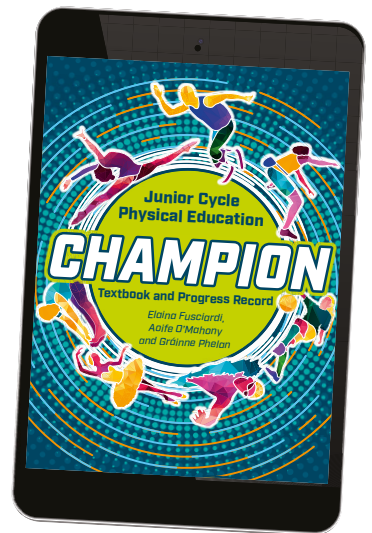
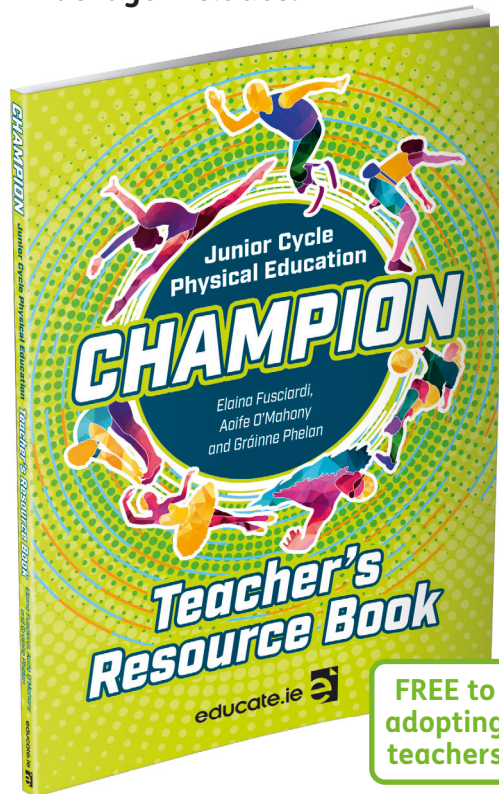
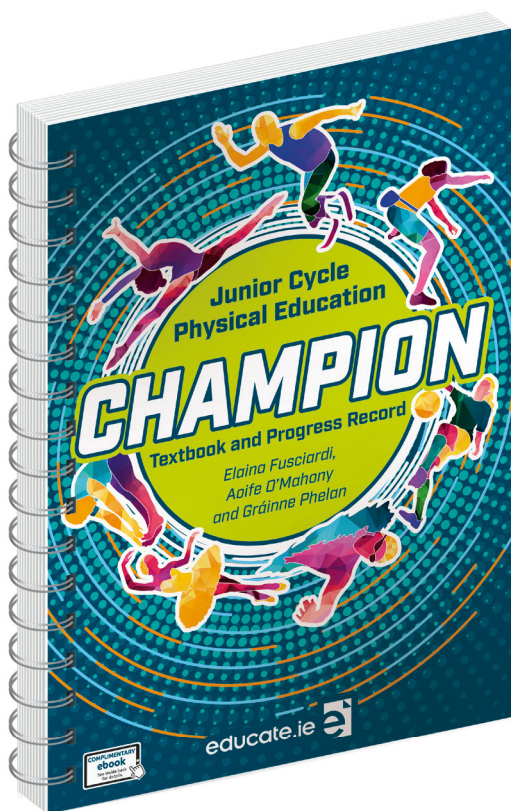


Junior Cycle Physical Education

CHAMPION

Textbook and Progress Record

A combined textbook and write-in record of learning and progress in Physical Education.
Package includes:



COMPLIMENTARY
ebook

FREE to
adopting
teachers

Designed to meet the demands of the Junior Cycle Physical Education specification, ensuring students develop into competent, confident and engaged participants in physical activity.

- Written specifically for the 135-hour Junior Cycle Physical Education specification implemented in 2023.
- Step-by-step guides and activities for key fundamental movements.
- Detailed explorations of all seven physical activity areas.
- Skill-building activities and tasks that connect theory with practice.
- Built-in peer- and self-assessment tools, and reflective tasks.
- Guidance and support for achieving success in the Classroom-Based Assessments.
- Functional spiral bind – perfect for use during active classes.

Empower students with knowledge, skills and confidence for lifelong participation in physical activity.



Contact your
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TAKE A LOOK INSIDE



Learning outcomes at the start of each chapter.

Chapters divided into subsections for ease of planning.

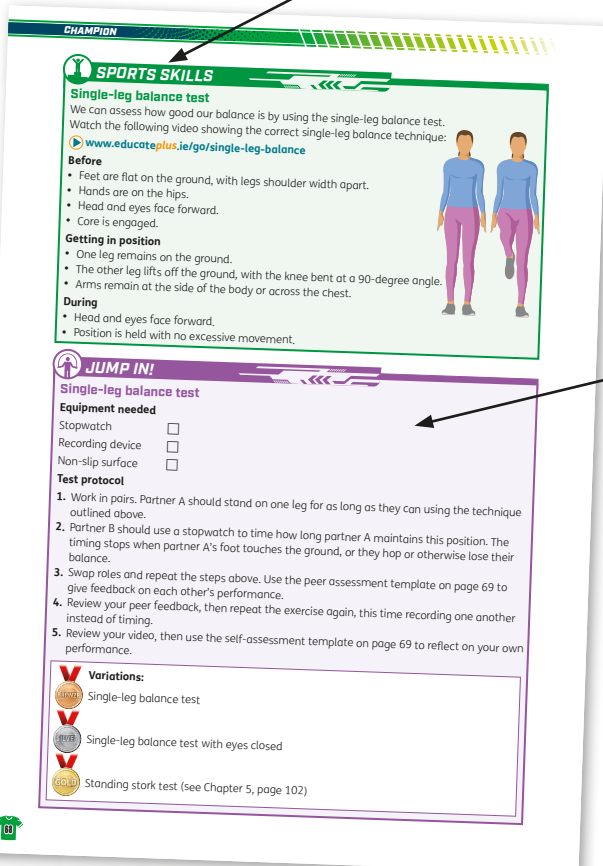
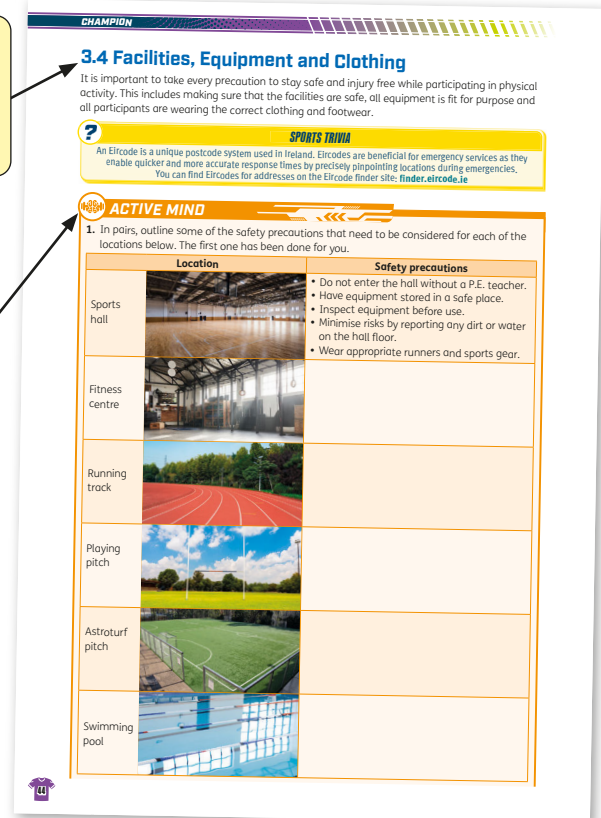
Purposeful writing tasks included as necessary to assess understanding.

Key terms and concepts listed at the start.

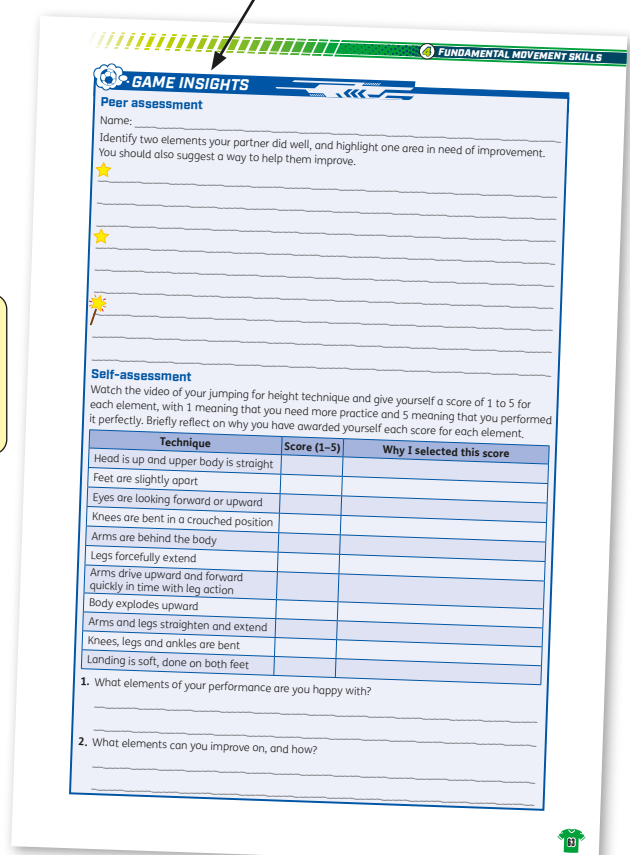
Clear, student-friendly learning intentions.

Step-by-step guides offering practical advice and guidance on fundamental movements and skills.

Numerous opportunities for peer- and self-assessment.



Focus on active tasks throughout.



Inspiring **case studies** add real-world relevance to material.

Comprehensive CBA chapter offers information, advice and templates that can be used to complete the CBAs.

Relay
A **relay** is a running event in which athletes compete as part of a team rather than individually. Each runner is responsible for completing a portion of the race (a leg) before passing a baton to the next runner. The team must successfully exchange the baton within a specific area to avoid being disqualified. Relay races test both speed and teamwork, and smooth baton exchanges are crucial to winning the race.

Some of the most common relay events include:

- **4 × 100 m relay (men's and women's):** Each runner covers 100 metres.
- **4 × 400 m relay (men's and women's):** Each runner covers 400 metres.
- **4 × 400 m relay (mixed):** Teams consist of two men and two women, who each cover 400 metres.

CASE STUDY

Irish Mixed 4 × 400 m Relay Teams

Irish mixed 4 × 400 m relay teams have shown steady progress in international athletics in recent years. At the 2024 European Athletics Championships, the Irish team (consisting of Chris O'Donnell, Rhasidat Adeleke, Thomas Barr and Shorlene Mawdsley) won gold and set a championship record time of 3:09.92.



Watch the following video showing Ireland winning this event:
www.educateplus.ie/go/Ireland-relay

COMMENTARY

1. What safety measures do you think athletes should take before and during the relay race to avoid injuries? Consider warm-up routines, footwear and safe baton handling.
2. From watching the video, how do you think the runners ensure that they don't drop the baton during the handoff?
3. What techniques do the runners use to maintain their speed while passing the baton?
4. How do you think team managers select the order of runners for this event?
5. Why is it important to have a strategic plan for placing runners in a specific order?

11 CLASSROOM-BASED ASSESSMENTS

At the end of this chapter you will be able to:

- identify the steps needed to successfully complete both Classroom-Based Assessments (CBAs)
- apply knowledge of physical activity principles to design and carry out a personal activity plan aimed at improving health and enjoyment
- perform selected physical skills and strategies in a chosen activity, showcasing competence, confidence and adherence to safety protocols
- reflect on personal progress and experiences during CBAs, identifying strengths, challenges and areas for improvement
- evaluate personal achievements and challenges in CBA activities through written or verbal reflections
- participate in discussions or review sessions to understand the assessment process.

Classroom-Based Assessments (CBAs) in P.E. are an opportunity to demonstrate your skills and understanding in a hands-on, practical way. These assessments take place during your regular P.E. classes and are evaluated by your teacher.

In P.E., you will complete two CBAs, and the results will contribute to your Junior Cycle Profile of Achievement (JCPA). These practical assessments, along with feedback from your teacher, support your growth as a confident and competent participant in physical activity.

WINNING WORDS

- Classroom-Based Assessments (CBAs)
- CBA 1: Physical activity for health and enjoyment
- Personal physical activity programme
- CBA 2: My performance

Thought-provoking **discussion questions** encourage engagement.

End-of-chapter revision sections offer opportunities to assess and reflect on learning.

FINISH LINE Sports Review

1. (a) Name three compositional elements of performance.

- (b) List two benefits of dance.

2. Name one traditional dance and the country it originates from.

3. (a) Explain the role of a spotter.

- (b) In your own words, write out some advice you would give to someone who is spotting another person doing a handstand.

4. Briefly analyse how FMS contribute to dance.

GAME INSIGHTS

1. Identify two challenges you faced when completing this chapter and describe how you overcame them.

2. What advice would you give to someone who is completing gymnastics skills for the first time?

FINAL SCORE

I can ...

- ☐ Explain the compositional elements of performance.
- ☐ Outline the benefits of dance.
- ☐ Develop a dance routine and a sequence of gymnastic movements.
- ☐ Appraise performance in dance and gymnastics.

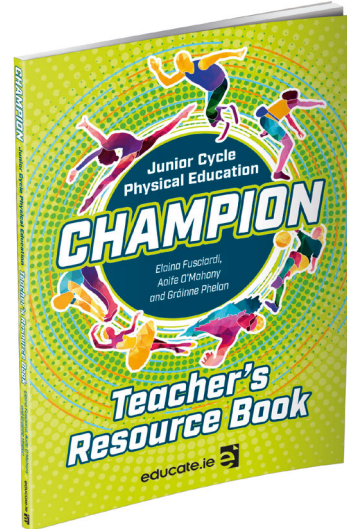


View the flipbook

TEACHER'S RESOURCE BOOK

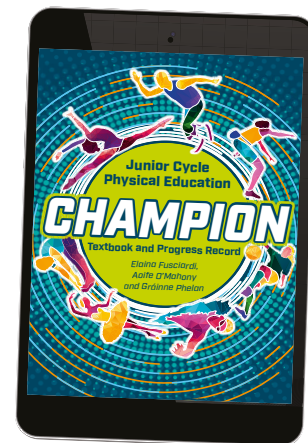
The *Champion Teacher's Resource Book* offers invaluable support for planning, delivering and assessing the course, with:

- guidance on planning
- blank planning templates
- additional worksheets and photocopiables
- information on CBAs and assessment.



DIGITAL RESOURCES

- Free ebook available with every purchase.
- Online technique videos give step-by-step guides for fundamental movements.
- Downloadable planning templates.



ABOUT THE AUTHORS

Elaina Fusciardi teaches Physical Education and LCPE in Loreto College, St Stephen's Green, Co. Dublin, where she also serves as Director of E-Learning. Elaina has experience correcting LCPE exam papers and project work for the State Examinations Commission. She holds a PME in Physical Education from UL and a BSc in Health and Leisure from MTU.

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Gráinne Phelan teaches Physical Education in Hazelwood College, Co. Limerick. Gráinne has worked as an examiner with the State Examinations Commission for the components of LCPE. She has also spent the last three years as an executive member of the PEAI. She holds a BSc in Physical Education and Gaelige, and an MSc in Adapted Physical Activity.



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