

Physical Activity Project (PAP)

CHOOSING AN ACTIVITY - A PAP can be completed on:

An activity/sport that has an **NGB** and is defined as a **competitive sport** as outlined by the Irish Sports Council Act, 1999

OR

Any activity/sport on page 12 of the LCPE Specification

STEPS TO COMPILING A PAP

1. Collect a wide range of data in the chosen activity allowing for an in-depth performance analysis based on sound theoretical principles. Discuss what the data tells the student about their performance.

2. Formulate four distinct performance goals based on the performance analysis and provide a rationale for each of these choices.

3. Design and implement a training/practice programme which addresses each of the goals identified based on sound theoretical principles and provide ongoing reflection on the process.

4. Undertake a concluding analysis to provide a summary of results (repeating performance analysis where necessary) to reflect upon the effectiveness of the programme and to suggest steps for future improvement.

RECORDING A PAP

Coursework Booklet - must not exceed 1600 words and a total of 16 images is permitted. Images can be: tables, graphs, charts, diagrams and/or photographs. Images should not be used as a means to include additional text.

Three videos that together can not exceed 4 minutes and not exceeding 1Gb (1000Mb) in size. Annotate videos clearly, using voiceovers and/or subtitles. Students are not allowed to include slides of text, images or audio reflections as part of their videos.

KEY INFORMATION

- The PAP addresses Strand 1 of Specification only
- The PAP must be completed on the physical activity/sport in its entirety and not on a specific exercise or skill.
- The 10 week PAP window runs between October and December of 6th year