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.

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

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