At Junior Certificate level the student can:

Design and participate with confidence in an invasion 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 an invasion game
6. Understand and know how to play in defence in an invasion game
7. Learn the basic skills needed to take part in invasion games
8. Follow the rules and scoring of the game
9. Learn the importance of teamwork
10. Demonstrate good teamwork
11. Know how to cool down and know why it’s important
12. Learn the importance of rules in a game
13. Design a safe invasion game with easy to follow rules
14. Explain the new game
15. Know how to improve your performance
16. Take part in an invasion game challenge

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