



An Roinn Oideachais
Department of Education

LCA Subject Development Day 2022

Session 1	Welcome and Introductions Learning outcomes An Overview of the LCA Programme and assessment
Tea/Coffee Break	
Session 2	Subject specific content Activity and discussion
Lunch	
Session 3	Evaluations Subject area: Practical strategies for teaching, learning and assessment Plenary

By the end of this seminar participants will have:

Become familiar with the curriculum and assessment procedures in Leaving Certificate Applied.

Explored the approaches to teaching, learning and assessment in LCA.

Become familiar with your subject specific module descriptor.

PDST - Introduction

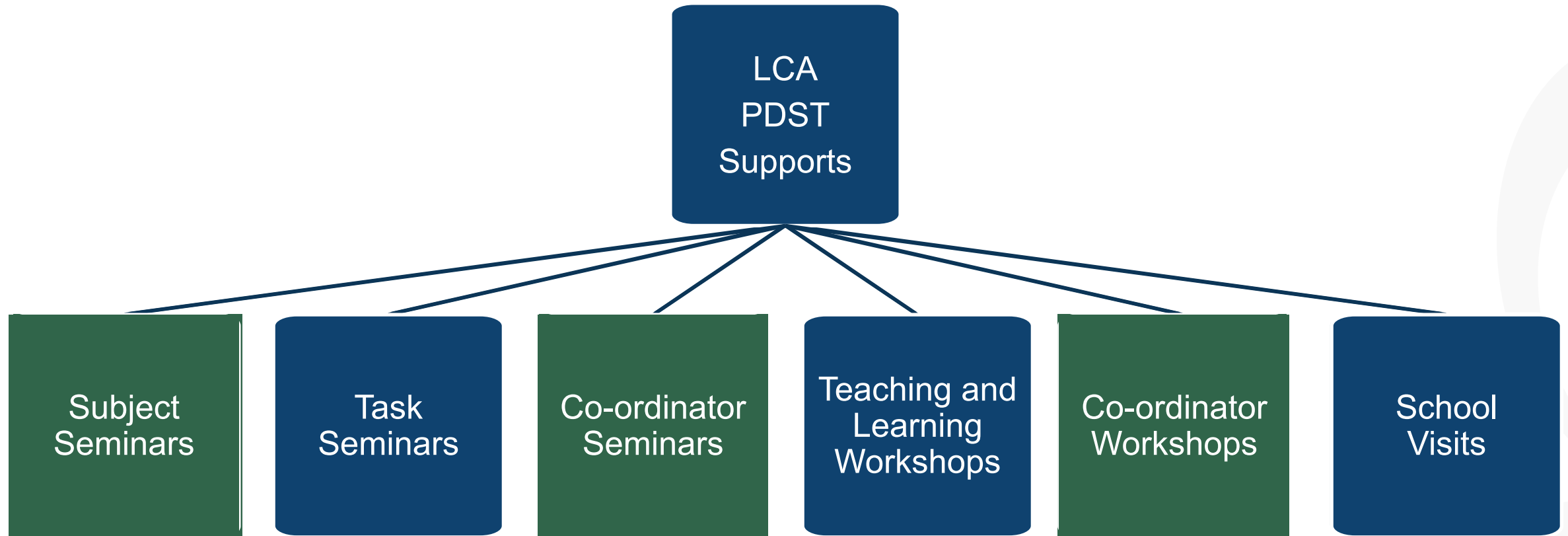
What we are

Teachers & School Leaders
Teacher Educators
Facilitators/Enablers
Purveyors of Lifelong Learning

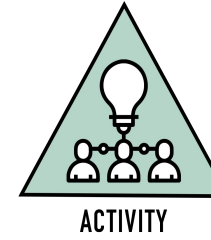
What we are not

Evaluators
Policy Makers
Curriculum Developers

LCA supports provided by PDST



What do you hope to get from today's seminar?



LCA Curriculum framework

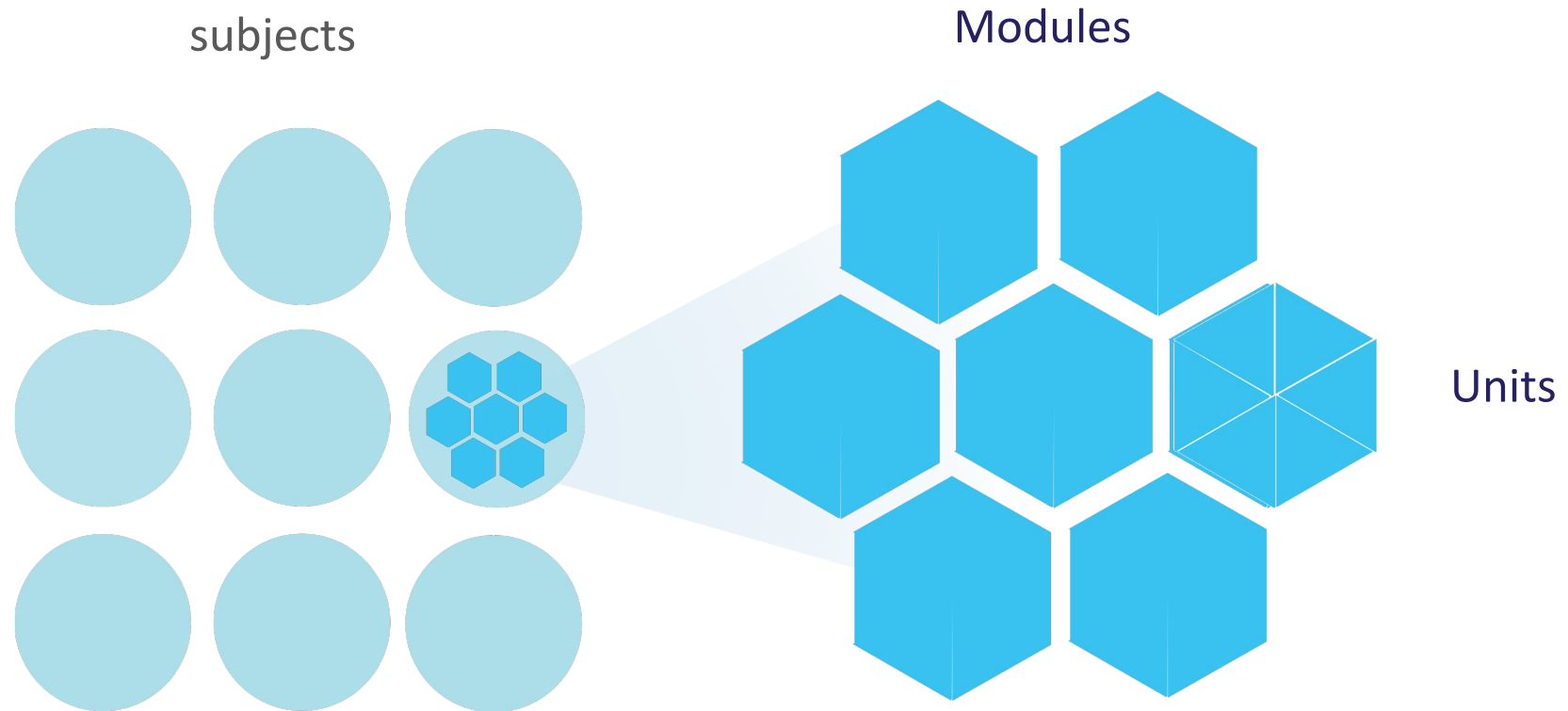
LCA Curriculum Framework & Credits Allocation

Course Name	Year One		Year Two	
	Session 1 Sept-Jan	Session 2 Feb-June	Session 3 Sept-Jan	Session 4 Feb-June
Vocational Preparation	Vocational Preparation & Guidance	→ 2	→ 2 Enterprise 2	→ 2 Guidance 2
	English & Communications (Exam = 12 credits)	Personal & Social Communications	Communication & the Digital World	Communication in Media Express Yourself
	VOC. PREP. TASK		PERSONAL REFLECTION TASK PART 1	
	PERSONAL REFLECTION TASK PART 2		PERSONAL REFLECTION TASK PART 2	
Vocational Education	Mathematical Applications (Exam = 10 credits)	Mathematics & Planning	Mathematics & the World Around Me	Mathematics & Life Skills Mathematics & Work
	Vocational Specialisms (Choose 2 from 11 options (Exams = 12 credits each))	1 1	1 1	1 1
	Introduction to Information and Communication Technology	→	2	→ 2
	VOC. ED. TASK		VOC. ED. TASK	
General Education	Arts Education (Drama, Dance, Visual Arts, Music)	→	2	→ 2
	Social Education (Exam = 10 credits)	1 My/Com →	1 Ctp/tes1 1 Soc/Health	1 Ctp/tes2 1 Tl/Change 1 Soc/Health
	Languages (2 exams = 6 credits each)	1	1	1 1
	Leisure & Recreation (including PE.)	→	2	→ 2
	GENERAL ED. TASK		CONT. ISSUES TASK	
Elective Courses	2	2	2	2
30 Hour Modules (3 to 4 class periods per week)			PRACTICAL ACHIEVEMENT TASK	
<p>→ Indicates that the module credits may be taught in this session but <u>cannot</u> be claimed until May of that year.</p> <p>□ Indicates that the module credits can be claimed at the end of this session.</p> <p><i>All tasks have a value of 10 credits each</i></p>				

LCA Curriculum Framework

Vocational Preparation	<ul style="list-style-type: none"> • Vocational Preparation & Guidance • English & Communications
Vocational Education	<ul style="list-style-type: none"> • Mathematical Applications • Vocational Specialisms* (<i>Choose 2 from 11 options</i>) • Introduction to Information Communication Technology
General Education	<ul style="list-style-type: none"> • Arts Education (<i>Dance, Drama, Music, Visual Arts</i>) • Social Education • Languages (<i>Gaeilge and French/Italian/German/Spanish</i>) • Leisure & Recreation (<i>including Physical Education</i>)
Elective courses	<ul style="list-style-type: none"> • Religious Education (for example) • Science (for example)

LCA Programme Structure

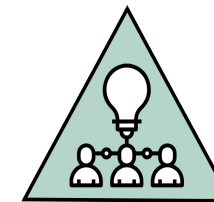


LCA Curriculum Framework

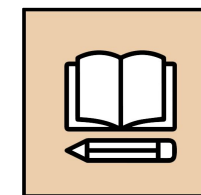
Please fill in:
Two specialisms
Your own subject (if different)
Any elective

LCA Curriculum Framework & Credits Allocation

Course Name	Year One		Year Two	
	Session 1 Sept-Jan	Session 2 Feb-June	Session 3 Sept-Jan	Session 4 Feb-June
Vocational Preparation	Vocational Preparation & Guidance	→ [] []	→ [] []	→ [] [] Guidance
	English & Communications (Exam = 12 credits)	Personal & Social Communications	Communication & the Digital World	Communication in Media Express Yourself
	VOC. PREP. TASK			
			PERSONAL REFLECTION TASK PART 1	
Vocational Education	Mathematical Applications (Exam = 10 credits)	Mathematics & Planning	Mathematics & the World Around Me	Mathematics & Life Skills Mathematics & Work
	Vocational Specialisms (Choose 2 from 11 options (Exams = 12 credits each))	[] []	[] []	[] []
	Introduction to Information and Communication Technology	→ []	[]	→ []
	VOC. ED. TASK		VOC. ED. TASK	
General Education	Arts Education (Drama, Dance, Visual Arts, Music)	→ []	[]	→ []
	Social Education (Exam = 10 credits)	My/Com → []	Ctp/Iss1 Soc/Health	Ctp/Iss 2 Tk/Charge Soc/Health
	Languages (2 exams = 6 credits each)	[]	[]	[]
	Leisure & Recreation (including P.E.)	→ []	[]	→ []
	GENERAL ED. TASK		CONT. ISSUES TASK	
Elective Courses	[]	[]	[]	[]
30 Hour Modules (3 to 4 class periods per week)			PRACTICAL ACHIEVEMENT TASK	
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ACTIVITY



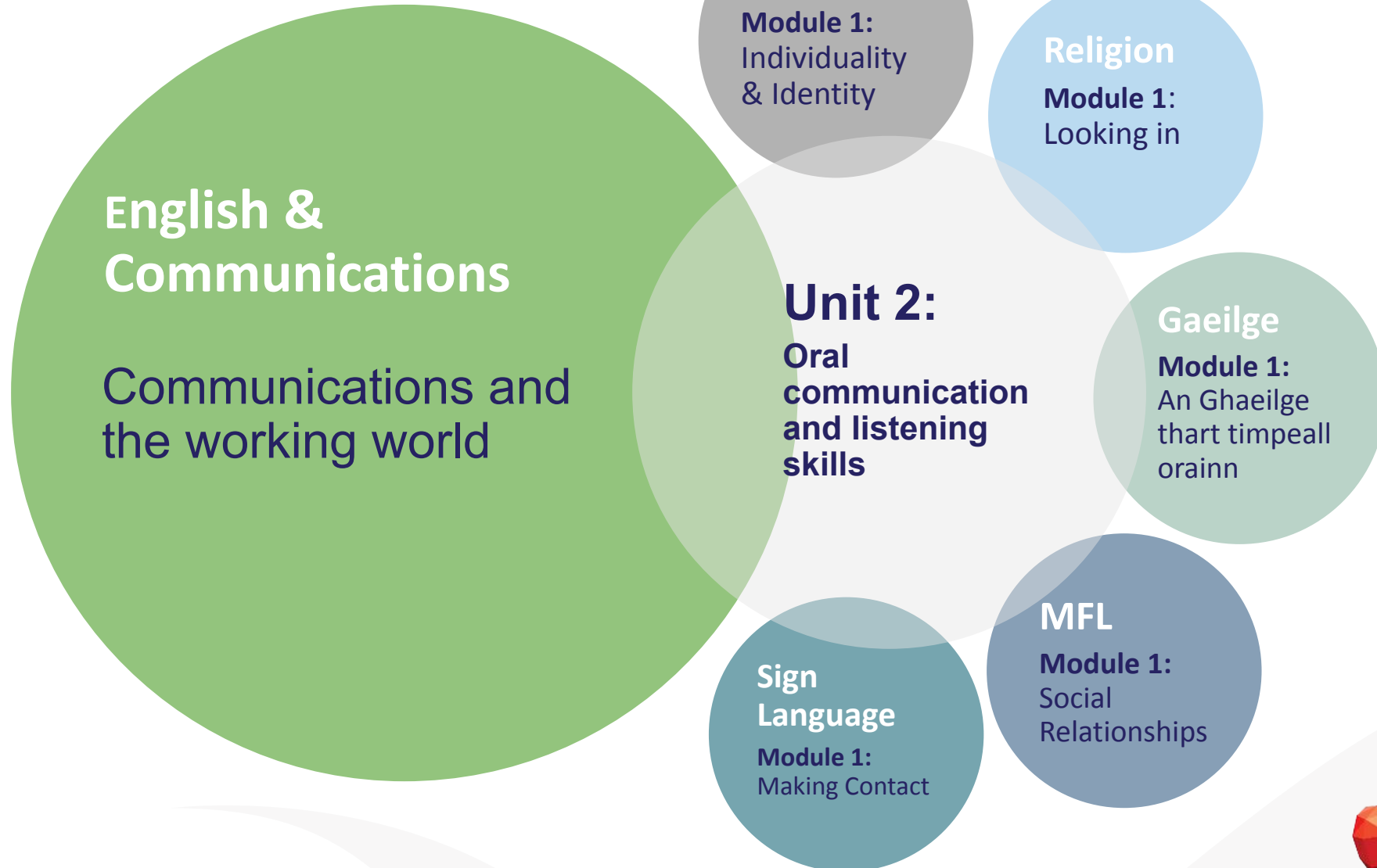
WORKBOOK

Layout of Module Descriptors

Transdisciplinary Links
Rationale
Number and sequence of modules
Description of Modules
General Recommendations
Modules
Purpose
Prerequisites
Aims
Units
Learning Outcomes
Teacher Guidelines
Key Assignments

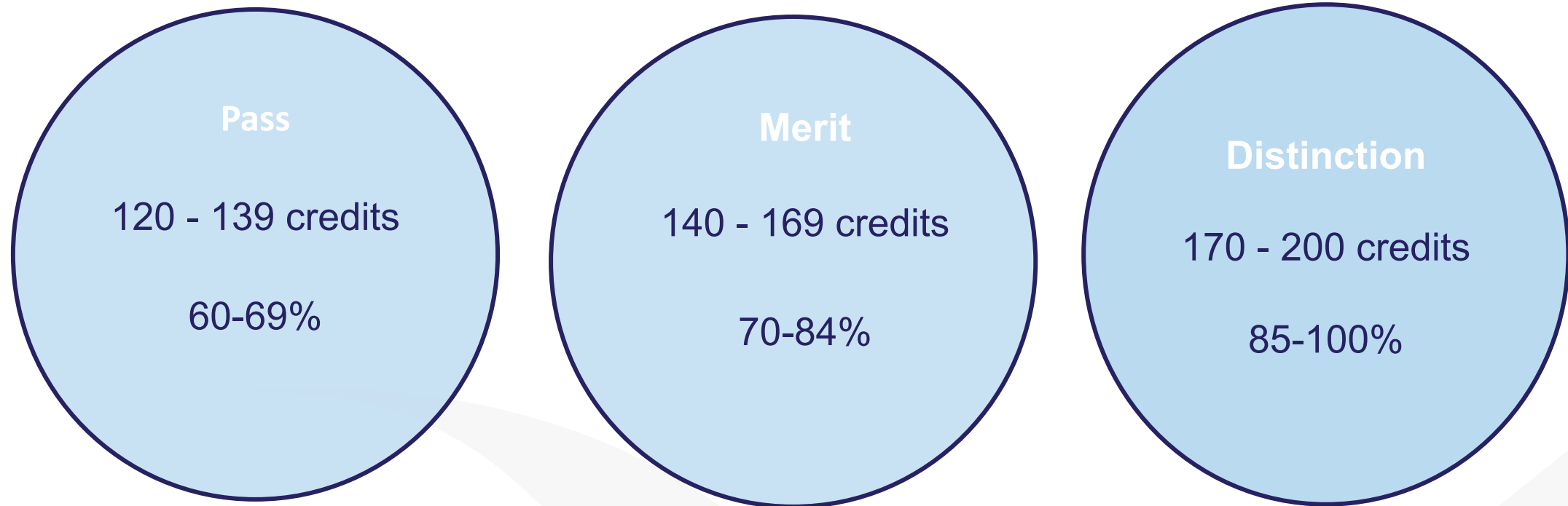
<https://www.curriculumonline.ie/Senior-cycle/LCA/>

Transdisciplinary Nature of the LCA Course



LCA Certification

Awarded at three levels



Students who acquire less than 120 credits or who leave the programme early will receive a **'Record of Experience'**

LCA Modes of Assessment

Satisfactory completion of modules + 90% attendance					62 credits	31%
<ul style="list-style-type: none"> •Evidence of completion of key assignments for each module •One credit per course module in which there is a final exam •Two credits per course module in which there is NO final exam 						
7 Student tasks @ 10 credits each					70 credits	35%
<i>Vocational Preparation</i>		<i>Vocational Education (x2)</i>		<i>General Education</i>		
<i>Contemporary Issue</i>		<i>Personal Reflection</i>		<i>Practical Achievement</i>		
Final examinations					68 credits	34%
English & Communication	Vocational Specialisms (x2)	Languages (x2)	Social Education	Mathematical Applications		
12 credits	12 credits each	6 credits each	10 credits	10 credits		
Total					200 credits	100%

LCA Modes of Assessment

<p>Satisfactory completion of modules + 90% attendance</p> <p>Evidence of completion of key assignments for each module</p> <p>One credit per course module in which there is a final exam</p> <p>Two credits per course module in which there is NO final exam</p>	<p>62 credits</p>	<p>31%</p>
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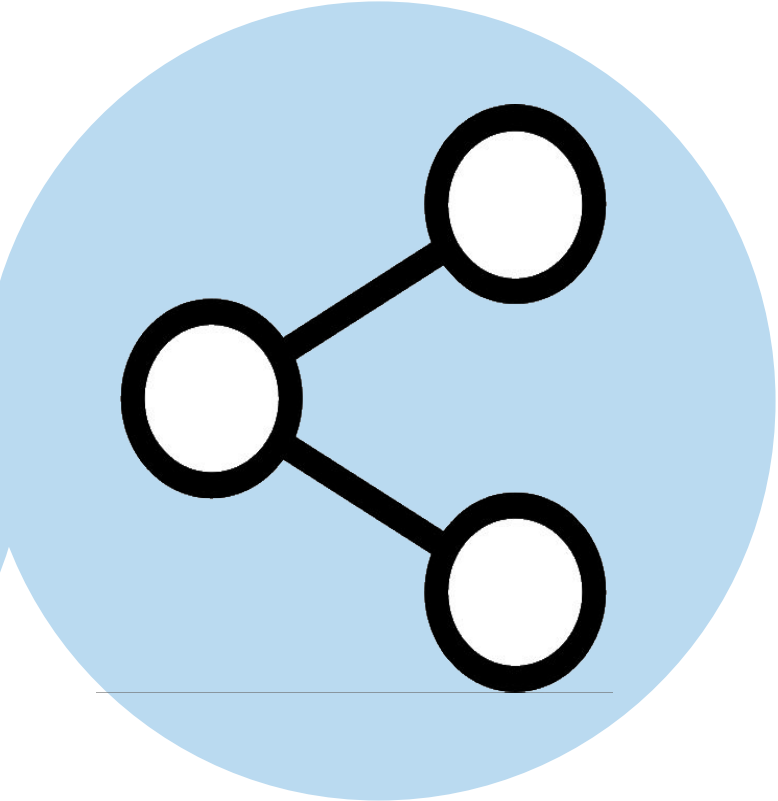
What is a key assignment?



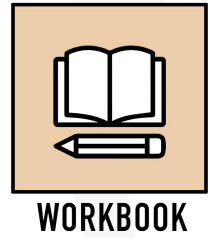
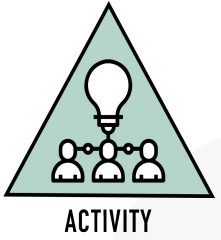
Think



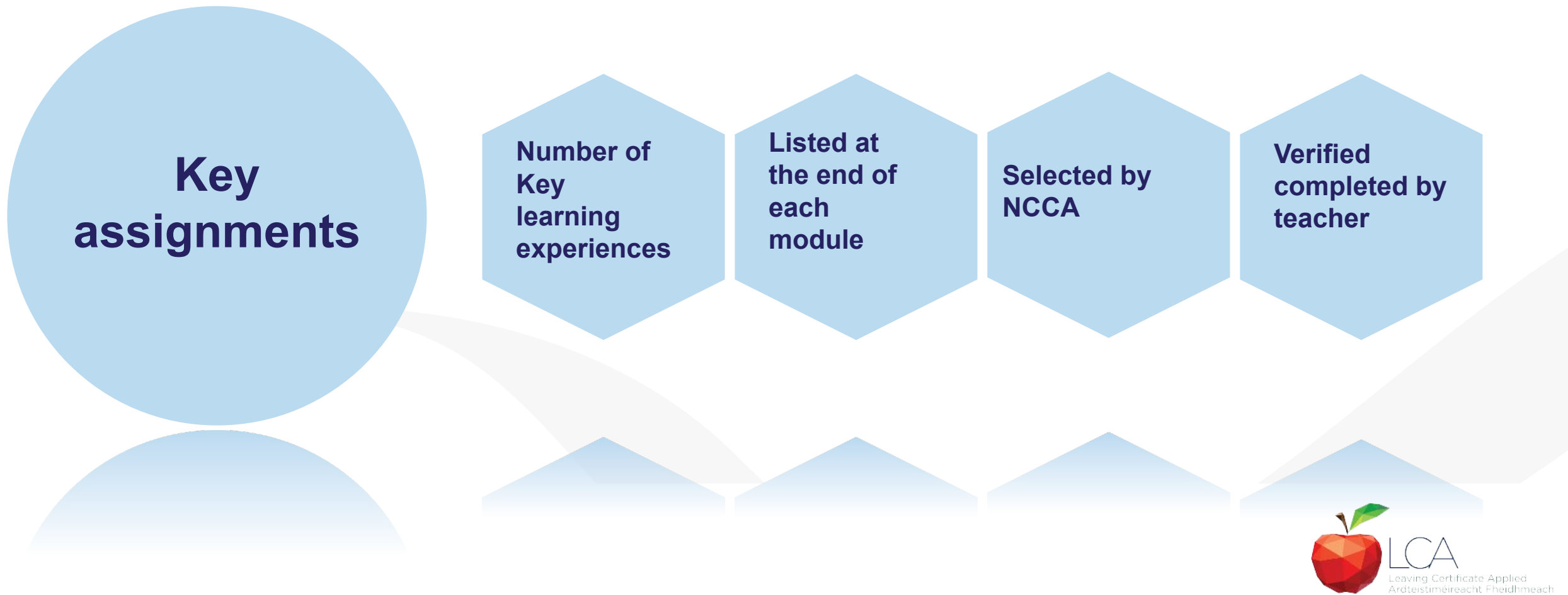
Pair



Share



What is a key assignment?



LCA Modes of Assessment

Satisfactory completion of modules + 90% attendance

Evidence of completion of **4 key assignments** for each module

One credit per course module in which there is a final exam

Two credits per course module in which there is NO final exam

62
credits

31%

7 Student tasks @ 10 credits each

<i>Vocational Preparation</i>	<i>Vocational Education (x2)</i>	<i>General Education</i>
<i>Contemporary Issue</i>	<i>Personal Reflection</i>	<i>Practical Achievement</i>

70
credits

35%

Summary of Tasks

Task	Credit	%	Completed in session	Assessed
1. General Education <i>Originating in Arts Education, Leisure & Rec., Language or Social Education</i>	10	5	1	Jan/Yr 1
2. Vocational Preparation <i>Originating in either Vocational Preparation & Guidance or English & Communication</i>	10	5	2	May/Yr 1
3. Vocational Education - 1st specialism <i>Originating in one Vocational Specialism</i>	10	5	2	May/Yr 1
4. Vocational Education - 2nd specialism <i>Originating in the second Vocational Specialism</i>	10	5	3	Jan/Yr 2
5. Contemporary Issues <i>Anchored in Social Education</i>	10	5	3	Jan/Yr 2
6. Practical Achievement <i>Generally out of school/centre</i>	10	5	3	Jan/Yr 2
7. Personal Reflection <i>Statement 1 from year one will be stored and returned to SEC when statement two is complete</i>	10	5	on-going	May/Yr 2

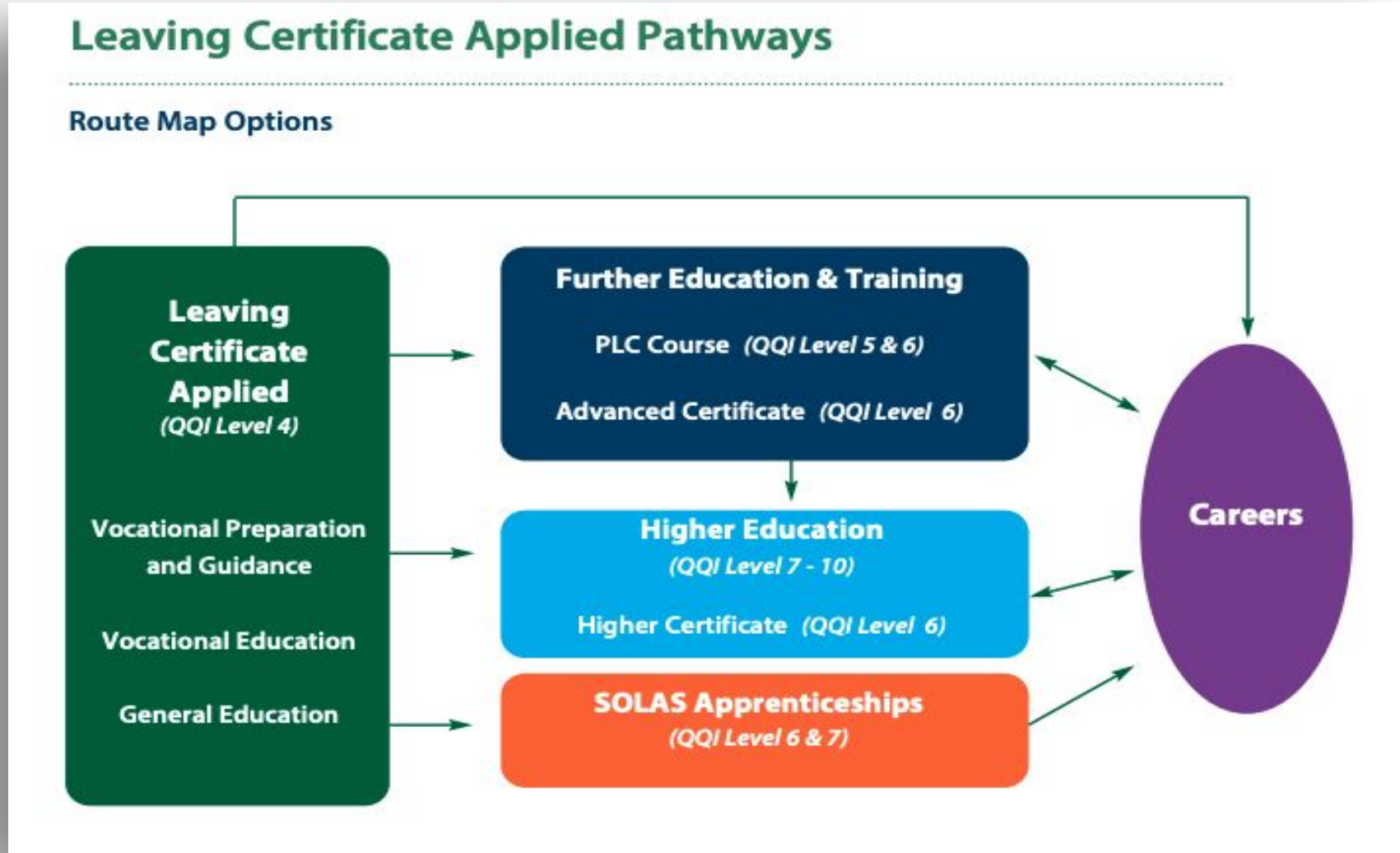
LCA Modes of Assessment

Satisfactory completion of modules + 90% attendance					62 credits	31%
Evidence of completion of 4 key assignments for each module						
One credit per course module in which there is a final exam						
Two credits per course module in which there is NO final exam						
7 Student tasks @ 10 credits each					70 credits	35%
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12 credits	12 credits each	6 credits each	10 credits	10 credits		
Total					200 credits	100%

Final Examinations

Area	Credits
English & Communication Oral and written incorporating audio visual	12
Vocational Specialisms (x2) Practical and written – practical briefs issued in advance <i>(see next slide for details)</i>	12 each
Languages (x2) Oral and written incorporating aural	6 each
Social Education Written incorporating audio	10
Mathematical Applications Written – research topic (Q. 2. issued in advance)	10
Total	68

The Leaving Certificate Applied Route Map



Recommended Reading

LCA Chief Examiners Report 2014

For full details go to examinations.ie

DES Inspectorate Report

<https://www.education.ie/en/Publications/Inspection-Reports-Publications/>

By the end of this seminar participants will have:

Become familiar with the curriculum and assessment procedures in Leaving Certificate Applied.

Explored the approaches to teaching, learning and assessment in LCA.

Become familiar with your subject specific module descriptor

End of Session 1





Leisure & Recreation Session 2

Session 2

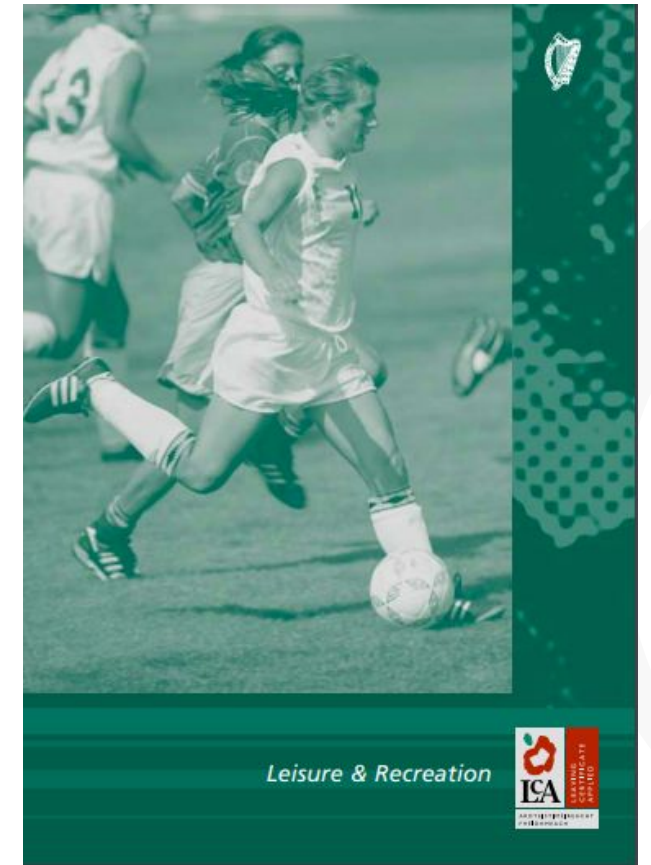
By the end of this session participants will have:

Explored the layout and modules of the Leisure and Recreation course

Become familiar with the accreditation system within the course

Module 1 - Physical Activity for Performance

Module 2: Physical Activity for Health and Fitness



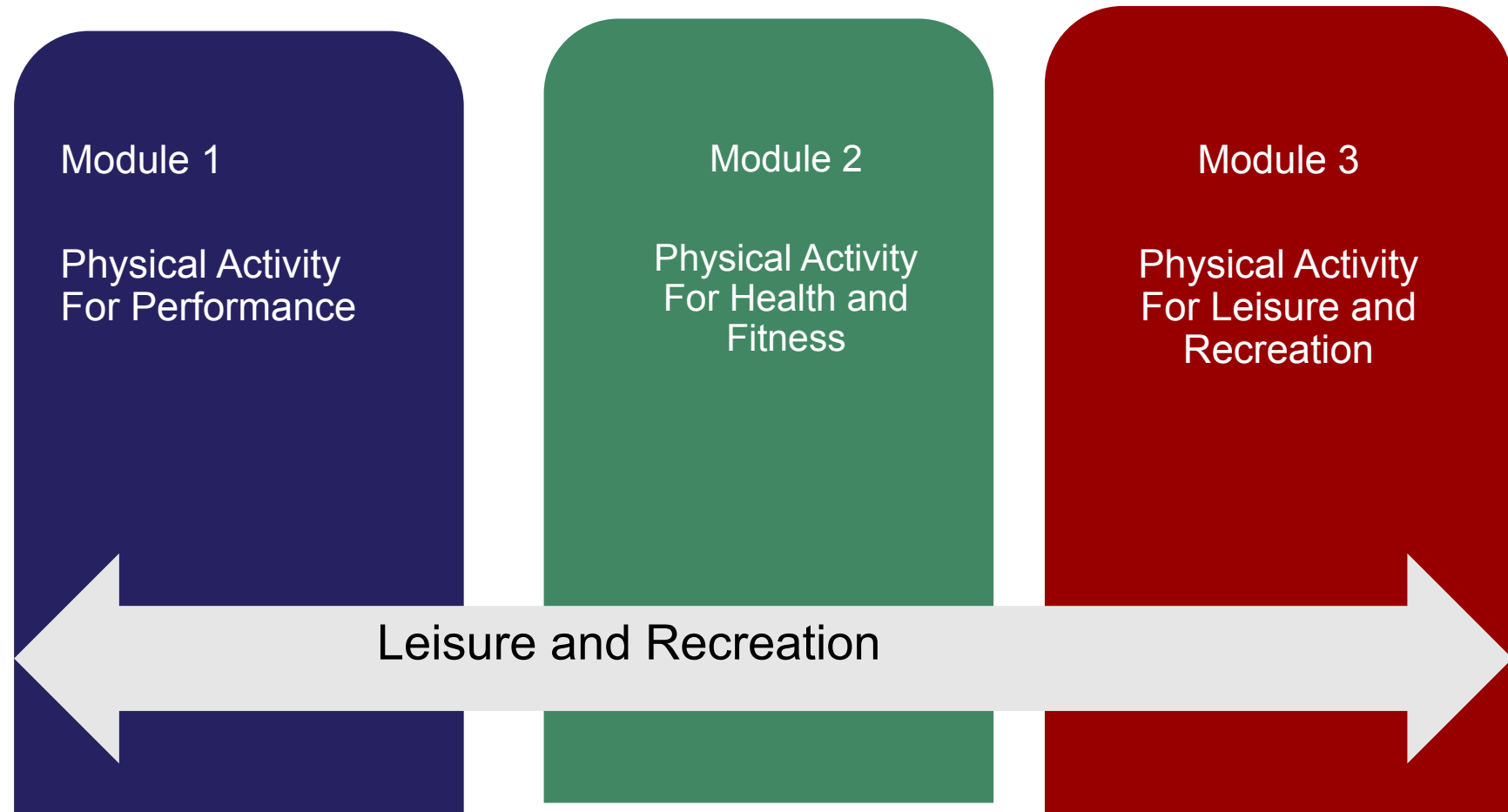


Introduction

Rationale

- To enable students to participate in active leisure pursuits
- Broaden perspectives of leisure and recreation through participation in a range of activities
- Opportunity to develop personally and socially through group work
- The course promotes long-term learning and motivates the motivates the students to choose a lifestyle that is active, healthy and meaningful.

Module Overview



Module Structure & Requirements



- There are a total of 3 modules within the LCA Leisure & Recreation course
 - Module 1: Physical Activity for Performance
 - Module 2: Physical Activity for Health and Fitness
 - Module 3: Physical Activity for Recreation
- Students must complete any two of the three modules
- The modules can be taken in any sequence
- Modules 1 & 2 should be taken from the table of activities below
 - Recommended that at least TWO activities, each one from a difference category are included in each module.
 - The two activities selected for the first module should be difference from the two activities selected for the second module

GENERAL EDUCATION
LEISURE & RECREATION

Accreditation

- There is **no** final exam. Assessment is based on fulfilling the Key Assignments as outlined at the end of each module.
- Two credits are awarded for each of the two modules are awarded.
- At the end of each session students will be awarded credits on two grounds:
 - A. Completed the Key Assignments required in each Module
 - B. 90% Attendance.
- General Education Task may be anchored in Leisure and Recreation (we will return to this later)

GAMES	WATER BASED ACTIVITIES	GYM ACTIVITIES	DANCE	ATHLETICS AND INDIVIDUAL ACTIVITIES	OUTDOOR EDUCATION
Invasion Games e.g. Soccer Basketball Hurling Hockey G. Football, etc.	Swimming Diving Polo Synchronised swimming etc.	Ed. Gym Olym. Gym Trampolineing Sports acrobatics etc.	Contemporary Creative Folk Irish Aerobic etc.	Running Throwing Jumping Judo Yoga Weight Training Pitch and Putt Walking etc.	Land-based activities e.g. Hill walking Rock climbing Orienteering etc. Water-based activities e.g. Surfing Wind-sailing etc.
Net Games e.g. Tennis Volleyball Badminton					
Field Games Rounders Baseball Golf etc.					

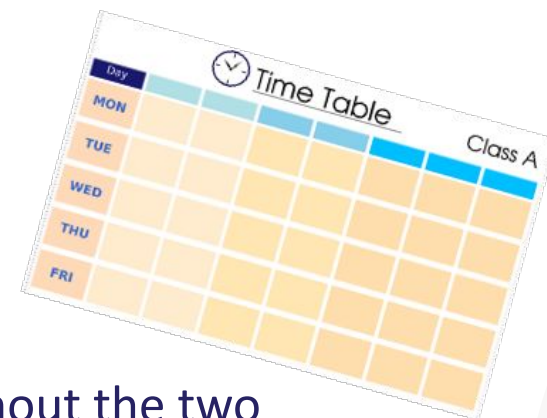
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 - Recommended that at least TWO activities, each one from a different category are included in each module.
 - The two activities selected for the first module should be different from the two activities selected for the second module

GENERAL EDUCATION
LEISURE & RECREATION

Games Invasion Games	Water Based Activities	Gym Activities	Dance	Athletics and Individual Activities	Outdoor Education
Soccer Basketball Hurling Hockey G. Football <i>Net Games e.g.</i> Tennis Volleyball Badminton <i>Field Games</i> Rounders Baseball Golf	Swimming Diving Polo synchronized swimming	Ed. Gym Olym. Gym Trampolining Sports acrobatics Etc.	Contemporary Creative Folk Irish Aerobic etc.	Running Throwing Jumping Judo Yoga Weight Training Pitch and Putt Walking etc.	Land-based activities e.g. Hill walking Rock climbing Orienteering etc. <i>Water-based activities e.g.</i> Surfing wind -sailing etc.

Timetable / Schedule

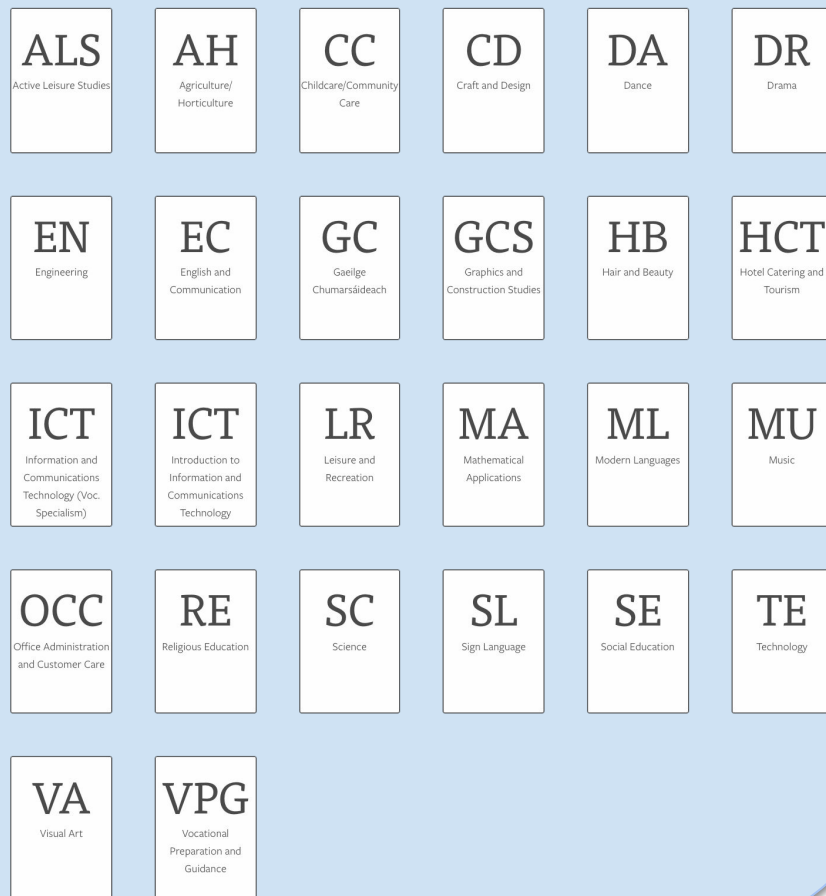
- Three Modules - must complete two
- Any two modules may be selected - no mandatory module
- The modules can be taken in any sequence
- The two modules selected may be completed in one year or spread throughout the two years.



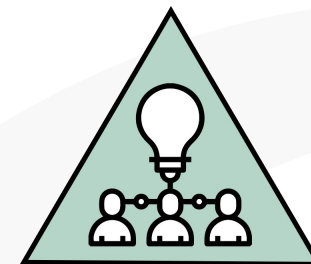
Academic year in LCA is divided into two sessions:

1. September to January
2. February to May

Transdisciplinary Links



- Which of these subjects are your students doing at the moment?
- Which subjects may provide transdisciplinary links to the Leisure and Recreation Course?



ACTIVITY

Module One: Physical Activity for Performance

Purpose:

- To enable students to participate in at least two activities at a level that is appropriate to their ability
- The module allows for the development of personal and social skills and promotes improvement of performance and leadership skills

Module One: Physical Activity for Performance

Units:

- Unit 1: Skill and Performance
- Unit 2: Application to Personal Performance
- Unit 3: Organisation and Officiating

Module 1

Unit 1: Skill and Performance



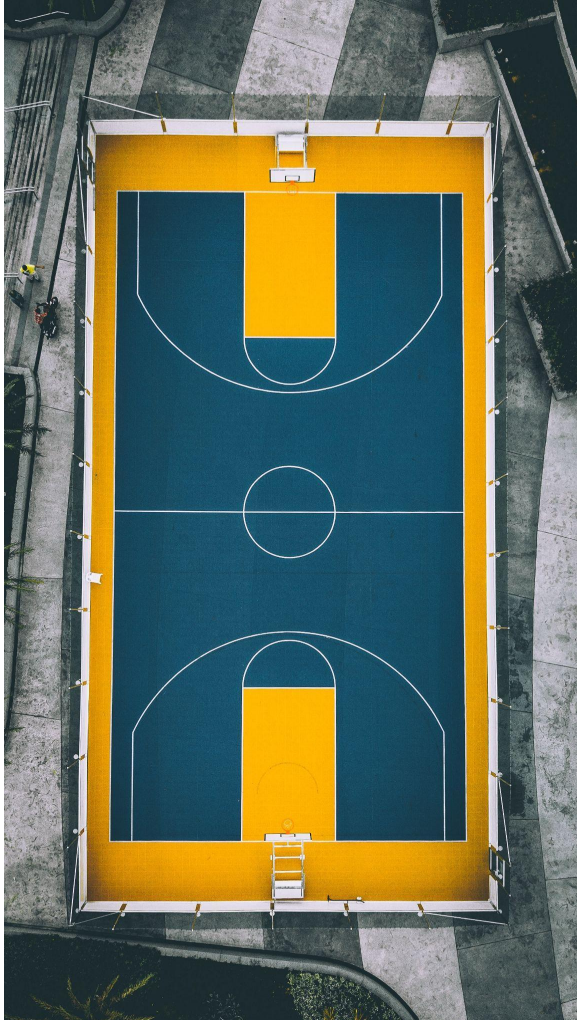
Module 1

Unit 2: Application to Personal Performance



Module 1

Unit 3: Organisation and Officiating



Module One: Physical Activity for Performance

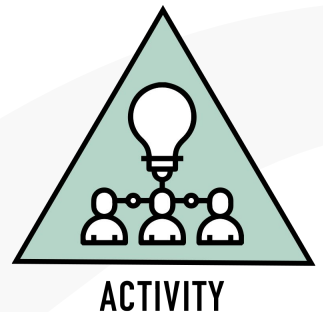
Key Assignments:

- I have recorded the basic rules and principles as they apply to one activity I have participated in.
- I have kept a record of the skills I have learned during this module.
- I have demonstrated and performed three skills that I have learnt in one of the chosen activities.
- As part of a group I have organised a practice exercise for one of the chosen activities.

Group Discussion

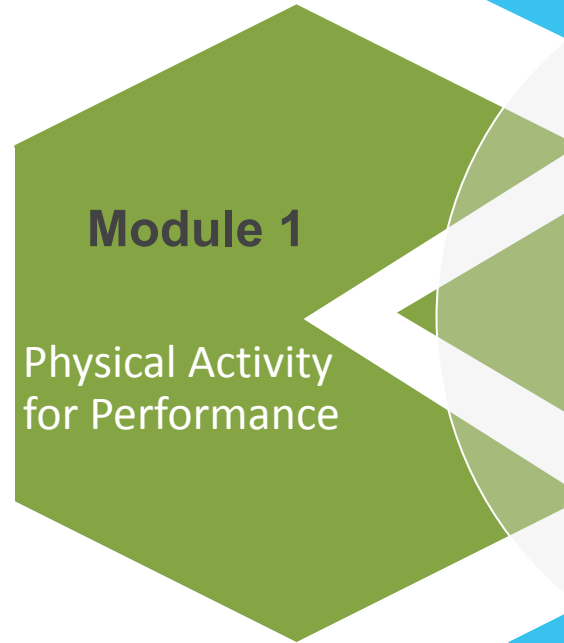
ALS Active Leisure Studies	AH Agriculture/ Horticulture	CC Childcare/Community Care	CD Craft and Design	DA Dance	DR Drama
EN Engineering	EC English and Communication	GC Gaeilge Chumarsáideach	GCS Graphics and Construction Studies	HB Hair and Beauty	HCT Hotel Catering and Tourism
ICT Information and Communications Technology (Voc. Specialism)	ICT Introduction to Information and Communications Technology	LR Leisure and Recreation	MA Mathematical Applications	ML Modern Languages	MU Music
OCC Office Administration and Customer Care	RE Religious Education	SC Science	SL Sign Language	SE Social Education	TE Technology
VA Visual Art	VPG Vocational Preparation and Guidance				

- Explore the subjects/units within the broader LCA curriculum which may provide transdisciplinary links to Module 1: Physical Activity for Performance in the Leisure and Recreation Course?

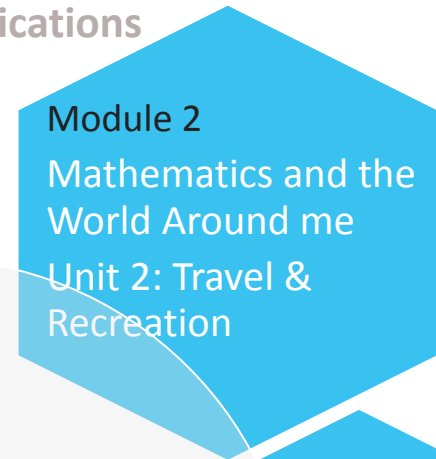
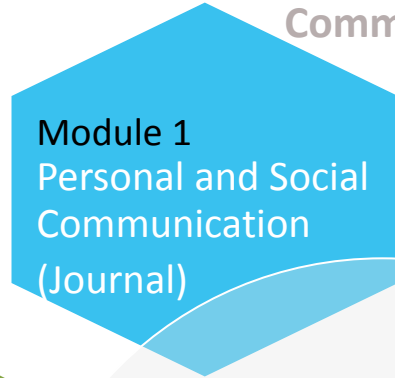


Transdisciplinary Links:

Leisure and Recreation

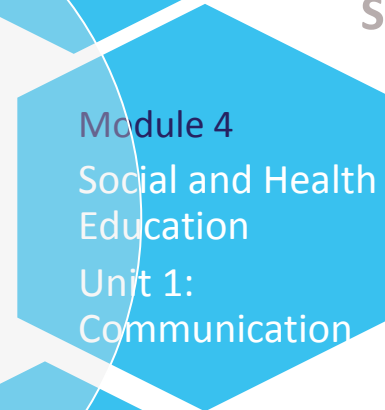


English and Communications

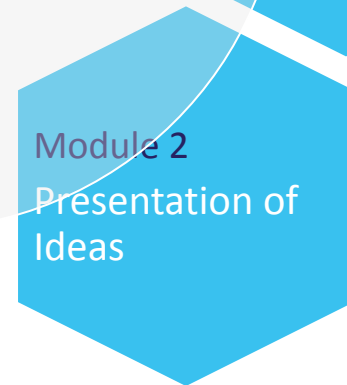


Mathematical Applications

Social Education



ICT

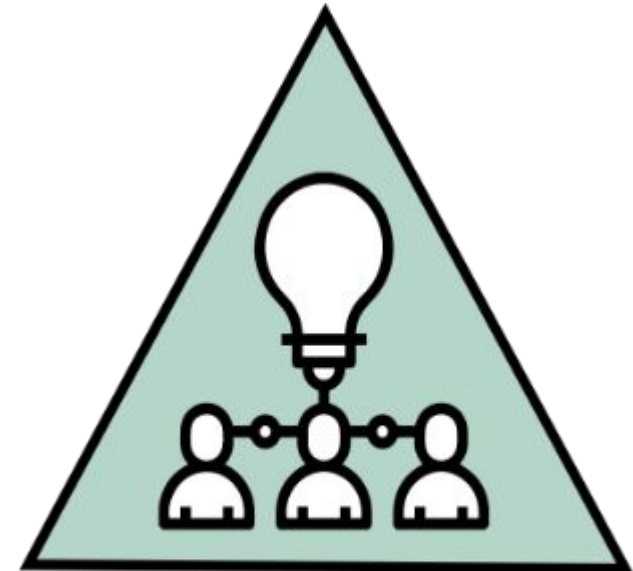


Group Activity 1

- Discuss how you would complete this module in your school?
- How would you plan to cater for inclusion in your LCA class?
- How can we as teachers assist students complete key assignments associated with module?
- Use the QR code below to complete this activity.



QR code to Google Sheet



ACTIVITY

Incorporating Literacy into the Module

Introduce new rules and vocabulary through crosswords, word searches, quizzes

Students could keep records / notes in a hard copy

Library of books related to activity chosen

MODULE 2

PHYSICAL ACTIVITY FOR HEALTH AND FITNESS

Module 2: Physical Activity for Health and Fitness

Purpose:

- Designed to enable students through participation in a number of physical leisure and recreation activities to understand the importance of exercise to the maintenance of fitness and promotion of a healthy and active lifestyle.
- It gives students the skills and knowledge to understand the benefits of participation in physical activity as a lifelong activity.
- The module allows for the development of personal and social skills.

Module 2: Physical Activity for Health and Fitness

Units:

- Unit 1: Cardiovascular Endurance
- Unit 2: Flexibility
- Unit 3 Muscular Strength and Endurance
- Unit 4: Designing the Fitness Programme

Module 2

Unit 1: Cardiovascular Endurance



FITT
F - Frequency
I - Intensity
T - Time
T - Type



Aerobic Fitness V's Anaerobic Fitness

Aerobic : $\leq 80\%$ of Max Heart Rate

Anaerobic: $\geq 80\%$ of MHR

MHR = $220 - \text{age}$

Calculate your own Max Heart Rate ($220 - \text{Age}$)

Calculate your own Lactic threshold (80% of your own MHR)

Module 2

Unit 2: Flexibility

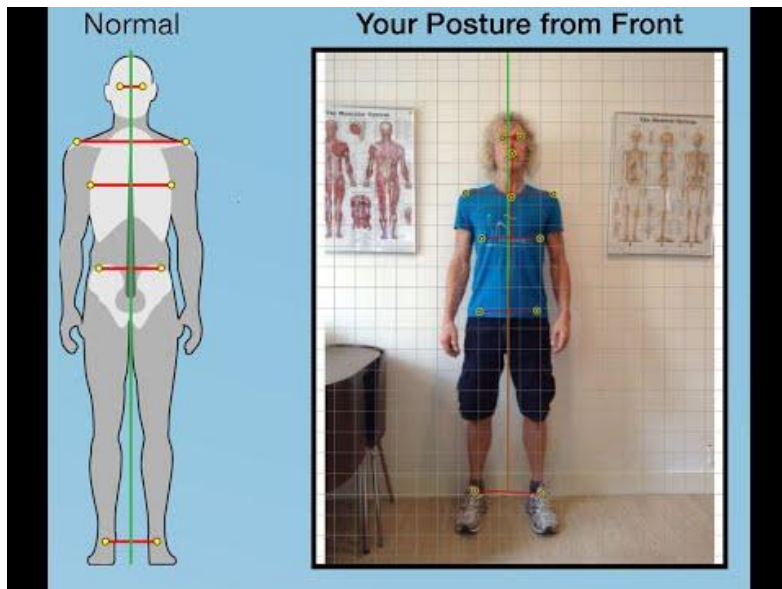
types of joints by structure

synovial joints



Module 2

Muscular Strength and Endurance



Module 2

Unit 4: Designing the Fitness Programme



Module 2: Physical Activity for Health and Fitness

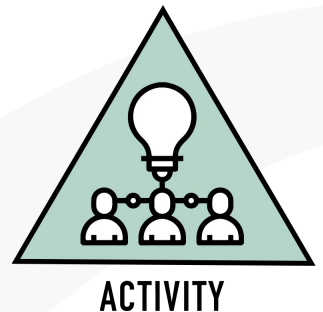
Key Assignment:

- I have monitored my heart rate for a week.
- I have recorded exercises that develop aerobic fitness.
- I have kept a diary of my fitness programme.
- I have led a group in a warm up and cool down exercise related to the chosen activity.

Group Discussion

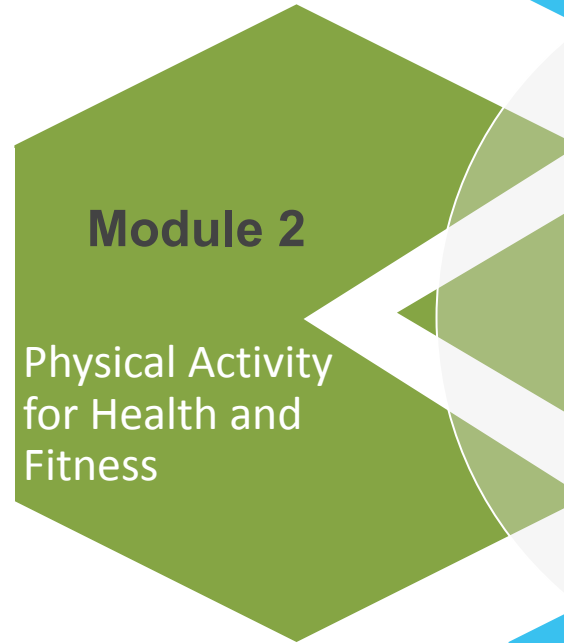
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OCC Office Administration and Customer Care	RE Religious Education	SC Science	SL Sign Language	SE Social Education	TE Technology
VA Visual Art	VPG Vocational Preparation and Guidance				

- Explore the subjects/units within the broader LCA curriculum which may provide transdisciplinary links to Module 2: Physical Activity for Health and Fitness in the Leisure and Recreation Course?

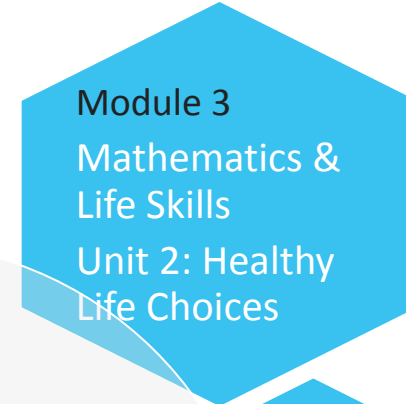


Transdisciplinary Links:

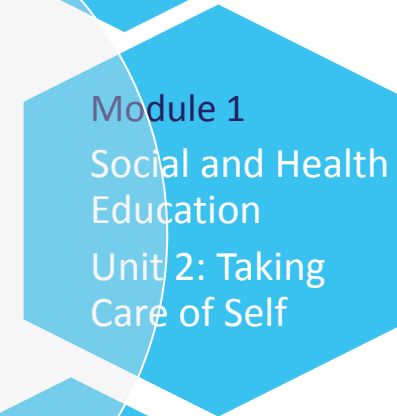
Leisure and Recreation



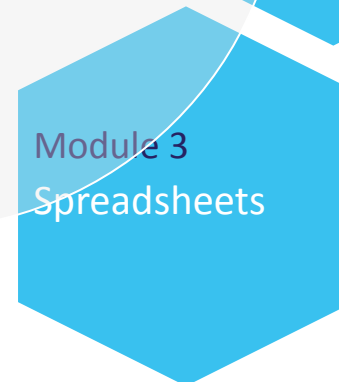
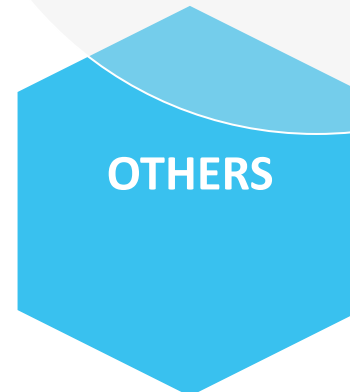
English and Communications



Mathematical Applications



Social Education



ICT

Useful Resources for Module 2

- Health Promotion Unit - Dept of health. Information and Publications.
 - www.healthpromotion.ie
- Harvard Health Publishing - Harvard Medical School
 - <https://www.health.harvard.edu/>
- Body Building - insightful articles and workout plans
 - <https://www.bodybuilding.com/>



End of session 2

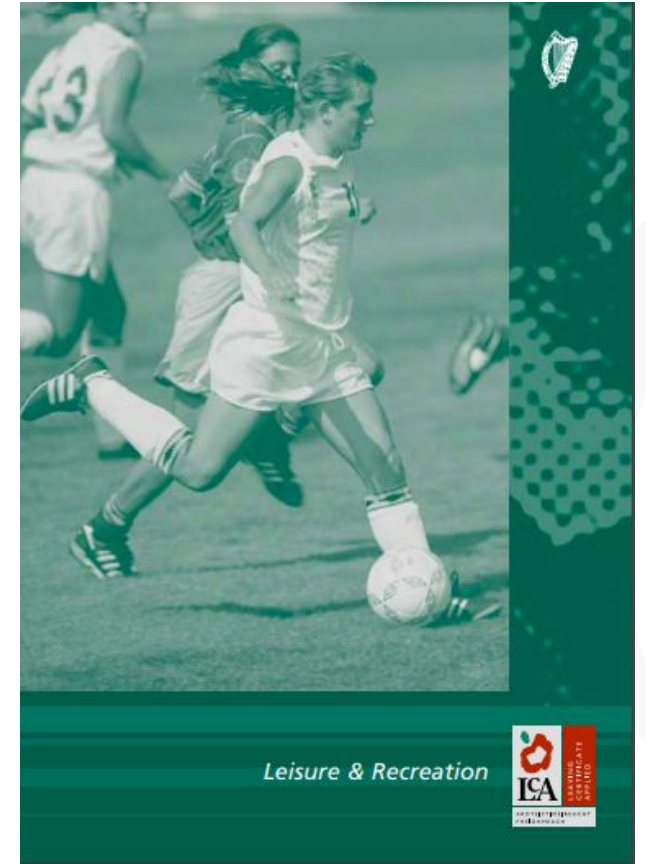
Session 3

By the end of this session participants will have:

Explore Module 3, Physical Activity for Leisure and Recreation

Explore literacy & numeracy inclusion in Leisure and Recreation

Useful resources



MODULE 3

PHYSICAL ACTIVITY FOR LEISURE AND RECREATION

Module 3: Physical Activity for Leisure and Recreation

Purpose:

Designed to help students to plan, develop and participate in a programme of physical leisure and recreational activities not already on offer in the school.

Assist students in identifying leisure and recreational activities in the community.

Allows for the personal and social development of the student.

Enable students to appreciate the benefits of maintaining a healthy and active lifestyle.

Module 3: Physical Activity for Leisure and Recreation

Units:

Unit 1: Developing a school based physical recreational activity programme

Unit 2: Recreational Activities in the Community

Unit 3: Recreational and Health

Module 3

Unit 1: Developing a school based physical recreational activity programme



Module 3

Unit 2: Recreational Activities in the Community

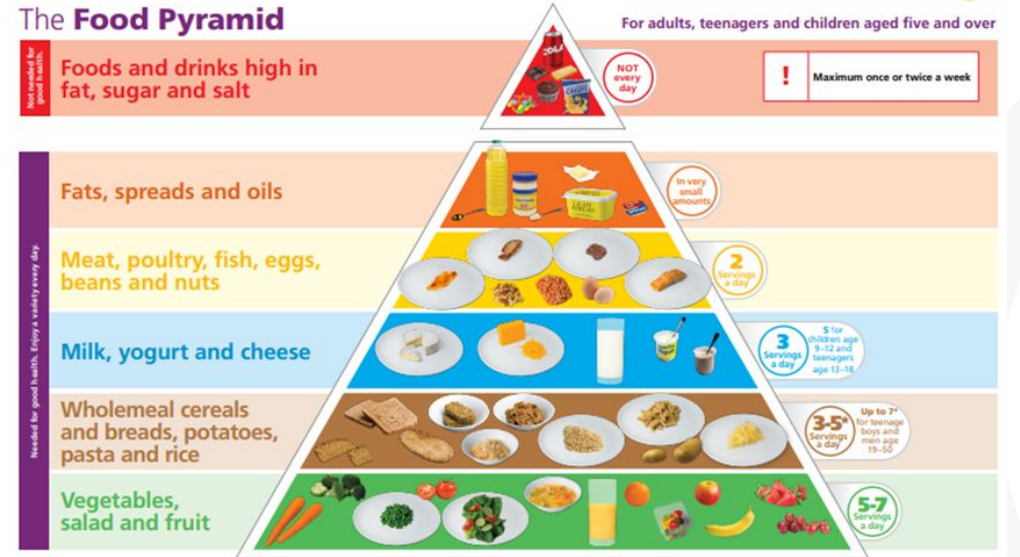


Module 3

Unit 3: Recreation and Health



Healthy Food for Life www.healthyireland.ie hi



*Daily Servings Guide – wholemeal cereals and breads, potatoes, pasta and rice

Child	Teenager	Adult	Adult	Inactive	Teenager	Adult	Adult
(8-12)	(13-16)	(19-50)	(51+)	(13-15)	(16-50)	(51+)	(51+)
4-5	4	4-5	3-4	3	3-4	3	3
5-7	5-7	5-7	4-5	4-5	4-6	4	4

For inactive children as it is essential that all children are active.

Drink at least 8 cups of fluid a day – water is best

Get Active!
 To maintain a healthy weight adults need at least 30 minutes a day of moderate activity on 5 days a week (or 150 minutes a week); children need to be active at a moderate to vigorous level for at least 60 minutes every day.

BMI Chart (Kgs/m²) for use with the Weight Management Treatment Algorithm



A Quick Reference Guide For Primary Care Staff
 (See www.icgp.ie/weightmanagement or www.hse.ie for additional online resources)

Underweight (<18.5 kgs/m ²)		Healthy weight (18.5 - 24.9 kgs/m ²)				Overweight (25 - 29.9 kgs/m ²)				Obese Class I (30 - 34.9 kgs/m ²)				Obese Class II (35 - 39.9 kgs/m ²)				Obese Class III (> 40 kgs/m ²)		
Stone	lbs	4' 10"	4' 11"	5' 0"	5' 1"	5' 2"	5' 3"	5' 4"	5' 5"	5' 6"	5' 7"	5' 8"	5' 9"	5' 10"	5' 11"	6' 0"	6' 1"	6' 2"	6' 3"	kgs
7st 2lbs	100	20.9	20.2	19.6	18.9	18.3	17.8	17.2	16.7	16.2	15.7	15.2	14.8	14.4	14.0	13.6	13.2	12.9	12.5	45.5 kgs

Module 3: Physical Activity for Leisure and Recreation

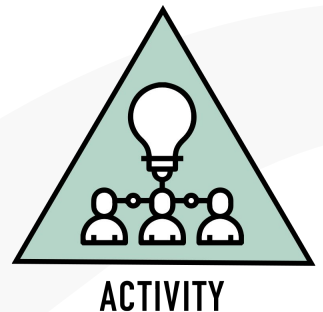
Key Assignments:

- I have identified a range of physical recreational activities in my local community.
- I have maintained a diary of my participation in physical activities.
- I have identified the social and physical benefits of participation in recreational activities.
- I have participated in a programme of physical leisure and recreational activities planned by the group.

Group Discussion

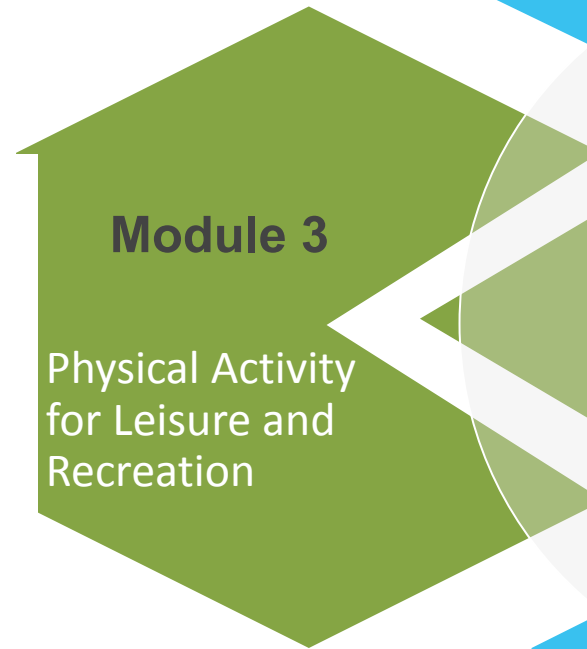
ALS Active Leisure Studies	AH Agriculture/ Horticulture	CC Childcare/Community Care	CD Craft and Design	DA Dance	DR Drama
EN Engineering	EC English and Communication	GC Gaeilge Chumarsáideach	GCS Graphics and Construction Studies	HB Hair and Beauty	HCT Hotel Catering and Tourism
ICT Information and Communications Technology (Voc. Specialism)	ICT Introduction to Information and Communications Technology	LR Leisure and Recreation	MA Mathematical Applications	ML Modern Languages	MU Music
OCC Office Administration and Customer Care	RE Religious Education	SC Science	SL Sign Language	SE Social Education	TE Technology
VA Visual Art	VPG Vocational Preparation and Guidance				

- Explore the subjects/units within the broader LCA curriculum which may provide transdisciplinary links to Module 3: Physical Activity for Leisure and Recreation?

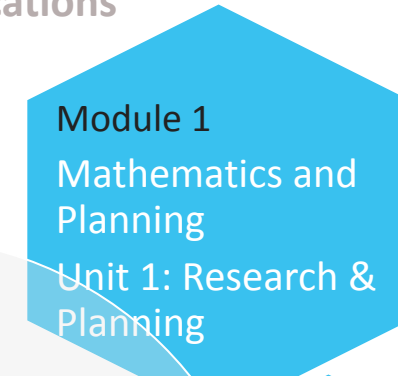
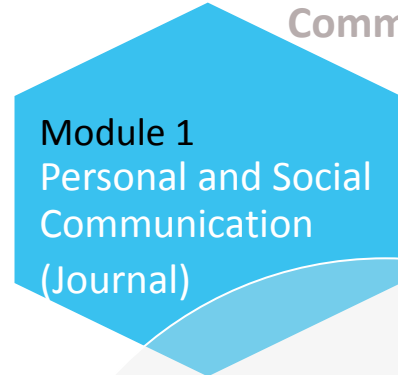


Transdisciplinary Links:

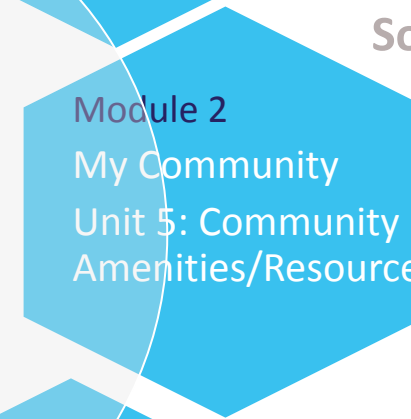
Leisure and Recreation



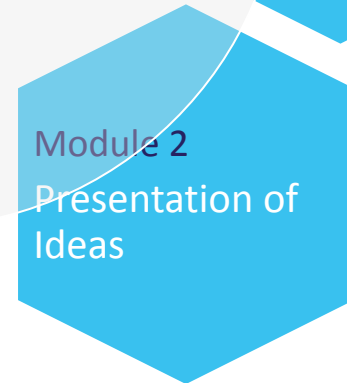
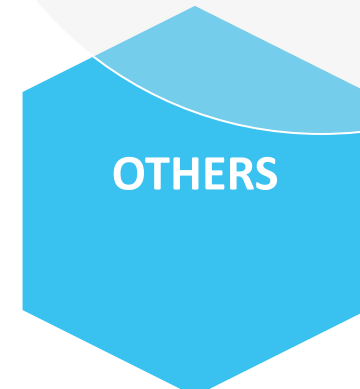
English and Communications



Mathematical Applications



Social Education



ICT

Useful Resources for Module 3

- Purple Pen - Setting Software for Orienteering
 - <https://purplepen.golde.org/>
- Governing Body for Orienteering
 - <https://www.orienteeing.ie/>
- Local authority website
- Sports Partnership e.g
- County Development Plan Maps
- I Orienteering
 - <https://www.iorienteering.com/>
- HSE Health Resources
 - <https://www.healthpromotion.ie/>

Literacy

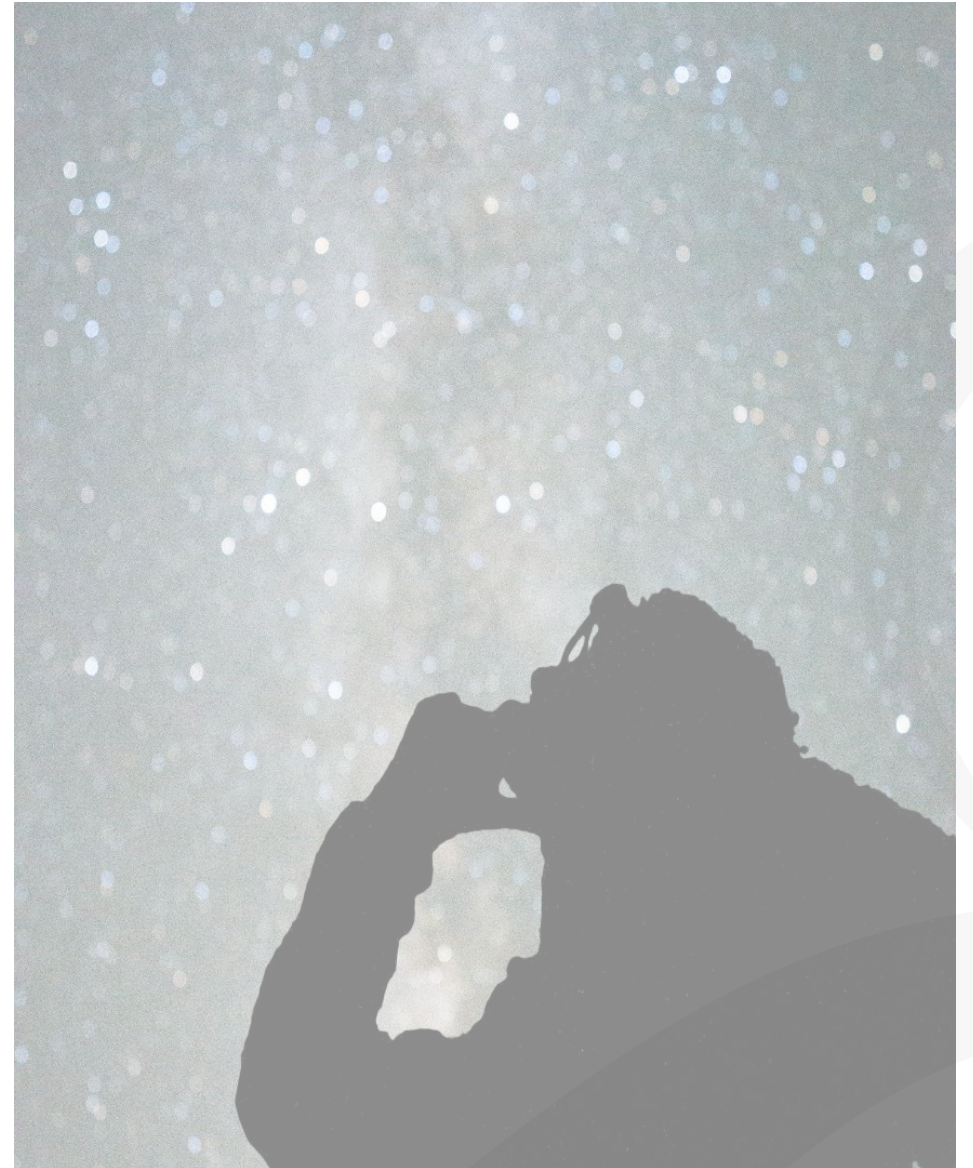
- Emphasis on key terminology within modules
- Build up bank of keywords
- Encourage students to learn correct pronunciation and spellings
- Daily diary of new words
- Word of the day
- Use dictionary and spell check

Numeracy

- Fill in score sheets
- Measure courts, pitches, performance areas etc.
- Keep score during activity/game
- Measure distances
- Keep time during activity
- Map reading
- Mark play areas
- Carry out fitness tests

Consider the following reflective questions:

- What new learning have I come to?
- What will I do differently to maximise learning for students in my class?
- What are the next steps required to enact my vision?





End of Session 3