

# P.E.

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At Coláiste na Mí, Physical Education (PE) is a cornerstone of our commitment to holistic student development. Our PE curriculum is designed to foster physical literacy, promote lifelong healthy habits, and provide students with a range of enjoyable and challenging experiences.

**Junior Cycle PE** In the Junior Cycle, students engage in a broad and balanced PE curriculum. Activities range from team sports like Gaelic football, basketball, and soccer to individual pursuits such as athletics and gymnastics. The Junior Cycle also introduces students to fitness, health, and well-being. In addition, our focus on fundamental movement skills and physical activity ensures that every student can develop competence and confidence in their physical abilities.

**Senior Cycle PE** In Senior Cycle, the PE curriculum is more specialised, offering students opportunities to develop advanced skills in areas of personal interest. They engage in a mix of team-based and individual sports, with a deeper focus on leadership, team dynamics, and performance analysis. Students also engage in Classroom-Based Assessments (CBAs), where they explore topics such as the benefits of physical activity and the importance of a balanced, healthy lifestyle. These CBAs allow students to demonstrate their understanding of the broader significance of physical activity, while enhancing their communication and reflection skills. The Junior Cycle curriculum sets a solid foundation for students, building competence and confidence across a range of physical activities. Students are encouraged to take responsibility for their own fitness and physical activity, building on the knowledge and skills they gained during Junior Cycle.

**Leaving Cert PE (LCPE)** Our Leaving Certificate PE programme offers students the opportunity to study PE as a subject for examination. It is divided into two key components: a theoretical section covering topics such as physical fitness, sport psychology, skill acquisition, and the science of movement, and a practical section where students plan, implement, and evaluate their own performance in their chosen sport. This dual focus ensures that students gain a comprehensive understanding of both the theory and practice of physical education, making it an excellent choice for those interested in sports science, coaching, or fitness-related careers.

**Facilities** Our state-of-the-art new sports hall is a hub of activity, providing students with a modern space to engage in a variety of sports and fitness activities. The hall is equipped with high-quality indoor courts for basketball, volleyball, and badminton, as well as a fitness area with cardiovascular and resistance equipment. These top-class facilities ensure that our students have the best possible environment to develop their physical skills.

**Student Experiences** At Coláiste na Mí, PE is about more than just physical activity – it is about teamwork, resilience, and self-improvement. Our students have the opportunity to participate in inter-school competitions, coaching initiatives, and leadership roles. Through our comprehensive PE programme, students develop not only physical fitness but also vital life skills such as goal-setting, communication, and perseverance. Whether pursuing PE for enjoyment, personal fitness, or academic interest, students at Coláiste na Mí leave with a well-rounded experience that supports their overall growth.

