

Aquatics (Level 1)

PE

Statement Code no: 7

Student:

Class:

At Junior Certificate level the student can:

Take part in an aquatic activity demonstrating safety and confidence (Level 1)

Date Commenced: / /

Date Awarded: / /

Learning Targets* - This has demonstrated by your ability to:

- | | | | | |
|----|--|--------------------------|--------------------------|--------------------------|
| 1 | Bring the correct clothing and equipment to class | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 2 | Handle equipment carefully and safely | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 3 | Carry out instructions when given | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 4 | Enter water safely | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 5 | Swim on your front | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 6 | Swim on your back | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 7 | Take part in water games | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 8 | Float | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 9 | Thread water | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 10 | Call for help | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 11 | Assist in a land based rescue | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 12 | Know how to improve your performance | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 13 | Know how to cool down | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 14 | Take part in an aquatic challenge | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 15 | Respect your classmates at the poolside and in the water | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |

*Two targets from HR statement must be undertaken in order to complete this statement

Work begun | Work in progress | Work completed