

Leaving Certificate Physical Education

'Leaving Certificate Physical Education (PE) develops the students' capacity to participate in physical education and physical activity in a confident and informed way... The specification is designed to appeal to students who have an interest in and a commitment to participation and performance in physical activity. Active participation in physical activity is central to learning in Leaving Certificate Physical Education.' (Department of Education, curriculum specification for Leaving Cert PE)

Further information:

Students should have a passion for physical activity (in general) and an interest in science/physiology. For the performance assessment, the criteria established by the SEC is quite comprehensive. A high level of physical literacy is recommended (i.e. a competence in fundamental skills; ability to learn and transfer both open and closed skills; a reasonable level of both skill and health related fitness). It is important that students are competent in two different sporting strands (i.e. two physical activities of 'high' to 'very high' standard in terms of playing/execution/participation; and a firm theoretical understanding of at least one of those).

We anticipate that PE will be a very popular subject choice and as a result of limited places not everyone who applies will be offered a place. As a result we require you to please outline why you wish to study PE for your Leaving Certificate, include what sports/ dancing/ physical activity that you are actively involved in: