At Junior Certificate level the student can:

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

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

4 Participate in an Athletic Meet (Level 1)
   Take an active part in Athletics

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

6 Gymnastics (Level 1)
   Create and perform a basic gymnastic sequence

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

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

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

<table>
<thead>
<tr>
<th>Learning Targets*</th>
<th>This has demonstrated by your ability to:</th>
</tr>
</thead>
<tbody>
<tr>
<td>1.</td>
<td>Understand why it is important to wear the correct clothing for an activity</td>
</tr>
<tr>
<td>2.</td>
<td>Understand the effects of exercise on the body</td>
</tr>
<tr>
<td>3.</td>
<td>Know how to warm up and know why it’s important</td>
</tr>
<tr>
<td>4.</td>
<td>Understand why the heart becomes stronger with regular exercise</td>
</tr>
<tr>
<td>5.</td>
<td>Be aware of the health benefits associated with the activity</td>
</tr>
<tr>
<td>6.</td>
<td>Find and take my pulse</td>
</tr>
<tr>
<td>7.</td>
<td>Identify the different types of fitness and know which ones are needed for good health</td>
</tr>
<tr>
<td>8.</td>
<td>Know why it is important to be healthy</td>
</tr>
<tr>
<td>9.</td>
<td>Know how to plan for and take part in physical activity</td>
</tr>
<tr>
<td>10.</td>
<td>Know how to cool down and know why it’s important</td>
</tr>
<tr>
<td>11.</td>
<td>Learn how to improve your level of fitness</td>
</tr>
</tbody>
</table>
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
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*
At Junior Certificate level the student can:

Take an active part in Athletics (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. Perform basic throwing skills
5. Perform basic jumping skills
6. Take part in a variety of running activities
7. To learn the basic skills needed to take part in divided court games
8. Know how to set a personal challenge and improve your performance
9. Organise a, basic athletic activity in your group
10. Respect the safety procedures for each athletic event
11. Work well as a member of a team

*Two targets from HR statement must be undertaken in order to complete this statement*
At Junior Certificate level the student can:

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

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

1. Bring the correct clothing and equipment to class
2. Carry out instructions when given
3. Know how to warm up and know why it’s important
4. Learn and perform a dance phrase
5. Create your own dance phrase
6. Make up your own dance sequence
7. Dance on your own
8. Dance with a partner or in a group
9. Know how to improve your dance performance
10. Participate in a variety of dance forms
11. Respect the efforts of your classmates
12. Know what makes up a good dance performance

*Two targets from HR statement must be undertaken in order to complete this statement
At Junior Certificate level the student can:

Create and perform a basic gymnastic sequence (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. Perform a basic roll
5. Perform a basic balance
6. Perform a basic jump
7. Link movements together to create a basic gymnastic sequence
8. Know what makes up a good gymnastic sequence
9. Know how to improve my performance
10. Perform basic skills with control using gymnastic equipment
11. Understand what makes a gymnastic movement look well
12. Create and perform basic gymnastic activities at your own level
13. Work with others in creating and performing a basic gymnastic sequence

*Two targets from HR statement must be undertaken in order to complete this statement
At Junior Certificate level the student can:

**Take part in an aquatic activity demonstrating safety and confidence (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. Enter water safely
  5. Swim on your front
  6. Swim on your back
  7. Take part in water games
  8. Float
  9. Thread water
  10. Call for help
  11. Assist in a land based rescue
  12. Know how to improve your performance
  13. Know how to cool down
  14. Take part in an aquatic challenge
  15. Respect your classmates at the poolside and in the water

*Two targets from HR statement must be undertaken in order to complete this statement*
At Junior Certificate level the student can:

Navigate and take part in a team challenge (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. Take part in a team challenge
5. Set a map and travel in the correct direction
6. Understand the procedures associated with an orienteering event
7. Recognise orienteering symbols
8. Identify the features on a map with real life objects
9. Take part in a basic orienteering event
10. Know the country code
11. Construct a shelter
12. Recognise the safety aspects of your selected adventure activity
13. Understand what makes a team work well together

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