



LC HL PE

FOUNDATION PROGRAM

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1 Overview of 8-week LC HL PE Program

LC HL PE - Foundation Program

Are you having difficulty with LC PE? Are you unsure of what you should be learning, or what to do with your projects? This program is structured to guide you through the course content over eight key weeks. The goal is to learn the theory and immediately see how to apply it to your Performance Assessment (PA) and, most importantly, your Physical Activity Project (PAP).

Essential Resources for Your Physical Activity Project (PAP)

To excel in your PAP, use these high-quality, practical resources alongside your textbook and class notes:

- **Official Guidelines:** Always refer back to the official *Guidelines for the Physical Activity Project (PAP)* from the SEC/NCCA. This is your rulebook.
- **How to Ace the PAP:** An excellent sample document walking through the entire process.
- **StudyClix PAP Guide:** A fantastic guide created by a PE teacher, full of tips for achieving a H1.
- **Your PE Teacher:** Your most valuable resource! They will provide guidance, ensure your project meets SEC requirements, and supervise your work.
- **National Governing Body (NGB) Websites:** (e.g., Athletics Ireland, GAA, Basketball Ireland) for model techniques, coaching resources, and rules. Use these to define your ‘model performer’.

Remember: Your PAP is your chance to **apply** your knowledge. As you learn each topic in class, constantly ask yourself: “How can I use this to analyse my performance or improve my training programme?” Start thinking about your activity and role early. Good luck!

2 Sample Study Plan

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Review Key Terms & LO's. Watch video (30 mins)	Ex. Work sheet (30 mins)	Rest, Reflect, Correct Work sheet. (20 mins)	Work on PAP (60 mins)	Online Lesson (45 mins)	Past Exam Q Assessment (30 mins)	Self-Correct & Prep Day (30 mins)

3 Weekly Study Resources

1. **Key Terms:** Key vocabulary, definitions and formulae required for the worksheets (i.e., a cheat sheet/quick guide to this topic).
2. **Learning Objectives & Indicative Content (aligned LC HL Maths curriculum & specification):** Clear, quantifiable, achievable **goals** for the coming week.
3. **Exercise Worksheet:** Your main learning tool. It contains clear notes, worked examples, and key questions to solidify your understanding. This can be used for 1-2 study sessions in a given week (takes 45-60 minutes to complete).
4. ***Students have an online lesson after the exercise worksheet is completed***
5. **Exam Question Assessment:** A short exam-style test to check your progress and get comfortable with the format of the real thing.
6. **Self-Correction & Progress Tracking Protocol:** see below.

4 Self-Correction & Progress Tracking Protocol

(This is the **MOST IMPORTANT task of the week** – complete this on Sunday, then immediately plan the following week’s study to **guarantee consistency**).

1. **Mark your work.** Use a different colour pen.
2. **For each question, categorise your result:**
 - **Fluent:** I got it right and knew why.
 - **Lucky:** I got it right but was guessing/doubtful. I could not fully explain why this is the answer/how I got it.
 - **Error:** I got it wrong.
3. **For each Error, complete this sentence:**

“The root cause of this was: I _____.”
(e.g., “I confused the formula for displacement with distance,” or “I forgot to convert units.”)
4. **For each Lucky answer, mark with a highlighter for later revision tests.**
5. **Action Plan:** Based on your analysis, what is **one specific thing** you will do before next week’s lesson? (e.g., “Create a flashcards for function properties,” “Redo the error-analysis exercise,” “Watch a video on integration steps”).
6. **Confidence Rating:** On a scale of 1-5, how confident do you now feel with this week’s core concepts? (1 = Not at all, 5 = Rock Solid). Go through every Learning Objective and rank them. Continue this at the end of every week.

5 Why This System Works

- **Smarter Learning, Not More Learning:** My materials are designed using proven learning science to help you understand and retain information more effectively.
- **Build Confidence Through Mastery:** Start with the absolute essentials, ensuring you have a rock-solid foundation before moving on. No gaps, no confusion. Ask as many questions as you can.
- **You Learn How to Learn:** This program will teach you how to review your work, spot your own mistakes, and identify what you need to focus on. This is a skill that helps you in every walk of life.
- **Focus on Weaknesses:** By directing most of your time to analysing mistakes and revising difficult topics, you are forcing your brain to grow rapidly.

6 Weekly Learning Objectives

Week	Learning Objectives	Application to Your PAP
1: Intro to LCPE	- Understand the structure of the LCPE course and its assessments (PAP, PA, Exam). - Define the key principles of training (SPORR).	- Brainstorm activities and roles (performer/coach) for your PAP. - Start considering how SPORR will be the foundation of your training programme.
2: Skill Acquisition	- Classify skills (open/closed, gross/fine). - Identify the stages of learning (cognitive, associative, autonomous). - Evaluate types of feedback (intrinsic/extrinsic, KOR/KOP).	- Analyse your chosen activity: what types of skills are involved? - Determine your current stage of learning for your key skills. - Plan what feedback you will use to improve. This is key for your reflections.
3: Psychology of Sport	- Differentiate between motivation types (intrinsic/extrinsic). - Understand arousal and anxiety and their effects (Inverted-U Theory).	- Set goals that will keep you motivated. - Identify if anxiety is a performance barrier. A perfect topic for a performance goal!
4: Principles of Training	- Apply the FITT principles to programme design. - Deepen understanding of SPORR principles.	- This is core! Use FITT and SPORR to design your 8-week training programme. - Justify your programme design in your PAP using these principles.
5: Biomechanics	- Identify 1st, 2nd, and 3rd class levers in the body. - Apply Newton's Laws of Motion to sporting techniques.	- Improve technique by understanding leverage. - Use this knowledge for a sophisticated performance analysis of a specific skill.

6: Musculoskeletal System	- Identify major bones, muscles, and joint types. - Analyse movement (agonists/antagonists) for key skills.	- Understand which parts of your body are involved in your activity. - Precisely describe the movements you are analysing and training for.
7: Cardiorespiratory System	- Trace the pathway of air and blood. - Differentiate between aerobic and anaerobic exercise.	- Understand how your body fuels performance. - Correctly identify the energy demands of your activity to train effectively.
8: Energy Systems	- Explain the three energy systems (ATP-PC, Lactic Acid, Aerobic). - Know which systems are used for different intensities and durations.	- Crucial for planning! Design your training drills to target the specific energy systems your activity uses most. - This allows for highly specific and justified goal setting.

Key Concepts for Your PAP

- **Stages of Learning:** Identify which stage you/your performer are at (Cognitive, Associative, Autonomous). Your training programme must be appropriate to this stage.
- **Types of Guidance:** Which type (Visual, Verbal, Manual, Mechanical) is most effective for you/your performer? Use this in your practice evidence.
- **Types of Practice:** Choose the right method (Massed vs Distributed, Whole vs Part) for the skill and the learner. Justify this choice in your programme design.
- **Feedback:** This is crucial for your 'ongoing reflection'. Analyse the use of feedback (Knowledge of Results vs Knowledge of Performance). How did you use feedback to improve?

PAP Application Tips

When writing your **Performance Analysis**, use a theoretical lens. For example:

"My performance analysis shows I am in the *associative* stage for my lay-up technique. I rely heavily on *verbal feedback* from my coach to correct errors, and I use *part practice* to break down the shot."

This directly links theory to your performance, forming a strong basis for your goals.

A psychological goal is often one of the four excellent choices. For your **Identification of Performance Goals**, you could state:

"Goal 3: Psychological. To reduce cognitive anxiety before games by developing and consistently using a pre-performance routine, measured by a checklist and a subjective rating of anxiety out of 10."

Your **Concluding Analysis** should then evaluate how effective this routine was.