

Junior Cycle Physical Education

Short Course



Activities Included



Strand 1 Physical activity
for health and wellbeing



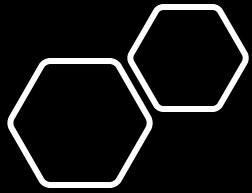
Strand 2 Games



Strand 3 Individual and
team challenges



Strand 4 Dance and
gymnastics



Physical Activity for Health and Wellbeing

You will learn:

- **How to monitor and improve your physical fitness**

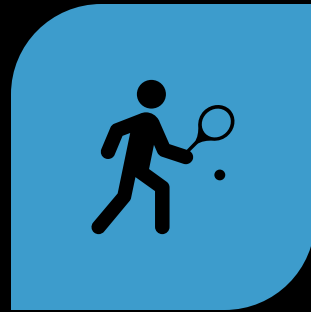


Games

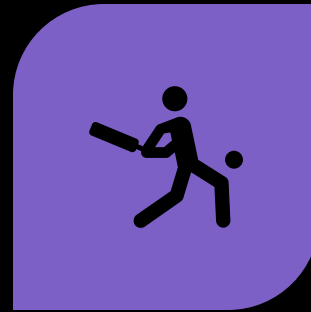
You will participate in a variety of different games from the following categories



INVASION GAMES



STRIKING GAMES



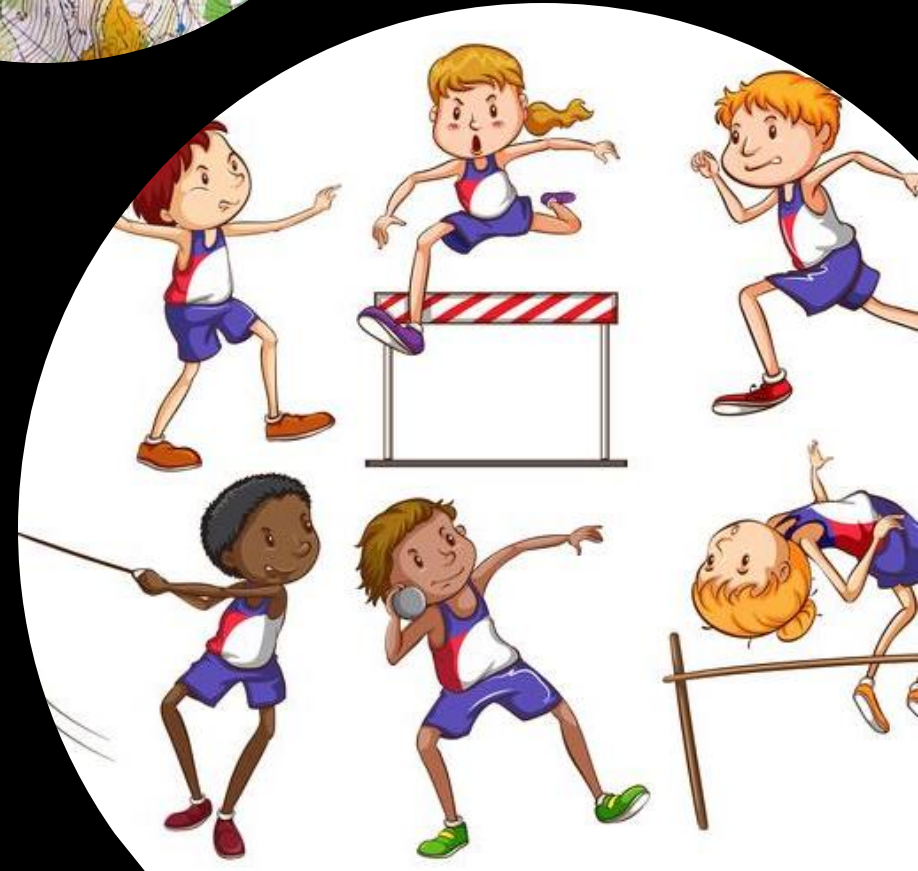
FIELDING GAMES

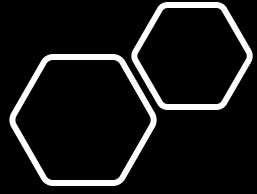


DIVIDED COURT
GAMES

Individual and Team Challenges

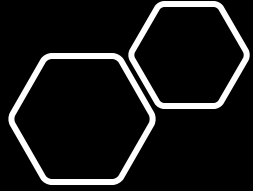
- **Orienteering**
- **Team challenges**
- **Athletics**





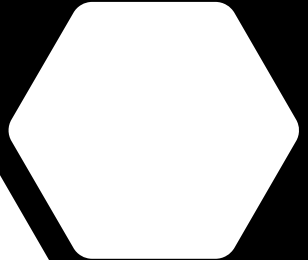
Dance/Gymnastics

- **You will learn to:**
- **Create a sequence of movement**
- perform the sequence for an audience incorporating appropriate music and/or props
- **Reflecting on performance**



Assessment

- The PE short course appears on the JCPA (Junior Cycle Profile of Achievement)
- The level of achievement is based on the completion of a CBA




Assessment Example

Athletics
Mini Olympics

What you will have to do:

- Perform one athletic event
- Organise one athletic event (as part of a group)
- Create a presentation to include relevant information and reflection on each athletic event

What will you be assessed on?

- Skill and technique in your selected event
 - Ability to perform in a competition
 - Knowledge of rules and safety
 - Quality of reflection
- 



Cuireann ár Scoil an tSláinte chun cinn
Our school promotes health



HealthPromotingSchools
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