



To the PE Department,

As you may have seen, over recent years more and more schools are looking at developing a different, exciting curriculum for their students to study and make progress in. One such course is to teach the theory of Physical Education in transition year and fifth year so that students can start to see the link between theory and practical aspects of Physical Education.

As part of this development we would like to invite you and your school to the first annual Theory of Physical Education Exhibition at Trinity Comprehensive School in Ballymun, Dublin, where students will be demonstrating their knowledge and understanding of one of the **following concepts**:

- 1) Select three fitness tests and test two different groups (e.g. male/female rugby/soccer athlete/non-athlete) and discuss the results
- 2) Design a questionnaire to find out the cultural reasons/influences why different pupils in your school choose different physical activities (e.g. money , tradition , family , body image etc)
- 3) Before a person undertakes a fitness programme, they should be questioned and tested. Design 2 fitness tests and questionnaires for two different age groups.
- 4) Design a balanced diet for three different athletes and explain the differences.
- 5) Make a video explaining the different skill related fitness components and compare how they are relevant to two different sports
- 6) Outline the different health-related fitness components and decide which ones are more important in two different sports
- 7) Design a new game or adapt an existing game with its own set of rules and focus on how it improves 2 or more aspects of skill related components of fitness

#### Key Points

- **Date:** Thursday 30<sup>th</sup> April 2015
- **Venue:** Trinity Comprehensive School, Ballymun, Dublin
- **Entry fee** - €50 per school & **deadline for notification of entry is Friday the 17<sup>th</sup> of April**
- **Maximum** number of **students** per school: **25**
- Each student must be participating in the exhibition
- Exhibitors can be either **individual** or small **groups**
- Each school can enter **more than one** exhibition

*Invited judges will select the best exhibition that will win the €250 as well prizes for innovation and presentation skills and best use of I.C.T. and Cross-Curricular.*

#### The format for the day is as follows:

- 9.00am to 10.00am Set up exhibitions\*
- 10.00am to 12.00pm Presentation of exhibitions
- 12.00pm to 12.30pm Lunch (students to provide their own)
- 12.30pm to 2.00pm Sporting activities (students must bring appropriate school PE kit)
- 2.00pm to 2.30pm Presentation of prizes

*\*Each exhibition will be given one table, two chairs and a 2mx1m wall space.*

If you would like to enter the exhibition, please contact **Paddy O'Reilly** on **(086) 1743836** or **peexpo1@gmail.com** to reserve a spot. We look forward to hearing from you soon.

Kind regards,

Paddy O'Reilly, Gerry McDonnell & Chris Steele