

JUNIOR CYCLE P.E. OVERVIEW - ACADEMIC YEAR 2022/2023

FIRST YEAR

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|------------------------------|--|---|---|
| Term 1 | Strands: | Unit Of Learning: | Learning Outcomes – Students should be able to... |
| | Physical Activity for Health & Wellbeing | Cardiovascular Fitness and Functional Movement Skills | 1.5 Identify a range of strategies to support ongoing participation in health-related physical activity 1.6 Lead physical activities that young people find enjoyable and can undertake to achieve the minimum physical activity recommendations for health 2.1 Use a wide range of movement skills and strategies effectively to enhance their performance 2.4 Demonstrate activities to enhance their health-related and/or performance-related fitness for the particular game, including warm-up and cool down |
| Autumn Mid-Term Break | | | |
| Term 2 | Strands: | Unit Of Learning: | Learning Outcomes – Students should be able to... |
| | Physical Activity for Health & Wellbeing Gymnastics | Cardiovascular Fitness and Functional Movement Skills Exploring individual balances compositional ideas and sequences | 1.5 Identify a range of strategies to support ongoing participation in health-related physical activity 1.6 Lead physical activities that young people find enjoyable and can undertake to achieve the minimum physical activity recommendations for health 2.1 Use a wide range of movement skills and strategies effectively to enhance their performance 4.2 Create a sequence of movement or routine based on a gymnastic theme (on their own or with others), incorporating a variety of compositional techniques and gymnastics skills |
| Christmas Break | | | |
| Term 3 | Strands: | Unit Of Learning: | Learning Outcomes – Students should be able to... |
| | Physical Activity for Health & Wellbeing Games | Strength & Muscular Endurance Circuit training Principles of possession, attack and defence CPR 4 Schools Workshop | 2.1 Use a wide range of movement skills and strategies effectively to enhance their performance 2.5 Respond, individually and as part of a team to different games' scenarios |
| Easter Break | | | |
| Term 4 | Strands: | Unit Of Learning: | Learning Outcomes – Students should be able to... |
| | Athletics | Acquiring and developing skills Running, Jumping and Throwing | 3.7 Perform competently, confidently and safely in a range of athletics events 3.8 Demonstrate activities to enhance performance in athletic events, including physical and mental preparation 3.9 Take responsibility for improving their own performance, based on personal strengths and developmental needs |
| Summer Break | | | |

JUNIOR CYCLE P.E. OVERVIEW - ACADEMIC YEAR 2022/2023

SECOND YEAR

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| Term 1 | Strands: | Unit Of Learning: | Learning Outcomes – Students should be able to... |
| | Physical Activity for Health & Wellbeing | Aerobic Fitness and Functional Movement Skills | 1.5 Identify a range of strategies to support ongoing participation in health-related physical activity 1.6 Lead physical activities that young people find enjoyable and can undertake to achieve the minimum physical activity recommendations for health 2.1 Use a wide range of movement skills and strategies effectively to enhance their performance 2.4 Demonstrate activities to enhance their health-related and/or performance-related fitness for the particular game, including warm-up and cool down |
| Autumn Mid-Term Break | | | |
| Term 2 | Strands: | Unit Of Learning: | Learning Outcomes – Students should be able to... |
| | Physical Activity for Health & Wellbeing Gymnastics CBA1 (Girls) | Aerobic Fitness and Functional Movement Skills Produce, perform, evaluate a gymnastics sequence of travel and balance | 1.5 Identify a range of strategies to support ongoing participation in health-related physical activity 1.6 Lead physical activities that young people find enjoyable and can undertake to achieve the minimum physical activity recommendations for health 2.1 Use a wide range of movement skills and strategies effectively to enhance their performance 4.2 Create a sequence of movement or routine based on a gymnastic theme (on their own or with others), incorporating a variety of compositional techniques and gymnastics skills 4.3 Refine their performance based on a critique of a video of their performance and/or feedback from others 4.4 Perform the gymnastics sequence of movement for an audience incorporating appropriate music 4.5 Reflect on their experience of creating and participating in a performance |
| Christmas Break | | | |
| Term 3 | Strands: | Unit Of Learning: | Learning Outcomes – Students should be able to... |
| | Physical Activity for Health & Wellbeing (Start of CBA2) Games | Components of Health and Skill related fitness explored and tested Principles of possession, attack and defence CPR 4 Schools Workshop | 1.1 Set SMART improvement goals informed by their health related and/or performance-related fitness results and advised by norms for their age and sex 2.2 Take responsibility for improving their own performance based on personal strengths and developmental needs |
| Easter Break | | | |

| Term 4 | Strands: | Unit Of Learning: | Learning Outcomes – Students should be able to... |
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| | Individual & Team Challenges, Orienteering & Athletics (CBA1 boys) | <p>Acquiring and developing skills; Running, Jumping and Throwing</p> <p>Participate in an onsite orienteering event</p> <p>CBA Performance Assessment in Athletics</p> <p>Students are assessed on their skill and technique in one athletic event.</p> | <p>3.7 Perform competently, confidently and safely in a range of athletics events</p> <p>3.8 Demonstrate activities to enhance performance in athletic events, including physical and mental preparation</p> <p>3.9 Take responsibility for improving their own performance, based on personal strengths and developmental needs</p> |
| Summer Break | | | |

JUNIOR CYCLE P.E. OVERVIEW - ACADEMIC YEAR 2022/2023

THIRD YEAR

| Term 1 | Strands: | Unit Of Learning: | Learning Outcomes – Students should be able to... |
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| | CBA 2 Physical Activity for Health & Wellbeing | Personal Physical Activity Programme: Students are assessed on their ability to plan for, implement and evaluate their personal physical activity programme, designed to meet their personal improvement goals over a focused period of time (6 weeks) | <p>1.1 Set SMART improvement goals informed by their health related and/or performance-related fitness results and advised by norms for their age and sex</p> <p>1.2 Apply principles of training within a personalised physical activity programme (minimum duration of six weeks) designed to improve their health-related and/or performance-related fitness, documenting their progress</p> <p>1.3 Evaluate their engagement and progress in the programme, providing evidence of progress made and identifying ways they can further develop</p> <p>1.4 Use a range of measurement techniques to monitor and analyse physical activity levels across a sustained period of time</p> <p>1.5 Identify a range of strategies to support ongoing participation in health-related physical activity</p> |
| Autumn Mid-Term Break | | | |
| Term 2 | Strands: | Unit Of Learning: | Learning Outcomes – Students should be able to... |
| | Games | Selecting and applying a wide range of movement skills and strategies creatively and effectively in an attacking and defending | <p>2.1 Use a wide range of movement skills and strategies effectively to enhance their performance.</p> <p>2.2 Take responsibility for improving their own performance based on personal strengths and developmental needs</p> <p>2.3 Modify activities to promote inclusion and enjoyment in a safe manner</p> <p>2.4 Demonstrate activities to enhance their health-related and/or performance-related fitness for the particular game, including warm-up and cool down</p> <p>2.5 Respond, individually and as part of a team to different games' scenarios</p> |
| Christmas Break | | | |
| Term 3 | Strands: | Unit Of Learning: | Learning Outcomes – Students should be able to... |
| | Games: Striking & Fielding, & divided court games | Selecting and applying a wide range of movement skills and strategies creatively and effectively in an attacking and defending CPR 4 Schools Workshop | <p>2.1 Use a wide range of movement skills and strategies effectively to enhance their performance.</p> <p>2.2 Take responsibility for improving their own performance based on personal strengths and developmental needs</p> <p>2.3 Modify activities to promote inclusion and enjoyment in a safe manner</p> <p>2.4 Demonstrate activities to enhance their health-related and/or performance-related fitness for the particular game, including warm-up and cool down</p> <p>2.5 Respond, individually and as part of a team to different games' scenarios</p> |
| Easter Break | | | |

| Term 4 | Strands: | Unit Of Learning: | Learning Outcomes – Students should be able to... |
|---------------------|--|--|--|
| | Individual & Team Challenges & Athletics | Acquiring and developing skills Running, Jumping and Throwing | 3.7 Perform competently, confidently and safely in a range of athletics events 3.8 Demonstrate activities to enhance performance in athletic events, including physical and mental preparation 3.9 Take responsibility for improving their own performance, based on personal strengths and developmental needs |
| Summer Break | | | |