At Junior Certificate level the student can:

Design and participate with confidence in a divided court game (Level 1)

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

1. Bring the correct clothing and equipment to class
2. Handle equipment carefully and safely
3. Carry out instructions when given
4. Know how to warm up and know why it’s important
5. Understand and know how to play in attack in a divided court game
6. Understand and know how to play in defence in a divided court game
7. To learn the basic skills needed to take part in divided court games
8. Follow the rules and scoring of the game
9. Work well with others
10. Know how to cool down and know why it’s important
11. Know how to improve your performance
12. Learn the importance of rules in a game
13. Design a safe divided court game with easy to follow rules
14. Explain the new game

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