

This handbook has been developed to assist teachers, schools, and students in preparing their projects for the PExpo. It includes the PExpo categories, judging criteria and project tips.

- Section 1 - Categories
- Section 2 - Judging Criteria
- Section 3 - Tips and ideas



CATEGORIES

To enter PExpo, submit your project under one of the following headings.

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)



Categories can be used as a starting point to generate project ideas. If you already have an idea for a project, you must enter it in the relevant category.



JUDGING CRITERIA

Section 1: Project	0-3	4-7	8-10
Appropriate title			
Appropriate aims and objectives			
Appropriateness of content			
Conclusion			

Section 2: Project Content	0-3	4-7	8-10
How clear is the link between the title and the aims and objectives?			
Are the research methods appropriate?			
Is the information presented accurate?			
Does the conclusion allow for further development?			

Section 3: Presentation	0-3	4-7	8-10
Colourful and bright			
Clear and concise			
Appropriate information			

Section 4: Verbal knowledge and understanding	0-3	4-7	8-10
Subject understanding			
Answers questions appropriately			
Can explain the project content			

Total marks (maximum of 140)

Breakdown of the marking for 'Section 1' of the judging criteria:

Marking Guide		
Appropriate title	The title has no link with the PExpo categories (no title = 0)	1-3
	The title is vaguely linked to the PExpo categories	4-6
	The title is clearly linked to the PExpo group and you can see how the project is going to be developed	7-9
	The title tells you the exact nature of project	10
Appropriate aims and objectives	No aims and objectives	1-3
	The project has aims and objectives but there is no link to the title or category	4-6
	The aims and objectives are clear and a link can be seen	7-9
	The aims and objectives are clearly linked to the title	10



Appropriateness of content	The content has no clear link with the title or group	1-3
	The content is related to the title or group, but not precisely enough	4-6
	The content is linked to the title and category and demonstrates a good level of understanding	7-9
	The content is clearly linked to the title and category and shows that the project has a clear beginning, middle and end	10
Conclusion	There is no conclusion	1-3
	There is a conclusion based on the results of the project	4-6
	The conclusion gives the project an end result with ideas on what to do next	7-9
	The conclusion gives a clear indication of the results of the project and the possible way forward	10

TIPS AND IDEAS

Starting your project

As part of brainstorming for your PExpo project idea, you may wish to use the following prompts:

- Categories I am interested in...
- Possible research titles/questions...
- Information and key points I have researched so far are...

Once you have considered your project area, think about:

- How will I conduct the research for this project and who will help me?

For a step by step worksheet on starting your project, download the “Starting your PExpo Project” PDF from pexpoireland.com

Research

- Where will I find the information/materials/computer applications I need for my project?
- If conducting a survey, what questions will I ask?
- When conducting a survey, what research method will I use - interview or questionnaire? Both?
- How much time will I need to conduct a survey?



Analysing data

Once you have collected information (from literature, documentaries, online resources, etc.) and have the results of your research (survey, questionnaire or interview) consider:

- How will I compare and assess the information I gathered?
- How will I display that information to best effect, possibly using graphs, bar charts and photographs?



Conclusion

Summarise your findings:



- What did you learn/enjoy from your research?
- What would you do differently?
- Would your project lend itself to further research?

GENERAL TIPS

- Use your strengths.
- Assign tasks to everyone in your group.
- Practise what you plan to say to the judges and make sure everyone knows the script.
- Don't change anything on the day.
- Do a dummy run of your display and take a picture of it so that you know where everything goes.
- Give yourself plenty of time to put up your display by arriving at least 30 minutes before judging starts.
- Make your display board colourful.
- Make your presentation flow from one part of the project to the other.
- Bring everything you think you might need with you including scissors, thumb tacks – and duct tape!
- Be approachable when the judges arrive - and have an anecdote or two ready about your PExpo experience.
- Look presentable (wear your school PE kit or uniform).
- Beg, borrow and (oh better not do the last one!)
- Give yourself time to visit the other projects and stands at PExpo.
- Above all, have fun!

