

What we have learned in physical education

The fifth annual Theory of Physical Education Exhibition (PE Xpo) took place on the 6 March 2019 at Dublin City University. For the first time, both primary and secondary students showcased their knowledge and understanding of physical education. This was the inaugural participation of primary school entries.

PE Xpo was an idea conceived by Paddy O'Reilly and Gerry McDonnell (both PE teachers at Trinity Comprehensive School, Ballymun) and Chris Steele (PE teacher) in January 2015. The main aim at that time was to promote PE at second level as a subject in Ireland and to encourage students to research PE-related topics. In 2019, it was adapted to include primary school entries. The theme of the primary entries was 'What we have learned in Physical Education'. The IPPEA PE Xpo information can be found on the PE Xpo website <https://www.pexpoireland.com/>.

Primary school teachers were asked to plan and record a unit of work (150 minutes maximum) demonstrating their children's learning in physical education. The pupil's learning was documented through children's diary entries in which they drew pictures of their learning and responded to written prompts about specific aspects of that learning. Teachers displayed the children's learning on the PE Xpo day by creating a bulletin board



display which included a cover page and samples of the children's work. Representative children were invited to attend with their teachers to share their learning. Invited judges in the field of primary physical education selected the best project on the day using the marking criteria in the *Primary PE Xpo Handbook* on the PE Xpo website. The judges reported that "teachers and children had a very clear focus on project aims" and recommended that the children "tell this story to the whole school community and beyond".

Congratulations are due to St Michael's School, Holy Angels, Glenmaroon, Chapelizod, Dublin 20, the IPPEA's first Primary School PE Xpo winners 2019. The teachers of St Luke's class, Clare Heffernan and Lorraine O'Hara, with the children, presented a wonderful display of diaries. The diaries focussed on what the children learned with the head, heart, and hands in their 150-minute programme of physical

education. The children from St Luke's class had the judges and second-level students participating in meaningful physical education activities on the day. Next year's PE Xpo launch is 2 October 2020 DCU, the closing date for entries is 14 February 2020 and the PE Xpo Day is Wednesday, 4 March 2020. The IPPEA are delighted to be involved in this initiative to highlight the importance of the value of physical education and the important physical, social and cognitive development and learning that takes place through quality physical education teaching through a broad and balanced programme.

SUSAN MARRON and FRANCES MURPHY, Institute of Education, DCU and the IPPEA Committee.



Irish Primary PE Association
Cumann Corpoideachais Sunscóile na hÉireann