At Junior Certificate level the student can:

1. **Health Related Activities (Level 1)**
   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.

2. **Divided Court Games (Level 1)**
   Design and participate with confidence in a divided court game

3. **Invasion Games (Level 1)**
   Design and participate with confidence in an invasion game

4. **Participate in an Athletic Meet (Level 1)**
   Take an active part in Athletics

5. **Dance (Level 1)**
   Perform a dance individually or as part of a group

6. **Gymnastics (Level 1)**
   Create and perform a basic gymnastic sequence

7. **Aquatics (Level 1)**
   Take part in an aquatic activity demonstrating safety and confidence

8. **Adventure Activities (Level 1)**
   Navigate and take part in a team challenge

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