

# Health Related Activities (Level 1)

PE

Statement Code no: 1

Student:

Class:

The Junior Cycle Physical Education Syllabus recommends that health related activity is integrated with the study of other areas. To this end, two targets **must** be selected from the following list of HR Level 1 learning targets and inserted in each Physical Education statement. In compiling Physical Education Statements, it is important to ensure that a wide range of HR Learning Targets are included.

Date Commenced: / /

Date Awarded: / /

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

- |    |  |                          |                          |                          |
|----|--|--------------------------|--------------------------|--------------------------|
| 1  | Understand why it is important to wear the correct clothing for an activity            | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 2  | Understand the effects of exercise on the body   | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 3  | Know how to warm up and know why it's important  | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 4  | Understand why the heart becomes stronger with regular exercise                        | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 5  | Be aware of the health benefits associated with the activity                           | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 6  | Find and take my pulse   | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 7  | Identify the different types of fitness and know which ones are needed for good health | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 8  | Know why it is important to be healthy   | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 9  | Know how to plan for and take part in physical activity                                | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 10 | Know how to cool down and know why it's important                                      | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 11 | Learn how to improve your level of fitness   | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |

Work begun    | Work in progress    | Work completed

# Divided Court Games (Level 1)

PE

Statement Code no: 2

Student:

Class:

At Junior Certificate level the student can:

Design and participate with confidence in a divided court game (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  | Know how to warm up and know why it's important                      | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 5  | Understand and know how to play in attack in a divided court game    | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 6  | Understand and know how to play in defence in a divided court game   | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 7  | To learn the basic skills needed to take part in divided court games | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 8  | Follow the rules and scoring of the game                             | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 9  | Work well with others  | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 10 | Know how to cool down and know why it's important                    | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 11 | Know how to improve your performance                                 | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 12 | Learn the importance of rules in a game                              | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 13 | Design a safe divided court game with easy to follow rules           | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 14 | Explain the new game   | <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

# Invasion Games (Level 1)

PE

Statement Code no: 3

Student:

Class:

At Junior Certificate level the student can:

Design and participate with confidence in an invasion game (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  | Know how to warm up and know why it's important                | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 5  | Understand and know how to play in attack in an invasion game  | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 6  | Understand and know how to play in defence in an invasion game | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 7  | Learn the basic skills needed to take part in invasion games   | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 8  | Follow the rules and scoring of the game                       | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 9  | Learn the importance of teamwork                               | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 10 | Demonstrate good teamwork                                      | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 11 | Know how to cool down and know why it's important              | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 12 | Learn the importance of rules in a game                        | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 13 | Design a safe invasion game with easy to follow rules          | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 14 | Explain the new game   | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 15 | Know how to improve your performance                           | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 16 | Take part in an invasion game challenge                        | <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

# Participate in an Athletics Meet (Level 1)

PE

Statement Code no: 4

Student:

Class:

At Junior Certificate level the student can:

## Take an active part in Athletics (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  | Perform basic throwing skills  | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 5  | Perform basic jumping skills   | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 6  | Take part in a variety of running activities                         | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 7  | To learn the basic skills needed to take part in divided court games | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 8  | Know how to set a personal challenge and improve your performance    | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 9  | Organise a, basic athletic activity in your group                    | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 10 | Respect the safety procedures for each athletic event                | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 11 | Work well as a member of a team                                      | <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

# Dance (Level 1)

PE

Statement Code no: 5

Student:

Class:

At Junior Certificate level the student can:

Perform a dance individually or as part of a group (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  | Carry out instructions when given                 | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 3  | Know how to warm up and know why it's important   | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 4  | Learn and perform a dance phrase                  | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 5  | Create your own dance phrase                      | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 6  | Make up your own dance sequence                   | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 7  | Dance on your own                                 | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 8  | Dance with a partner or in a group                | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 9  | Know how to improve your dance performance        | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 10 | Participate in a variety of dance forms           | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 11 | Respect the efforts of your classmates            | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 12 | Know what makes up a good dance performance       | <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

# Gymnastics (Level 1)

PE

Statement Code no: 6

Student:

Class:

At Junior Certificate level the student can:

Create and perform a basic gymnastic sequence (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  | Perform a basic roll   | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 5  | Perform a basic balance  | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 6  | Perform a basic jump   | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 7  | Link movements together to create a basic gymnastic sequence           | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 8  | Know what makes up a good gymnastic sequence                           | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 9  | Know how to improve my performance                                     | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 10 | Perform basic skills with control using gymnastic equipment            | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 11 | Understand what makes a gymnastic movement look well                   | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 12 | Create and perform basic gymnastic activities at your own level        | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 13 | Work with others in creating and performing a basic gymnastic sequence | <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

# 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

# Adventure Activities (Level 1)

PE

Statement Code no: 8

Student:

Class:

At Junior Certificate level the student can:

Navigate and take part in a team challenge (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  | Take part in a team challenge                                    | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 5  | Set a map and travel in the correct direction                    | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 6  | Understand the procedures associated with an orienteering event  | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 7  | Recognise orienteering symbols                                   | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 8  | Identify the features on a map with real life objects            | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 9  | Take part in a basic orienteering event                          | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 10 | Know the country code  | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 11 | Construct a shelter  | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 12 | Recognise the safety aspects of your selected adventure activity | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 13 | Understand what makes a team work well together                  | <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