



Coimisiún na Scrúduithe Stáit
State Examinations Commission

Leaving Certificate Examination 2025
Physical Education
Ordinary Level

Friday 20 June Afternoon 2:00 - 4:30

250 marks

Examination Number

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Date of Birth

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For example, 3rd February
2005 is entered as 03 02 05

Centre Stamp

Instructions

There are **three** sections in this paper.

Section A	Short questions	80 marks
Section B	Case study	50 marks
Section C	Long questions	120 marks

Answer questions as follows:

- any **ten** of the twelve questions in Section A
- question 13 in Section B - Case Study
- any **three** of the five questions in Section C

Write your Examination Number and your Date of Birth in the boxes on the front cover.

Write your answers in the spaces provided in this booklet. There is space for extra work at the end of the booklet. You may also ask for supplementary paper. Label any such extra work clearly with the question number and part.

Write your answers in blue or black pen.

This examination booklet will be scanned and your work will be presented to an examiner on screen. Anything that you write outside of the answer areas may not be seen by the examiner.

Section A**80 marks**

Answer any **ten** questions, from questions 1, 2, 3, 4, 5, 6, 7, 8, 9, 10, 11 and 12.

Question 1

Put a tick (✓) in the True or False column for each of the following statements:

	True	False
Carbohydrates are the body's main source of energy.		
All fats are bad for your health.		
Protein is only important for building muscle.		
You should only drink water during exercise.		

Question 2

(a) Outline why a cool-down is performed after physical activity.

(b) Name **two** different activities suitable for a cool down.

1.
2.

Question 3

Physical activity plays an important role in the lives of children and young people.

Describe **two** benefits of physical activity for children.

1.
2.

Question 4

During the Paris Olympics, RTÉ Sport showed coverage of different physical activities. Identify **three** characteristics that give a physical activity media or spectator appeal.

1.
2.
3.

Question 5

Match the terms below to the correct explanation:

Anti-Doping Rule Violation

Performance-enhancing drug

Therapeutic Use Exemption

Code of ethics

Explanation	Term – please choose from above
An athlete being allowed to take a drug that is not normally allowed in their sport because they suffer from a particular medical condition.	
A substance that is used without permission specifically to improve sports performance.	
A set of rules about appropriate behaviour.	
Use or attempted use by an athlete of a prohibited substance or a prohibited method.	

Question 6

Put a tick (✓) in the correct column in each case below to indicate whether the statement describes a vector or a scalar.

	Vector	Scalar
The total distance of a marathon is 42 kilometres.		
A basketball player ran 5 metres per second towards the basket.		
A tennis player served the ball with maximum force over the net.		
A hurling match lasts 70 minutes.		

Question 7

South American soccer players are seen as passionate, skilful and flair-oriented but sometimes lack discipline. European players are tactical, team-oriented and more disciplined.

- (a) Is the statement above an example of discrimination, prejudice, stereotyping or inclusion?

--

- (b) Explain your answer.

Question 8

White water rafting is an example of 'outdoor and adventure activities'.



Figure 1

- (a) Name **one** other physical activity that is an 'outdoor and adventure activity'.

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- (b) 'Outdoor and adventure activities' is a concept of physical activity. Explain 'outdoor and adventure activities'.

- (c) Name a different concept of physical activity.

--

Question 9

(a) Explain 'sportsmanship'.

(b) Outline an example of sportsmanship in a named physical activity of your choice.

Physical activity:

Question 10

Match the skill practice method listed below to the appropriate explanation:

Distributed

Fixed

Variable

Massed

The first one has been done for you.

Explanation	Skill Practice Method - please choose from above
Practicing tackles in rugby, without a break	Massed
Run a sprint, rest, receive feedback, repeat.	
Serve in volleyball, repeatedly, environment remains the same.	
Small sided game, allowing athlete to adapt technique in a changing situation.	

Question 11

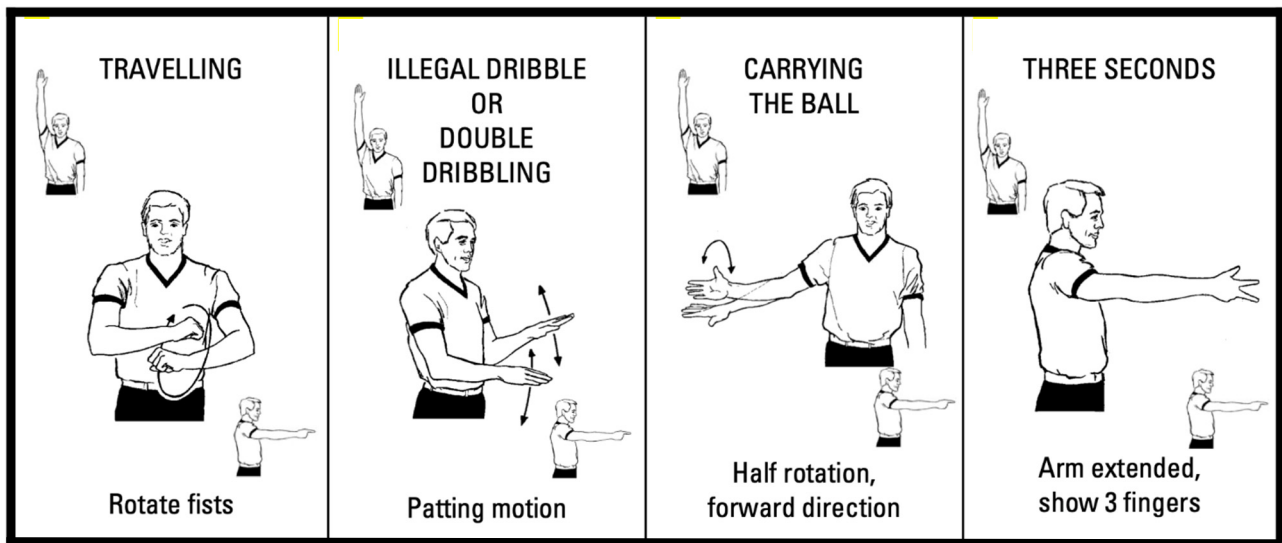


Figure 2

A basketball referee uses hand signals to communicate to the teams.

Outline **three** other effective communication skills.

1.
2.
3.

Question 12

Figure 3 shows a coach using a stop watch to help run the session.

Name and explain **two** different types of technology and how a coach might use them in training.

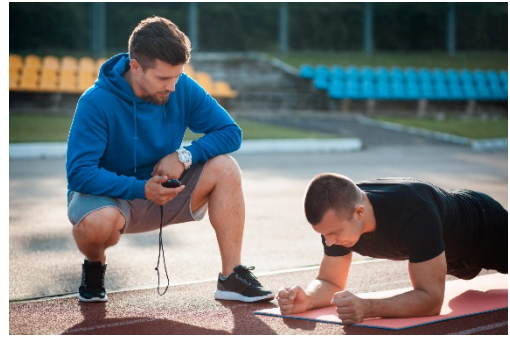


Figure 3

1.
2.

Examine the text and images in the Case Study below and answer Question 13.

In 2020, when Nicola Tuthill was just 16 she won gold in the women's hammer throw event at the Irish senior athletics championships. As well as this title, she also holds the Irish U23 hammer throw record with a throw of 70.32 metres (m).

Hammer throw is a very technical sport. Athletes throw a metal ball that is attached to a grip by a steel wire, while remaining inside a circle. The thrower usually rotates around three or four times in the circle before releasing the hammer. All hammer throwers require the following components of fitness: speed; strength; power; and co-ordination.

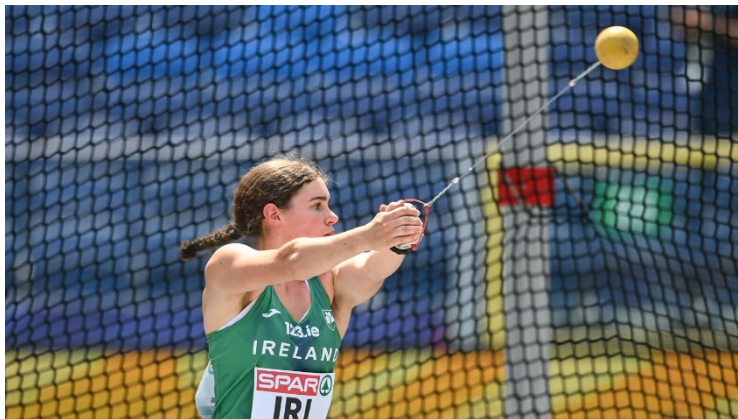


Figure 4

Nicola became involved in athletics at a young age. She started out with running and then tried the hammer throw at a summer camp.

When Nicola became more serious about her training, her mother was on the road with her a lot because the nearest hammer throwing cage was far away. This was difficult for them as it sometimes took half a day and Nicola was studying for her Junior Certificate at the time. So, her father built her a hammer throwing cage at home on the family farm. This allowed Nicola's mother to accompany and help her during her training which she continues to do when she is home in Cork.



Figure 5

Nicola's neighbour, Kevin Warner, who has thrown the hammer for Ireland offered to train her. During lockdown he dropped off weights for Nicola to use in the garage. She was also in constant contact with her coaches, Roland Korom from Bandon and Killian Barry who is based in Dublin. Nicola is in college now and has great support from the Ad Astra Academy in University College Dublin (UCD) and Athletics Ireland Gerry Kiernan Foundation.

Question 13**(50 marks)**

(a) (i) From the case study, identify **three** performance-related components of fitness.

1.
2.
3.

(ii) Name and describe a fitness test for any **one** of the performance-related components of fitness identified by you in **Question 13 (a) (i)**. You may draw a diagram if you wish.

Performance-related component of fitness:
Name of fitness test:
Description:

This question continues on the next page.

- (b) (i)** Name the plane and axis that a hammer thrower moves in when they rotate in the circle.

Plane:
Axis:

- (ii)** In a named physical activity of your choice, identify a sporting movement that occurs through a different plane and axis of movement.
Explain why the movement is in that plane and axis.

Physical activity:
Sporting movement:
Plane:
Axis:
Explanation of movement:

- (c)** Using **three** examples from the case study, identify what stage of skill learning Nicola Tuthill is at in the sport of hammer throw.

Stage of learning:
1.
2.
3.

- (d) (i) From the case study, name the National Governing Body (NGB) that governs the hammer throw.

- (ii) Suggest **three** ways that a National Governing Body can promote physical activity at a local level.

1.
2.
3.

This question continues on the next page.

(e) There are many barriers to and supports for participation in physical activity.

A barrier to participating in the hammer throw for Nicola was that the nearest cage was far away.

(i) From the case study, identify **one** way this barrier was addressed by Nicola and her family.

(ii) From the case study, describe **three** supports that have helped Nicola become involved in athletics and achieve her current titles and records in the hammer throw event.

1.
2.
3.

Answer any **three** questions, from questions 14, 15, 16, 17 and 18.

Question 14**(40 marks)**

(a) (i) Define flexibility.



Figure 6

(ii) Why is flexibility important for a tennis player?

This question continues on the next page.

- (b) (i)** Name **two** nutrients. Give an example of the type of food that will provide those nutrients.

Nutrient	Food source of nutrient (give one example for each nutrient)
1.	1.
2.	2.

- (ii)** Give a reason why an athlete would eat **one** of the nutrients named by you in **Question 14 (b) (i)**.

Nutrient:

- (iii)** List **two** side effects of dehydration.

1.
2.

(c)

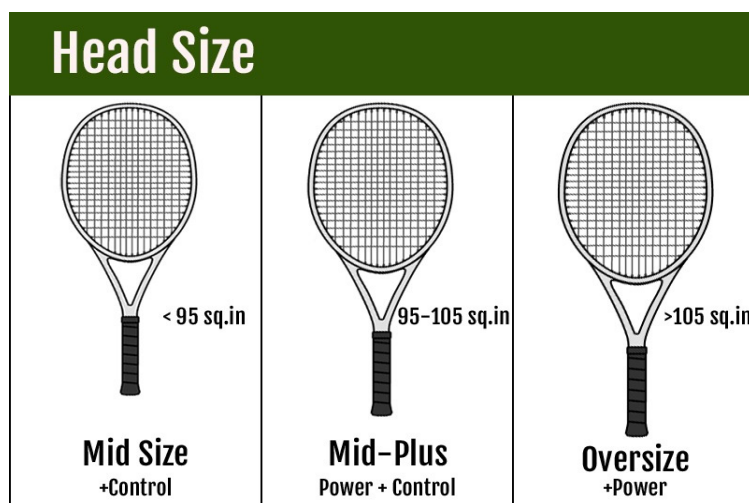


Figure 7 shows different tennis racquet sizes.

Each racquet has a different advantage.

The racquet that a participant selects will be based on their ability.

Figure 7

- (i) How can equipment be adapted for an athlete with a disability, in a named physical activity of your choice?

You **cannot** use racquet size.

Physical activity:
Adaptation:

- (ii) Identify **two** other adaptations that can be made to a physical activity so that people with a disability can participate.

1.
2.

This question continues on the next page.

- (d) Describe **two** roles of an official.
Support your answer with examples from physical activities.

1.
2.

Question 15**(40 marks)**

(a) List **three** rules of a named physical activity of your choice.

Physical activity:
1.
2.
3.

(b) (i) What type of feedback is Rhys talking about in the statement below?

With sport at a high level, there does come that mental pressure. And it's not so much pressure from anybody outside the sport that I feel it, it's from myself. It was a very difficult build-up to the competition. My body was completely healthy, I was completely physically ready, but my mind wasn't quite happy, if I'm honest.

(Rhys McClenaghan on his psychological state before the World Championships in Antwerp, 2023.)

Feedback type:

(ii) Explain this feedback type and how it can help an athlete prepare for performance.

This question continues on the next page.

(iii) Describe **two** psychological factors that can affect an athlete's performance.

1.
2.

(iv) Explain **two** ways an athlete can mentally prepare for performance.

1.
2.

- (c) **Figure 8** shows a timeline for developments associated with LGBTQI+ athletes and the Olympic Games.

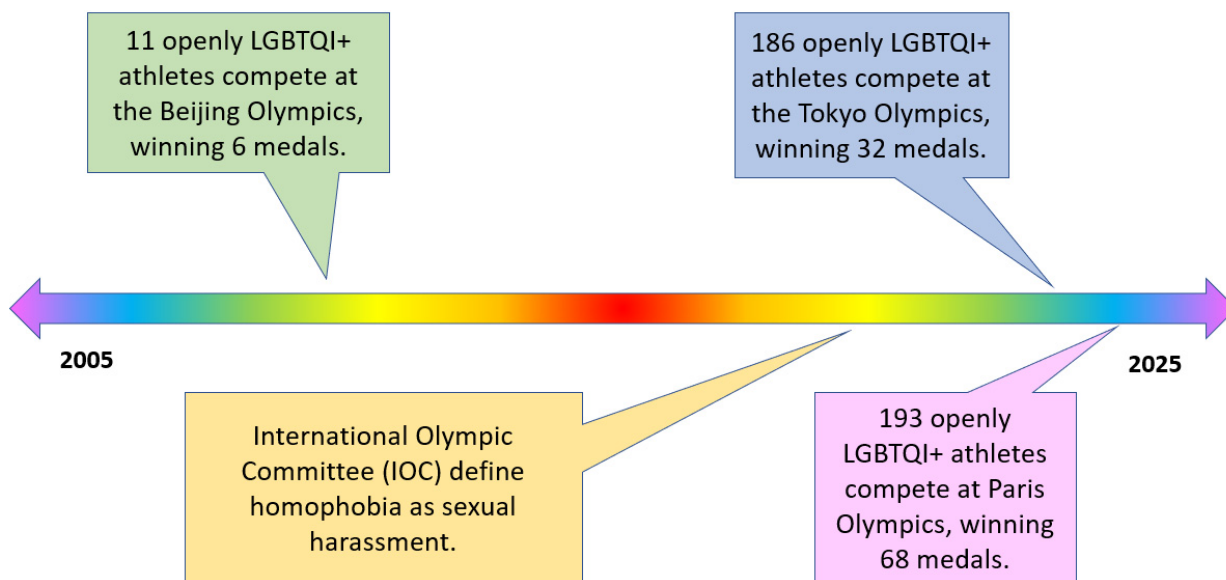


Figure 8

- (i) On the timeline below, identify **three** major developments that have occurred in the last 20 years for **one** of the following groups:

- Women
- People with physical disability
- Different ethnic groups
- Older Adults
- People with intellectual disability
- Different socio-economic groups

Group:

←

→

2005
2025

This question continues on the next page.

(ii) Describe **one** of the developments you identified in **Question 15 (c) (i)** and outline the impact it has had for the group you have chosen.

Question 16

(40 marks)

(a)

Result 1	Result 2	Result 3
Average number of hours physically active during a week. - Boys = 15 hours - Girls = 8 hours	Type of Physical Activity. - Gaelic Games = 64% - Soccer = 23% - Swimming = 2%	Percentage of students by year group who are members of a sports club. 1st Year = 87% 3rd Year = 55% 6th Year = 21%

Figure 9

Figure 9 shows some of the results of an investigation carried out in a rural secondary school in Ireland about physical activity participation levels of the students.

- (i) Suggest **two** methods that might have been used to collect the data shown in Figure 9.

1.
2.

- (ii) Give a possible reason why 64% of students play Gaelic games but only 2% go swimming.

This question continues on the next page.

- (iii) Discuss why there is a change in the participation levels of year groups (**Result 3 in Figure 9**).

- (iv) Describe **two** ways a school can help increase participation levels in physical activity.

1.
2.

(b) In 2017 a mixed 4 x 400m relay event was introduced to the athletics championships. Teams are made up of two men and two women. In the beginning, teams were allowed to choose the order they could run in. It was a competition of strategy.

(i) Explain, using an example, what a strategy is, in a named physical activity of your choice.

Physical activity:

(ii) Outline why you might have to make a change to your strategy in **Question 16 (b) (i)** and suggest a possible change to that strategy.

This question continues on the next page.

(c)

“Taylor has great natural ability” – overheard on the sideline of an U10 match.

Can someone succeed with just ability? Explain your answer.

Question 17**(40 marks)**

(a) (i) Identify an appropriate method to analyse the following aspects of performance:

Health-related fitness**Psychological preparedness**

Health-related fitness:
Psychological preparedness:

(ii) Explain how you would analyse your performance using **one** of the methods identified by you in **Question 17 (a) (i)**.

Method:

(iii) Outline **two** reasons why it can be helpful to compare your performance to that of a more skilled performer.

1.
2.

This question continues on the next page.

- (b) *The Sunday Game* is a programme on RTÉ television that shows live matches and highlights of Gaelic Games – football, hurling and camogie.



Figure 10

Figure 10 shows the 2013 Sunday Game Panel.



Figure 11

Figure 11 shows the 2023 Sunday Game Panel.

- (i) Give an example of a gender stereotype in sport.

- (ii) Outline how the media can contribute to gender stereotypes of men and women in sport.

- (iii) RTÉ shows Gaelic games for free. GAAGO is pay-per-view tv.

Describe **one** advantage and **one** disadvantage of media coverage like those named above, in a named physical activity of your choice.

Physical activity:
Advantage:
Disadvantage:

This question continues on the next page.

- (c) (i) Explain Newton's Third Law of Motion, using a named physical activity of your choice.

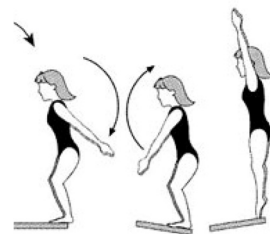


Figure 12

Physical activity:

- (ii) Name and explain another **one** of Newton's Laws of Motion.

Name:
Explanation:

Question 18

(40 marks)

- (a) (i) Fill in the blanks in the following piece of text using the words provided in the box below. Each word can only be used once. Two blanks have been filled in for you.

Inclusivity	female	Discrimination	race	equality
welcomed	prejudiced	barriers	disability	resources

_____ in sport refers to the unfair or _____ treatment of individuals or groups based on characteristics such as _____ race _____, gender, ethnicity, sexual orientation or _____. In Ireland, discrimination has been evident in various forms across different sports. One example involves gender discrimination in Gaelic games, where _____ athletes in the Ladies' Gaelic Football Association (LGFA) and Camogie Association have faced unequal funding and _____ resources _____ compared to their male counterparts. Another example is the experience of Travellers, an ethnic minority in Ireland, who have encountered _____ to participation in mainstream sports due to social prejudice. These examples highlight ongoing challenges in ensuring _____ in Irish sport. _____ in sport refers to creating an environment where people of all backgrounds, abilities and identities can participate and feel _____.

- (ii) Identify **three** principles of ethical practice in sport.

1.
2.
3.

- (b)** In any named physical activities of your choice, describe **two** changes in technology that have allowed for improved performances.

1.
2.

- (c) (i)** Marta ran a 10km race wearing new runners. She ended up with blisters and a knee injury. Explain the importance of selecting suitable attire in a named physical activity of your choice. You **cannot** use running.

Physical activity:

- (ii)** Give an example of how you would maintain a sporting facility and why this is important.

Space for extra work

Indicate clearly the question number and part of the question(s) you are answering.

Indicate clearly the question number and part of the question(s) you are answering.

Acknowledgements

Images

Image on page 6: <https://kaitunacascades.co.nz/tour/kaituna-river/> (Accessed: 9 June 2024)

Image on page 8: <https://www.playballbasketball.com/images/files/referee-signals.pdf> (Accessed: 26 June 2024)

Image on page 9: <https://oficial.unimar.br/pos/treinamento-esportico-da-iniciacao-ao-alto-rendimento/> (Accessed: 18 May 2024)

Image on page 10:

https://www.irishnews.com/sport/athletics/2023/07/14/news/nicola_tuthill_narrowly_misses_out_on_hammer_medal_at_european_u23_athletics_championships-3440054/ (Accessed: 27 October 2024)

Image on page 10: <https://www.southernstar.ie/sport/the-skys-the-limit-for-irish-senior-womens-hammer-champion-nicola-tuthill-4220759> (Accessed: 12 June 2024)

Image on page 15: captialtennis.net/the-healthy-tennis-player.net (Accessed: 19 October 2024)

Image on page 17: <https://bashatennis.com/how-to-choose-a-racket/> (Accessed: 9 June 2024)

Image on page 28: <https://presspack.rte.ie/2016/06/12/the-sunday-game-2/> (Accessed: 10 June 2024)

Image on page 28: <https://www.sportsfile.com/id/2415066/> (Accessed: 10 June 2024)

Image on page 30: <https://www.swimming.org/diving/platform-springboard-diving-positions/> (Accessed: 17 June 2024)

Texts

Text on page 10: adapted from <https://www.irishtimes.com/sport/athletics/2023/07/07/nicola-tuthill-following-in-famous-throwing-steps-from-inside-the-hammer-cage/> (Accessed: 23 May 2024)

Text on page 10: adapted from <https://www.southernstar.ie/sport/the-skys-the-limit-for-irish-senior-womens-hammer-champion-nicola-tuthill-4220759> (Accessed: 12 June 2024)

Text on page 10: adapted from <https://www.athleticsireland.ie/news/tuthill-breaks-70m-mark-with-new-irish-u23-hammer-throw-record#> (Accessed: 25 May 2024)

Text on page 10: adapted from <https://www.southernstar.ie/sport/nicola-tuthills-best-year-yet-is-recognised-by-west-cork-sports-star-monthly-award-4277944> (Accessed: 12 June 2024)

Text on page 10: adapted from <https://www.southernstar.ie/sport/the-skys-the-limit-for-irish-senior-womens-hammer-champion-nicola-tuthill-4220759> (Accessed: 12 June 2024)

Text on page 10: adapted from <https://worldathletics.org/disciplines/throws/hammer-throw> (Accessed 13 June 2024)

Text on page 10: adapted from <https://www.southernstar.ie/sport/getting-to-know-european-hammer-throw-finalist-nicola-tuthill-4295462> (Accessed: 13 June 2024)

Text on page 19: <https://www.irishtimes.com/sport/athletics/2023/10/17/rhys-mcclenaghan-this-gold-medal-doesnt-fix-me-it-doesnt-make-me-a-happy-person/> (Accessed: 10 June 2024)

Text on page 21: adapted from <https://www.campuspride.org/resources/lgbt-sports-history-timeline/> LGBT timeline (Accessed: 10 June 2024)

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Leaving Certificate – Ordinary Level

Physical Education

Friday 20 June

Afternoon 2:00 - 4:30