

Area of Experience: Physical Education

PE

At Junior Certificate level the student can:

- | | |
|--|--|
| 1 Health Related Activities (Level 1) | <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> |
| 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) | <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> |
| Design and participate with confidence in a divided court game | |
| 3 Invasion Games (Level 1) | <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> |
| Design and participate with confidence in an invasion game | |
| 4 Participate in an Athletic Meet (Level 1) | <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> |
| Take an active part in Athletics | |
| 5 Dance (Level 1) | <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> |
| Perform a dance individually or as part of a group | |
| 6 Gymnastics (Level 1) | <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> |
| Create and perform a basic gymnastic sequence | |
| 7 Aquatics (Level 1) | <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> |
| Take part in an aquatic activity demonstrating safety and confidence | |
| 8 Adventure Activities (Level 1) | <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> |
| Navigate and take part in a team challenge | |

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

Work begun | Work in progress | Work completed

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

Divided Court Games (Level 1)

PE

Statement Code no: 2

Student:

Class:

At Junior Certificate level the student can:

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

Date Commenced: / /

Date Awarded: / /

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

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

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

Work begun | Work in progress | Work completed

Invasion Games (Level 1)

PE

Statement Code no: 3

Student:

Class:

At Junior Certificate level the student can:

Design and participate with confidence in an invasion game (Level 1)

Date Commenced: / /

Date Awarded: / /

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

- | | | | | |
|----|--|--------------------------|--------------------------|--------------------------|
| 1 | Bring the correct clothing and equipment to class | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 2 | Handle equipment carefully and safely | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 3 | Carry out instructions when given | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 4 | Know how to warm up and know why it's important | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 5 | Understand and know how to play in attack in an invasion game | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 6 | Understand and know how to play in defence in an invasion game | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 7 | Learn the basic skills needed to take part in invasion games | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 8 | Follow the rules and scoring of the game | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 9 | Learn the importance of teamwork | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 10 | Demonstrate good teamwork | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 11 | Know how to cool down and know why it's important | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 12 | Learn the importance of rules in a game | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 13 | Design a safe invasion game with easy to follow rules | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 14 | Explain the new game | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 15 | Know how to improve your performance | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 16 | Take part in an invasion game challenge | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |

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

Work begun | Work in progress | Work completed

Participate in an Athletics Meet (Level 1)

PE

Statement Code no: 4

Student:

Class:

At Junior Certificate level the student can:

Take an active part in Athletics (Level 1)

Date Commenced: / /

Date Awarded: / /

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

- | | | | | |
|----|--|--------------------------|--------------------------|--------------------------|
| 1 | Bring the correct clothing and equipment to class | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 2 | Handle equipment carefully and safely | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 3 | Carry out instructions when given | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 4 | Perform basic throwing skills | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 5 | Perform basic jumping skills | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 6 | Take part in a variety of running activities | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 7 | To learn the basic skills needed to take part in divided court games | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 8 | Know how to set a personal challenge and improve your performance | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 9 | Organise a, basic athletic activity in your group | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 10 | Respect the safety procedures for each athletic event | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 11 | Work well as a member of a team | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |

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

Work begun | Work in progress | Work completed

Dance (Level 1)

PE

Statement Code no: 5

Student:

Class:

At Junior Certificate level the student can:

Perform a dance individually or as part of a group (Level 1)

Date Commenced: / /

Date Awarded: / /

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

- | | | | | |
|----|---|--------------------------|--------------------------|--------------------------|
| 1 | Bring the correct clothing and equipment to class | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 2 | Carry out instructions when given | <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 | Learn and perform a dance phrase | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 5 | Create your own dance phrase | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 6 | Make up your own dance sequence | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 7 | Dance on your own | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 8 | Dance with a partner or in a group | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 9 | Know how to improve your dance performance | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 10 | Participate in a variety of dance forms | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 11 | Respect the efforts of your classmates | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 12 | Know what makes up a good dance performance | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |

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

Work begun | Work in progress | Work completed

Gymnastics (Level 1)

PE

Statement Code no: 6

Student:

Class:

At Junior Certificate level the student can:

Create and perform a basic gymnastic sequence (Level 1)

Date Commenced: / /

Date Awarded: / /

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

- | | | | | |
|----|--|--------------------------|--------------------------|--------------------------|
| 1 | Bring the correct clothing and equipment to class | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 2 | Handle equipment carefully and safely | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 3 | Carry out instructions when given | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 4 | Perform a basic roll | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 5 | Perform a basic balance | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 6 | Perform a basic jump | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 7 | Link movements together to create a basic gymnastic sequence | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 8 | Know what makes up a good gymnastic sequence | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 9 | Know how to improve my performance | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 10 | Perform basic skills with control using gymnastic equipment | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 11 | Understand what makes a gymnastic movement look well | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 12 | Create and perform basic gymnastic activities at your own level | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 13 | Work with others in creating and performing a basic gymnastic sequence | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |

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

Work begun | Work in progress | Work completed

Aquatics (Level 1)

PE

Statement Code no: 7

Student:

Class:

At Junior Certificate level the student can:

Take part in an aquatic activity demonstrating safety and confidence (Level 1)

Date Commenced: / /

Date Awarded: / /

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

- | | | | | |
|----|--|--------------------------|--------------------------|--------------------------|
| 1 | Bring the correct clothing and equipment to class | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 2 | Handle equipment carefully and safely | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 3 | Carry out instructions when given | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 4 | Enter water safely | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 5 | Swim on your front | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 6 | Swim on your back | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 7 | Take part in water games | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 8 | Float | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 9 | Thread water | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 10 | Call for help | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 11 | Assist in a land based rescue | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 12 | Know how to improve your performance | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 13 | Know how to cool down | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 14 | Take part in an aquatic challenge | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 15 | Respect your classmates at the poolside and in the water | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |

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

Work begun | Work in progress | Work completed

Adventure Activities (Level 1)

PE

Statement Code no: 8

Student:

Class:

At Junior Certificate level the student can:

Navigate and take part in a team challenge (Level 1)

Date Commenced: / /

Date Awarded: / /

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

- | | | | | |
|----|--|--------------------------|--------------------------|--------------------------|
| 1 | Bring the correct clothing and equipment to class | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 2 | Handle equipment carefully and safely | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 3 | Carry out instructions when given | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 4 | Take part in a team challenge | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 5 | Set a map and travel in the correct direction | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 6 | Understand the procedures associated with an orienteering event | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 7 | Recognise orienteering symbols | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 8 | Identify the features on a map with real life objects | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 9 | Take part in a basic orienteering event | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 10 | Know the country code | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 11 | Construct a shelter | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 12 | Recognise the safety aspects of your selected adventure activity | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 13 | Understand what makes a team work well together | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |

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

Work begun | Work in progress | Work completed