

Dear Principal,

As you will know over the past year there have been significant changes to the Physical Education curriculum with many schools looking at new and exciting ways to teach PE to the students and for students to make progress in this area.

Schools have started to teach the theory of Physical Education as part of their curriculum in fourth and fifth year. Students have responded so well to the idea that they are being credited for their understanding of physical education.

We are keen on giving schools an insight into the course and as part of this we would like to invite you to the first annual Theory of Physical Education Exhibition at Trinity Comprehensive School in Ballymun, Dublin on Thursday the 30th of April.

The exhibition is a competition where schools can exhibit their knowledge and understanding of a particular aspect of the theory of Physical Education. This year's topics are:

- Select three fitness tests and test two different groups (e.g. male/female rugby/soccer athlete/non-athlete) and discuss the results
- 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)
- Before a person undertakes a fitness programme, they should be questioned and tested. Design 2 fitness tests and questionnaires for two different age groups.
- Design a balanced diet for three different athletes and explain the differences.
- Make a video explaining the different skill related fitness components and compare how they are relevant to two different sports
- Outline the different health-related fitness components and decide which ones are more important in two different sports
- 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

Applications must be made via entry forms on The Herald, Schools Sport Section where they will be available on the following dates...19th & 26th of February and the 5th of March (all Thursdays)

The deadline for application is Friday the 17th of April

The winning exhibition as chosen by invited judges within the Physical Education field will receive €250 to go towards developing the schools Physical Education curriculum and there will be prizes for innovation and presentation skills, best use of I.C.T. and Cross-Curricular.

For any enquiries please contact Paddy O'Reilly on 086 1743836 or peexpo1@gmail.com

We look forward to seeing you in April.

Kind regards,

Paddy O'Reilly, Gerry McDonnell & Chris Steele