

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