

# LCPE

## Physical Activity Project (PAP)

### *A Teacher's Perspective*

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# Presentation Outline



- PAP - A brief overview
  - Section breakdown
    - Tips based on my mistakes
      - The new set up
        - Key points to remember
        - Questions

# Presentation Outline



## Post it task

- Write the main thing you hope to get from this presentation
- Write up some issue or area which causes you severe difficulty
  - Post it to relevant poster
    - We will review at the end

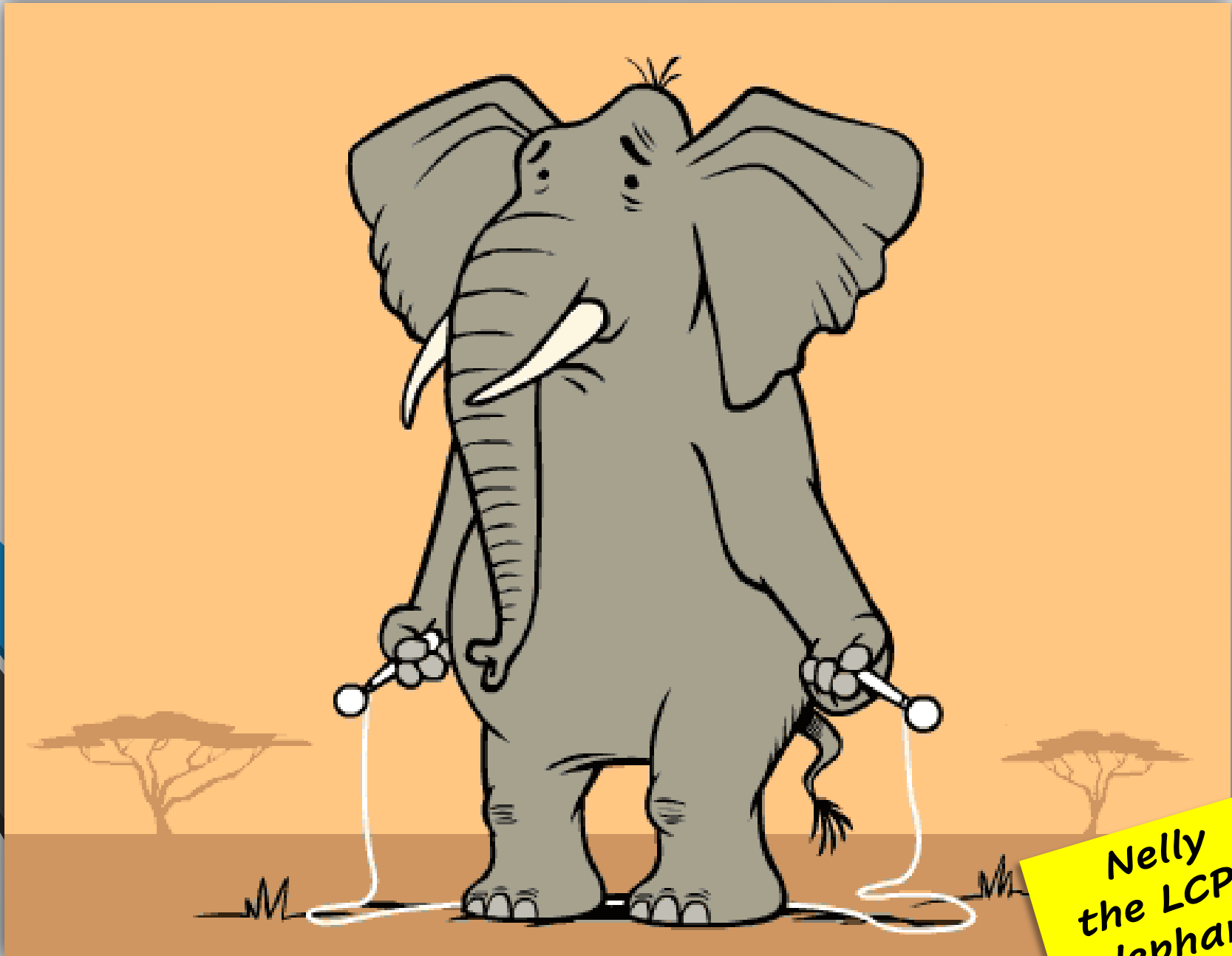
# PAP – A Brief Overview



Work required:

➤ Portfolio to complete

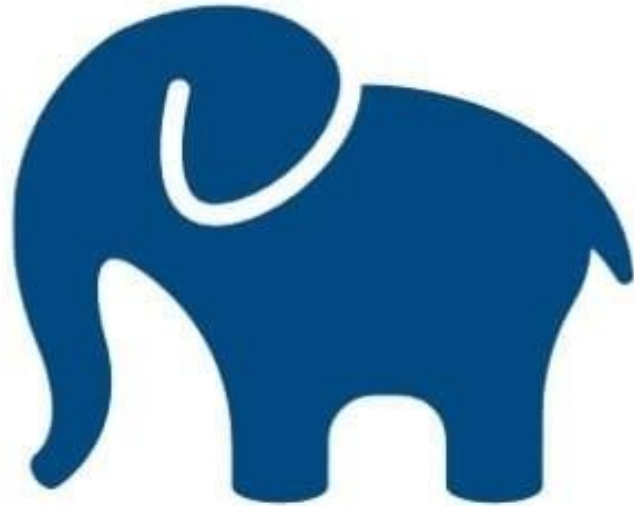
- Paperwork
- Picture & video evidence
- Video submission
- References/Sources/Bibliography



**Nelly  
the LCPE  
elephant**

# Eat the elephant: **break down large tasks** into small chunks

The Complete PAP Project



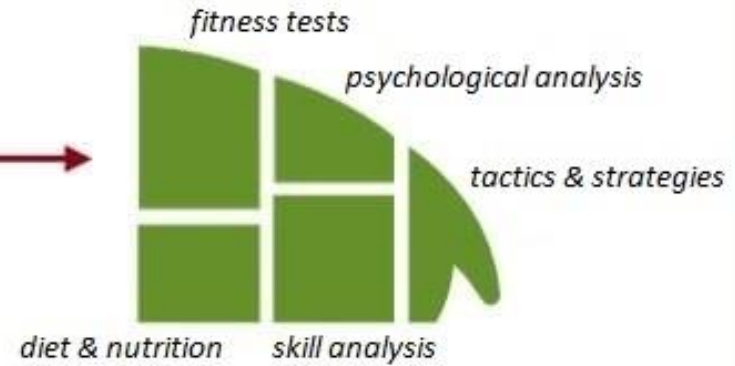
Break it down into sections

*What has to happen?*



Break down each section into manageable subsections or topics to complete

*and so on...*



Complete each smaller element at a time

I need to finish my PAP before Christmas



The PAP has three sections



Each section has smaller elements



# Section Breakdown



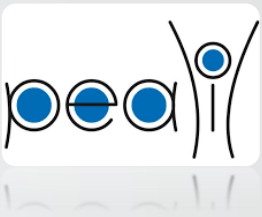
## Section A – Performance Analysis

*was 22 marks  
approx. 400 words*

- Start broad and through the process narrow the focus
  - Decide what to analyse & state why
  - Undertake the analysis
  - Provide a summary of your collected data
  - Analyse the performance
    - Always reference how it affects your performance
    - Identify possible areas to address

*now 25 marks  
approx. 700 words*

# Section Breakdown



## Section B – Performance Goals

*was 42 marks  
approx. 800 words*

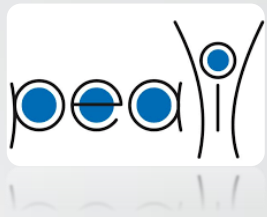
- Goals & Rationale
  - SMART goal or equivalent
- Training/Practice Programme
  - Included now in a table as 1 of pictures

*now 40 marks  
approx. 400 words*

- Evidence of Implementation
- Ongoing Reflection (gone but....)



# Section Breakdown



## Section C – Concluding Analysis

*was 20 marks  
approx. 400 words*

- Repeat Analysis
  - Everything from Section A
  - Look for unintended consequences also

### • Final Reflection

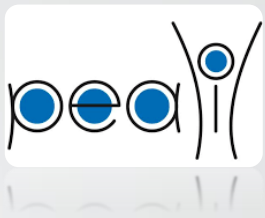
*now 25 marks  
approx. 500 words*

- Be critical
- Look for positives & negatives and reasons why

### • Next Steps

- How your experience may form future activities

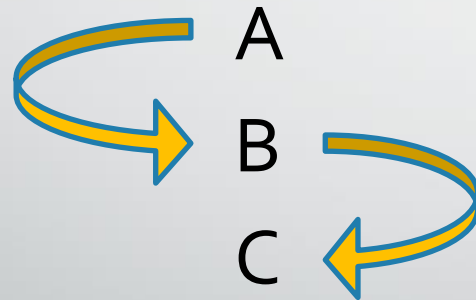
# Section Breakdown



## Coherence

*was 16 marks*

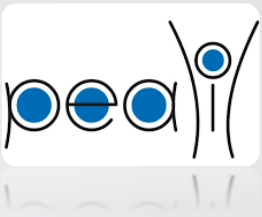
- Coherence



- Overall Coherence & References

*now 10 marks*

# Tips Based on my Mistakes



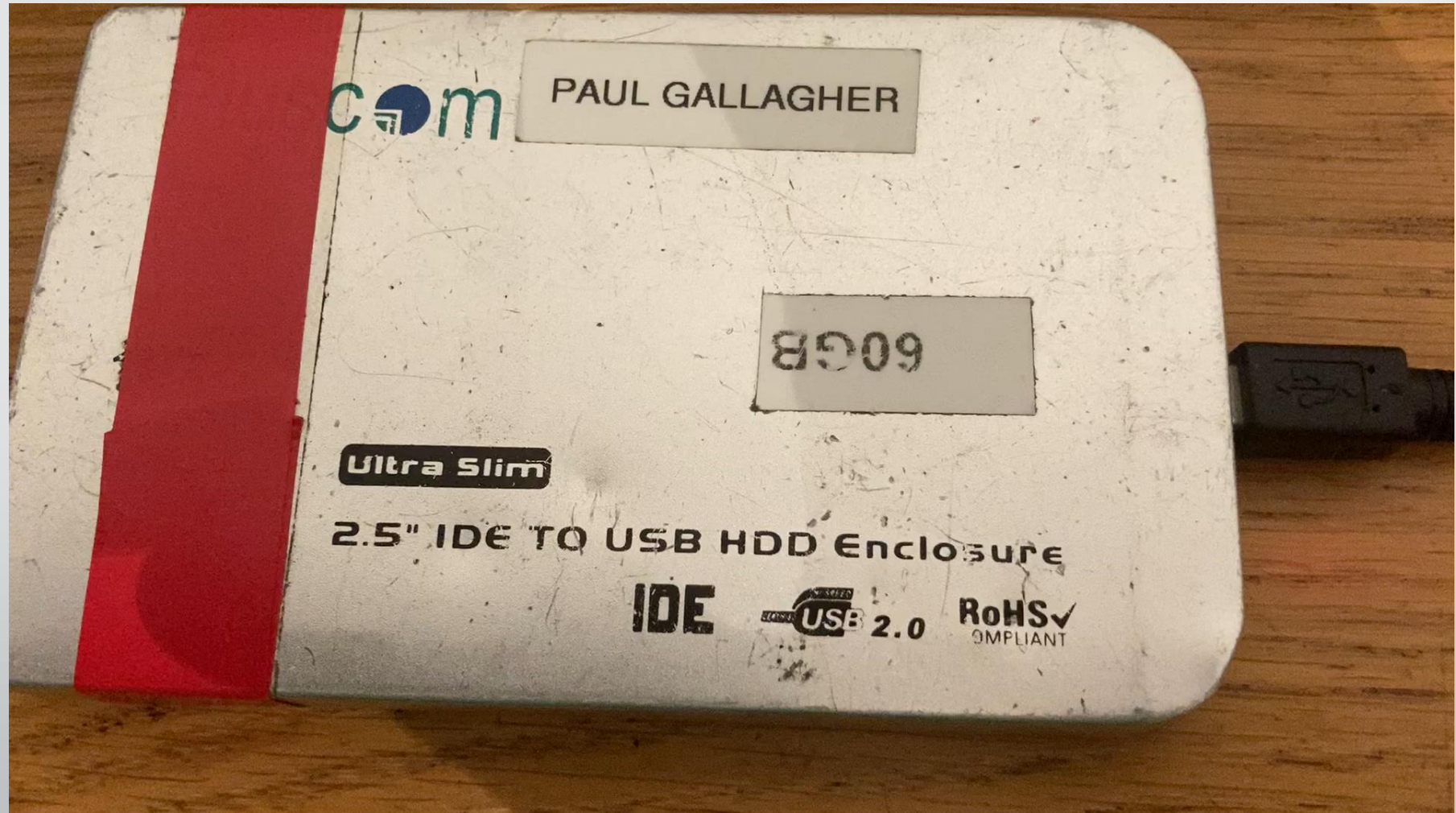
- Small manageable steps
  - Keep a record of what they've done and where they're at
- Have each student track where they got the info. from
  - They will forget otherwise
- When testing, have everyone complete all tests
  - Simply easier to administer
- Different students will have different strengths
  - Provide the right level of support and guidance based on individual needs
- Be merciless ..... then be sound
  - Keep moving forward

# Saving Work & Backing Up



- Using tablets assign time to upload work
  - create a shared folder to upload evidence
  - make sub folder and have them rename activities as homework for ease of retrieval
  - research different apps

# Saving Work & Backing Up



# Support Technology



- ~~Coaches Eye~~
- Slo Pro
- On Form\*
- Coach Now\*
- Slo Mo
- iMovie
- Adobe Spark
- Video Show
- Kineova
- PerformaSport

# Key Points to Remember



- PAP worth 20% of overall coursework
- Remember its all about the process
  - It must be student led
    - Reflection is key throughout
    - Absolutely no room for waffle
      - Its hard to maintain a lie!





## PAP Section A Example

- Provide a **summary** of the performance analysis undertaken and the data collected.
- **Analyse** the performance – what the data tells you about your/peer's performance based on sound theoretical principles.

### Research

As part of the process of performance analysis I researched the different element in which I could analyse my performance. Initially I looked at the different the different components of both performance and health related fitness (1,2,3). I ranked which components of fitness were most important to my sport and in particular my playing position, giving reasons for my selections (Fig.1A). I then researched different tests (4,5,6) for my top ranked components before selecting the most suitable ones, justifying my selections (Fig.1B). I completed these tests (see video), recorded the results and compared them against test norms for my age (7,8).

I then looked into my actual performances in matches. When researching this I explored the different way and methods of monitoring these (9). I identified the different key performance indicators (KPI's) used in Gaelic football (10). I looked into using various methods to record and assess this with the expectation that anything identified by numerous sources would need attention. I was able to get my personal performance stats from my previous 4 games which allowed me identify any patterns in my play (see video).

In addition to this I completed a personal reflection document after each game (fig.2A) again hoping to identify any trends. I also completed a personal player profile document (fig.2B) ranking the key aspects of

### References

1. Physical Education for CCEA GCSE book
2. Edexcel AS PE book
3. Peak Performance LCPE book
4. <https://www.topendsports.com/testing/>
5. Advanced Fitness Assessment and Exercise Prescription book
6. Physical Education and the Study of Sport book
7. Advanced Fitness Assessment and Exercise Prescription book
8. Bridging the Gap, Transition Year Physical Education
9. <https://www.sportperformanceanalysis.com/article/what-is->
10. Performance indicators in club level Gaelic football - International Sport
11. Sport & PE, A Complete Guide to GCSE
12. Peak Performance LCPE book
13. <https://www.topendsports.com/psychology/index.htm>
14. Foundations of Sport & Exercise Psychology
15. Advanced PE for OCR AS
16. <https://exrx.net/Testing/YouthNorms>
17. Advanced Fitness Assessment and Exercise Prescription book
18. Bridging the Gap, Transition Year Physical Education



## PAP Section A Example

- Provide a **summary** of the performance analysis undertaken and the data collected.
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### Research

I conducted a needs analysis for my sport. In this I identified the key demands associated with my position and all the different elements which I would need to analyse (Fig.A1). I also completed a performance profile wheel in which I rank myself in all the different elements selected (Fig.A2) (1,2,3).

### Analysis

#### Components of Fitness (PRF & HRF) testing

- I researched the most prevalent test for each component linked to my sport (4,5,6)
- I conducted a battery of fitness test, electing to test every component (see video)
- I ranked each result against test norms for my age or sport(7,8).

#### Identifying the Stage of Learning

- I selected the most important skills of the game specific to my position (9).
- I determined my 'stage of learning' for each of these skills (10,11).

#### Analysis of Skill and Technique

- I completed a skills test (fig.A3) which measured my ability to execute skills of the game using both the left and right side of the body in a timed pressurised situation (see video)
- I collected my personal performance stats from my previous 4 games (12).

#### Comparing the Performance to that of a Model Performer

- I also compared myself to an elite performer from a technique perspective (see video)

#### Analysis of Tactics and Strategies

- I completed a personal reflection document after each game, hoping to identify any trends or patterns in my play (12).









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# Presentation Overview - Recap

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Questions ??