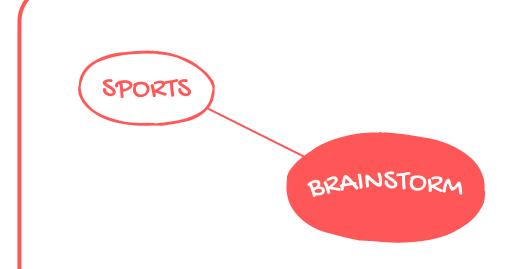# PEXpo — Starting your PExpo Project

Step 1: **Brainstorm** 💡

- Read the PExpo Categories for inspiration ➡️
- Consider what sports you play or follow:
  - What do you want to know more about?
  - What issues do you or others face in the sport?
- Look up sports issues in the news - controversies, advancements etc.
- Research sports people and their particular skills.
- Check out previous winners (on the PExpo website) for ideas.

CATEGORIES

1. **Physical, Psychological and Tactical Demands of Performance**
2. **Power of Sport- Culture, History and Inclusion**
3. **Well-being- Physical, Mental and Social**
4. **Technology and Media**
5. **Nutrition and Diet**
6. **Olympic Ideas and Values**
7. **My favourite Olympian (First years only)**

SPORTS — BRAINSTORM

DARE TO BELIEVE · Team Ireland · Proud title sponsor ptsb

Step 2: **Research**

- Look up articles, studies, books and documentaries to check there is enough information available to make your project viable. ☐

- Gather your sources in a document or save them as bookmarks in your browser. ☐

- Consider what research methods you will implement e.g. interviewing classmates, using sports statistics or conducting scientific experiments. ☐

SOURCES:

RESEARCH METHODS:

Step 3: **Organise**

- Make a list of all tasks needed to complete your project such as:
  - Creating a spreadsheet to record data.
  - Gathering and printing images.
  - Proof-reading.
- If you're working with a team, divide the tasks. (Teams can have up to five students.)
- Make the best use of particular skills e.g. assigning a classmate who is good at maths to analyse data or an artist to design the overall appearance of the project.

TASKS:

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-
-

TEAM MEMBERS:

Starting your PExpo Project

Step 4: **Timetable**

- Make a detailed timetable for completing your project.
- Will you meet a few times a week or work on your tasks separately and meet up once a week?
- Set intermediate deadlines for tasks.
- Decide on a final deadline, ideally a week before PExpo!

Task Timetable

	TASK	DUE DATE
1		
2		
3		
4		
5		
6		
7		
8		
9		
10		
11		
12		
13		
14		
15		