

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