



Coimisiún na Scrúduithe Stáit  
State Examinations Commission

Leaving Certificate Examination 2026  
Physical Education  
Higher Level

Friday 19 June Afternoon 2:00 - 4:30

250 marks

Examination Number

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Date of Birth

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## 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.

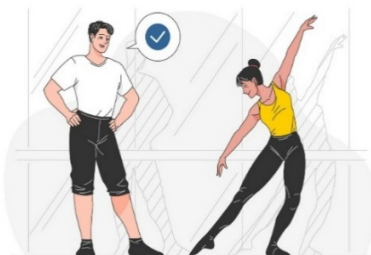
Write your answers in the spaces provided in this booklet. There is space for extra work at the end of the booklet. Label any such extra work clearly with the question number and part. You may also ask for supplementary paper.

**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.

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

### Question 1



**Figure 1**

- (a) There are many demands associated with the non-playing roles in physical activity and sport. Identify **three** demands on a coach/choreographer.

|    |
|----|
| 1. |
| 2. |
| 3. |

- (b) Outline the scoring/recording system used in competitions for **two** physical activities. Two physical activities with the same scoring system may not be used.

|                      |
|----------------------|
| Physical activity 1: |
|                      |
|                      |
|                      |
|                      |
| Physical activity 2: |
|                      |
|                      |
|                      |
|                      |

## Question 2

(a) Physical Education is a concept of physical activity.

Explain Physical Education in this context.

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|  |
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(b) Identify **three** supports for physical activity participation in schools. You may **not** use Physical Education.

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| 1. |
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| 2. |
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**Question 3**



**Figure 2**

Describe how media coverage can positively impact spectator behaviour.

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#### Question 4

- (a) Identify **one** class of lever that is involved in the performance of a skill, in a selected physical activity.

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|--------------------|
| Physical activity: |
| Skill:             |
| Class of lever:    |

- (b) Complete the following table, identifying the body parts that represent the fulcrum, effort and load, for the correctly identified lever in part (a).

|         |  |
|---------|--|
| Fulcrum |  |
| Effort  |  |
| Load    |  |

## Question 5



### Sanctions

Current decisions of the Irish Sport Anti-Doping Disciplinary Panel

### THE IRISH ANTI-DOPING RULES 2021

### Anti-Doping Rules

Full list of rules under the World Anti-Doping Code valid from 01 January 2021



### Information for NGB

Anti-Doping Officer

**Figure 3**

**(a)** Explain what Therapeutic Use Exemptions are and when they are used.

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**(b)** Identify **two** current Irish anti-doping rules.

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| 1. |
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| 2. |
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### Question 6

Choose **one** Health Related Fitness (HRF) component and **one** Performance Related Fitness (PRF) component from the following:

|         |              |             |
|---------|--------------|-------------|
| balance | coordination | flexibility |
|---------|--------------|-------------|

Outline **one** activity that you could use as a combined approach to training, to improve performance in the two chosen components of fitness. You may use a diagram if you wish.

|                |                |
|----------------|----------------|
| HFR component: | PRF component: |
| Activity:      |                |
|                |                |
|                |                |
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### Question 7

Describe, using examples, **two** influences that impact on the participation patterns of boys in physical activity and sport.

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Question 8



Figure 4

(a) Identify **two** benefits of warming-up.

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| 1. |
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| 2. |
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(b) Outline the phases of a warm-up.

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### Question 9

You designed a physical activity promotion and adherence tip sheet as part of your Leaving Certificate Physical Education studies.

**(a)** State **two** ways that you could promote physical activity participation.

|    |
|----|
| 1: |
|    |
| 2: |
|    |

**(b)** Identify **two** tips you would include to help someone adhere to an exercise programme when returning to activity after a long absence. Justify your choices.

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| 2. |
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### Question 10

As part of your studies in Leaving Certificate Physical Education you used Newton's Laws of Motion to analyse skill and technique.

Describe how Newton's first law of motion can be applied to **two** skills that you analysed.

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|----------|
| Skill 1: |
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| Skill 2: |
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### Question 11

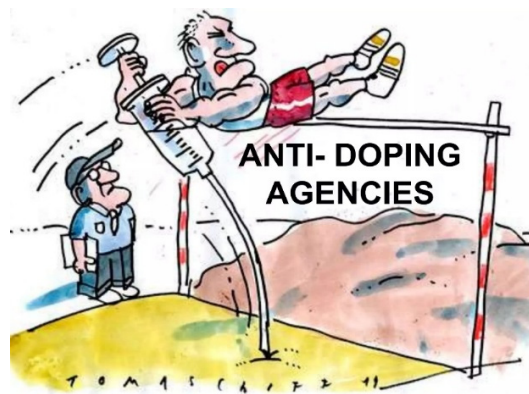


Figure 5

List **two** principles of ethical practice **and** outline the importance of upholding these principles, in a sporting context.

|              |
|--------------|
| Principle 1: |
| Principle 2: |
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### Question 12

Choose **three** physical activities. For each physical activity chosen identify **one** safety regulation that an official must implement **and** state which official implements it.

|                      |
|----------------------|
| Physical Activity 1: |
| Official:            |
| Safety regulation:   |
|                      |
|                      |
|                      |
| Physical Activity 2: |
| Official:            |
| Safety regulation:   |
|                      |
|                      |
|                      |
| Physical Activity 3: |
| Official:            |
| Safety regulation:   |
|                      |
|                      |

Do not write on this page.

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

### DIVE INTO SWIMMING

Swim Ireland is the National Governing Body (NGB) for swimming, water polo, diving and artistic swimming in Ireland. Swim Ireland's mission is:

To inspire and empower people in Ireland of all ages to participate in our sport and to embrace a healthy life.

The Swim Ireland website ([www.swimireland.ie](http://www.swimireland.ie)) evidences support for this statement. It is packed with resources to support not only newcomers to the sport but also elite performers. In the "Get Swimming" section of the website, you can find many programmes and initiatives run by Sport Ireland to introduce people to the sport. Such initiatives include: open water programmes, learn-to-swim programmes and a Pop-up-Pool initiative. To support high performance, Sport Ireland provides information on national and regional programmes and international competitions as well as anti-doping. Additionally, its sports science section provides its athletes with details on aspects of performance such as nutrition, physiology and psychology, as well as strength and conditioning.

Daniel Wiffen, Mona McSharry and Róisín Ní Riain won medals at the 2024 Olympic and Paralympic games. For their performances these athletes have been awarded podium level funding from Sport Ireland International Carding Scheme. The athletes can use the funding to support all aspects of their high-performance training as they strive to improve their times for their events.

While modern training methods and sport science developments have led to swimmers reducing their times, there have also been technological advances that have led to improvements in swimming performance.

Authors have highlighted the impact that the introduction of pool-side gutters had on improving swimmers' times. These gutters reduce wave interference, reduce drag, increase buoyancy and increase efficiency, allowing a faster pace.

A second technological advancement in swimming was the introduction of whole-body polyurethane swim suit. These suits were designed to increase the buoyancy of the swimmer, reduce drag, and lessen swimmer fatigue. Their effectiveness can be seen in the statistics, with over 100 world records been broken in the 2-year period after their introduction. The swimming suits were banned in 2010.



Figure 6



**Question 13****(50 marks)**

- (a) (i) Swim Ireland is the National Governing Body (NGB) for swimming, water polo, diving and artistic swimming in Ireland.

Name **two** other NGBs for sport in Ireland and the sport that they govern.

| NGB | Sport |
|-----|-------|
| 1:  |       |
| 2:  |       |

- (ii) Outline **two** ways, identified in the case study, that Swim Ireland supports high performance.

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|----|
| 1. |
|    |
|    |
| 2. |
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- (b) Explain periodisation **and** outline its importance in terms of preparing for the Olympic Games every four years.

|                |
|----------------|
| Periodisation: |
|                |
|                |
|                |
| Importance:    |
|                |
|                |
|                |

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**Section C****120 marks**

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

**Question 14****(40 marks)**

**(a)** Define ability.

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**(b)** Name **and** outline the stages of skill learning.

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- (c) Identify **three** principles of effective practice that can be used in designing skill practice sessions aimed at improving skill performance. Justify your choices.

|              |
|--------------|
| Principle 1: |
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| Principle 2: |
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| Principle 3: |
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- 
- A group of five cheerleaders standing in a line against a white background. They are wearing black uniforms consisting of a halter-neck top with a cutout at the waist, a pleated skirt, and black strappy high-heeled shoes. Each cheerleader has gold-colored arm sleeves with black patterns. They are all striking a similar pose with one leg forward and arms raised in a V-shape.

[illegible]

**Question 15****(40 marks)**

**(a)** Identify **four** benefits of physical activity participation.

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|----|
| 1. |
| 2. |
| 3. |
| 4. |

**(b)** Explain hegemonic femininity **and** hegemonic masculinity.

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|------------------------|
| Hegemonic femininity:  |
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|                        |
|                        |
|                        |
|                        |
| Hegemonic masculinity: |
|                        |
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|                        |

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(c) (i) Explain 'body image'.

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(ii) Describe, using **two** examples, how body image may influence physical activity participation.

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- (d)** Identify **two** supports for physical activity participation in the community **and** explain how each of these supports could help enhance participation.

**Question 16****(40 marks)**

- (a) List **four** statements that comply with the Principles of Ethical Practice, and could be included in a code of ethics for sport.

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| 1. |
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| 2. |
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| 3. |
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| 4. |
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*This question continues on the next page*

- (b) Complete the following table, identifying **three** sports supplements, their function and the performance effect associated with their use. You may **not** use creatine.

| Supplement Name | Function of supplement | Performance effect of supplement |
|-----------------|------------------------|----------------------------------|
| 1.              |                        |                                  |
| 2.              |                        |                                  |
| 3.              |                        |                                  |

*This question continues on the next page*

- (c) Describe, using **two** examples, the impact of either sportsmanship **or** gamesmanship on engagement in physical activity.



### Figure 9

[illegible]

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**Question 17**

**(40 marks)**

**(a) (i)** Define the psychological factor 'confidence'.

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**(ii)** Define the psychological factor 'motivation'.

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*This question continues on the next page*

- (b) Name **two** psychological strategies that an athlete could use to improve mental preparedness for performance and explain how **each** strategy could impact performance.

|              |
|--------------|
| Strategy 1:  |
|              |
| Explanation: |
|              |
|              |
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|              |
| Strategy 2:  |
|              |
| Explanation: |
|              |
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- (d)** Discuss the extent to which each of the following components of fitness are required in a physical activity of your choice:

reaction time

muscular endurance

power

[illegible]



Figure 10

(a) Outline **two** economic benefits of physical activity participation.

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| 1. |
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| 2. |
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(b)

## Can Ireland ever produce a Wimbledon champion?

Updated / Friday, 27 June 2025 08:29



Figure 11

Explain **two** characteristics associated with significant people, such as role models, who promote others' participation in physical activity.

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| 1. |
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| 2. |
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(c)



Figure 12

It may be commented that gender stereotyping can impact physical activity participation.

Describe, using **two** examples, the role of the media in maintaining gender stereotypes of women in sport.

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- (d)** Media coverage has a positive impact on mass participation sports events.

Discuss this statement.

[illegible]

## 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.



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 3.Choreographer Teaching His Most Potential Student 14728689 Vector Art ...vecteezy.com|(Accessed: 23/10/25).

Image on page 5 <https://www.independent.ie/sport/gaelic-games/ive-seen-it-all-now-a-rabbitte-chasing-a-fox-around-croke-park-micheal-o-muircheartaighs-most-famous-quotes/a2131401076.html> (Accessed: 23/7/25).

Image on page 7 <https://www.sportireland.ie/anti-doping> (Accessed: 23/7/25).

Image on page 10 <https://www.thesun.ie/sport/14838571/sharlene-mawdsley-international-womens-day-european-athletics-indoor-championships/> (Accessed: 24/7/25).

Image on page 13 Drugs and Sports | PPTX | Illegal Drugs, Tobacco, eCigarettes, Vaping ... slideshare.net. (Accessed: 10/11/25).

Image on page 16 <https://www.limerickleader.ie/news/limerick-sport/1591987/watch-limerick-s-roisin-ni-riain-celebrates-stunning-silver-medal-success-for-ireland-at-paralympics.html> (Accessed: 15/7/25).

Images on page 23 Trinity Irish Dance Company at the Auditorium | Spotlight on Lake Accessed: 15/11/25).

Belarusian juniors grab gold medal in synchronized trampoline ...azernews.az| Accessed: 15/11/25).

Image on page 29 Sportsmanship.Two boys in Harmony. (Accessed: 10/11/25).

Image on page 35 New Zealand Government Procurement Rules changes - Economic Benefit to New Zealand(Accessed: 10/11/25).

Image on page 36 <https://www.rte.ie/brainstorm/2025/0627/1391132-ireland-tennis-players-wimbeldon-development-strategies-coaching/> (Accessed: 23/7/25).

Image on page 37 adidas: Stereotypes In Sports :: Behancebehance.net|(Accessed: 6/11/25).

### Texts

Text on page 16 Adapted from <https://swimireland.ie/> (Accessed: 15/7/25).

Text on page 16 Adapted from [www.sportireland.ie/sites/default/files/media/document/2025-03/HP\\_invest\\_UPDATED.pdf](http://www.sportireland.ie/sites/default/files/media/document/2025-03/HP_invest_UPDATED.pdf) (Accessed: 15/7/25).

Text on page 16 Adapted from <https://www.youtube.com/watch?v=8COaMKbNrX0> (Accessed: 15/7/25).

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Leaving Certificate – Higher Level

## Physical Education

Friday 19 June

Afternoon 2:00 - 4:30