AND FITNESS

If selecting Personal Exercise and Fitness, students' videos must include one method of aerobic training **and** one other conditioning and resistance activity. For example, fartlek training and core stability. See pages 44-45 of the Specification.

ADVENTURE ACTIVITIES

If selecting Adventure Activities, students' may choose one of the following activities: Orienteering, Canoeing/Kayaking, Rock-climbing, Sailing, Rowing/Sculling with the skills and technique requirements for each activity detailed on pages 34 and 35 of the Specification.



AQUATICS

If selecting Aquatics, students' may choose one of the following activities: Lifesaving, Survival swimming, Two swimming strokes, Water-polo, Synchronised swimming with the skills and technique requirements for each activity detailed on page 36 of the Specification.



GAMES

If selecting Games, students' may choose one game from the options available on pages 40-43 of the Specification and must perform each of the skills and techniques listed in their video.

ARTISTIC & AESTHETIC MOVEMENT

If selecting Artistic and Aesthetic Activities, students' videos must include their best performance in **two** of the following performance contexts, - **individual/pair/group**. The video should include the skills and techniques detailed for their activity from pages 37 or 38 of the Specification.

Note: Given that a video may not be longer than 8 minutes in duration, depending on the physical activity, it may not be possible to include a full performance in the video. In such instances students are permitted to select and combine what they determine to be the most appropriate sections from a single performance, that demonstrate their best performance.