

Leaving Cert P.E. November 2024 Revision List

Link to Revision	Topic	OneNote	Learning Intention	Green	Orange	Red
	<u>Introduction</u>					
		Introduction L1 - Musculoskeletal System	Outline the musculoskeletal features			
		Introduction L1 - Musculoskeletal System	Outline and describe the functions of the skeleton			
		Introduction L1 - Musculoskeletal System	Define a joint, ligaments, cartilage and tendons			
		Introduction L1 - Musculoskeletal System	Describe the types and location of joints in the body (Immoveable, slightly moveable and synovial)			
		Introduction L1 - Musculoskeletal System	Describe the types and location of muscles in the body (Skeletal, Smooth, Cardiac)			
		Introduction L1 - Musculoskeletal System	Describe Antagonistic and and Agonist Muscles			
		Introduction L1 - Musculoskeletal System	Describe types of muscle contractions (Isometric and Isotonic - Concentric, Eccentric)			
		Introduction L2 - Movement	Define movement			
		Introduction L2 - Movement	Define the types of movement and provide examples (Abduction, Adduction, Circumduction, Rotation, Flexion, Extention, Dorsiflexion and Plantarflexion)			

		Introduction L3 - Safe Practice and RAMP Warm up	Outline the benefits of warming up			
		Introduction L3 - Safe Practice and RAMP Warm up	Outline the difference between static and dynamic stretching			
		Introduction L3 - Safe Practice and RAMP Warm up	Describe the RAMP warm up protocol			
		Introduction L3 - Safe Practice and RAMP Warm up	Suggest Warm up practicies to prevent injury and prepare athletes for participation and performance. (RAMP protocol)			
		Introduction L3 - Safe Practice and RAMP Warm up	Outline the benefits of an effective cool down			
		Introduction L3 - Safe Practice and RAMP Warm up	Discuss the importance of safety			
	<u>Components of Fitness</u>					
		Components of Fitness L1-3 - HRF	Define health, fitness and wellbeing			
		Components of Fitness L1-3 - HRF	Discuss the difference between health, fitness and wellbeing			
		Components of Fitness L1-3 - HRF	Define the health related components of fitness (5 - Cardiorespiratory Endurance, Muscular Endurance, Muscular			

			Strength, Flexibility, Body Composition)			
		Components of Fitness L1-3 - HRF	Define fitness testing and fitness test battery			
		Components of Fitness L1-3 - HRF	Outline why fitness testing is used and is beneficial			
		Components of Fitness L1-3 - HRF	Outline the factors affecting fitness assessment			
		Components of Fitness L1-3 - HRF	Outline the sequence of tests			
		Components of Fitness L4-6 - Fitness Testing and PRF	Outline the different fitness tests which assess the HRF components of fitness			
		Components of Fitness L4-6 - Fitness Testing and PRF	Define the performance related components of fitness (6 - Agility, Speed, Coordination, Power, Balance and Reaction Time)			
		Components of Fitness L4-6 - Fitness Testing and PRF	Discuss the differences between HRF and PRF in physical performance			
		Components of Fitness L4-6 - Fitness Testing and PRF	Outline the different fitness tests which assess the PRF components of fitness			
		Components of Fitness L4-6 - Fitness Testing and PRF	Analyse the components of fitness needs for different sports and physical activities			
	<u>Principles of Training</u>					
		Principles of Training	Outline the principles of training			

			(SPORT - RAID)			
		Principles of Training	Define each individual principle of training (Specificity, Progressive Overload, Reversibility, Tedium, Rest and Recovery, Adaptation, Individual Needs and Diminishing Returns)			
		Principles of Training	Define and Outline the FITT principle (Frequency, Intensity, Time, Type)			
		Principles of Training	Demonstrate how the principles of training could be applied to a named physical activity			
	<u>Training Methods</u>					
		Training Methods L1 - Methods of Training	Define training methods			
		Training Methods L1 - Methods of Training	Define and outline the benefits different methods of training (Continuous, Fartlek, Interval, Circuits, Weights, Plyometrics and Flexibility)			
		Training Methods L2 - Recovery Strategies	Discuss approaches to training in the activity and outside the activity			
		Training Methods L2 - Recovery Strategies	Suggest strategies to support recovery and adaptation following competition/performance and training			
		Training Methods L3 - Periodisation	Demonstrate an understanding of periodisation in the design of programmes			

Use the Action Verbs to help you

	Verb	Students should be able to ...
Level 6	Evaluate	collect and examine evidence to make judgements and appraisals; describe how evidence supports or does not support a judgement; identify the limitations of evidence in conclusions; make judgements about the ideas, solutions or methods
Level 5	Organise	make arrangements or preparations for an event or activity
	Design	develop a detailed picture or image of, for example, a structure or a process, using words or diagrams where appropriate; produce a plan, simulation or model
Level 4	Analyse	examine something in detail, break down in order to bring out the essential elements or structure; identify parts and relationships, and to interpret information to reach conclusions
	Compare	give an account of the similarities between two (or more) items or situations, referring to both (all) of them throughout
	Examine	consider an argument or concept in a way that uncovers the assumptions and interrelationships of the issue
	Debate	provide a structured argument about a topic
Level 3	Apply	select and use information and/or knowledge and understanding to explain its application in a given situation
	Demonstrate	prove or make clear by reasoning or evidence, illustrating with examples or practical application
	Guide	influence or support the behaviour or development of an individual or group
	Implement	put a decision, plan or agreement into effect
	Investigate	observe, study or make a detailed and systematic examination to establish facts and reach new conclusions
	Present	promote or propose an idea; deliver or illustrate evidence; show something for others to examine
	Provide evidence	provide data and documentation that support inferences or conclusions
	Research	study materials and sources in order to establish facts and reach new conclusions
	Suggest	propose a solution, hypothesis or other possible answer
Use	apply knowledge or rules to put theory into practice; employ something in a targeted way	
Level 2	Describe	develop a detailed picture or image of, for example, a structure or a process, using words or diagrams where appropriate; produce a plan, simulation or model
	Discuss	offer a considered, balanced review that includes a range of arguments, factors or hypotheses. Opinions or conclusions are supported by appropriate evidence
	Explain	give a detailed account including reasons or causes
	Identify	recognise patterns, facts or details; provide an answer from a number of possibilities; recognise and state briefly a distinguishing fact or feature
Level 1	Define	give the precise meaning of a word, phrase or concept
	Outline	present a description or summary