

# Area of Experience: Physical Education

## PE

At Junior Certificate level I can:

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|--|--|
| <b>1 Health Related Activities (Level 1)</b>   | <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> |
| 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. |  |
| <b>2 Divided Court Games (Level 1)</b>   | <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> |
| Design and participate with confidence in a divided court game   |  |
| <b>3 Invasion Games (Level 1)</b>  | <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> |
| Design and participate with confidence in an invasion game   |  |
| <b>4 Participate in an Athletic Meet (Level 1)</b>   | <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> |
| Take an active part in Athletics   |  |
| <b>5 Dance (Level 1)</b>   | <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> |
| Perform a dance individually or as part of a group   |  |
| <b>6 Gymnastics (Level 1)</b>  | <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> |
| Create and perform a basic gymnastic sequence  |  |
| <b>7 Aquatics (Level 1)</b>  | <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> |
| Take part in an aquatic activity demonstrating safety and confidence   |  |
| <b>8 Adventure Activities (Level 1)</b>  | <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> |
| Navigate and take part in a team challenge   |  |

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

Work begun  | Work in progress  | Work completed