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

## **FIRST YEAR**

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

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particular game, including warm-up and
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#### SECOND YEAR

Term 1	Strands:	Unit Of Learning:	Learning Outcomes – Students should be able to
	Physical Activity for Health & Wellbeing	Aerobic Fitness and Functional Movement Skills	<ul> <li>1.5 Identify a range of strategies to support ongoing participation in health-related physical activity</li> <li>1.6 Lead physical activities that young people find enjoyable and can undertake to achieve the minimun health</li> <li>2.1 Use a wide range of movement skills and strategies effectively to enhance their performance</li> <li>2.4 Demonstrate activities to enhance their health-related and/or performance-related fitness for the p cool down</li> </ul>
			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	<ul> <li>1.5 Identify a range of strategies to support ongoing participation in health-related physical activity</li> <li>1.6 Lead physical activities that young people find enjoyable and can undertake to achieve the minimum health</li> <li>2.1 Use a wide range of movement skills and strategies effectively to enhance their performance</li> <li>4.2 Create a sequence of movement or routine based on a gymnastic theme (on their own or with other compositional techniques and gymnastics skills</li> <li>4.3 Refine their performance based on a critique of a video of their performance and/or feedback from</li> <li>4.4 Perform the gymnastics sequence of movement for an audience incorporating appropriate music</li> <li>4.5 Reflect on their experience of creating and participating in a performance</li> </ul>
			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	<ul> <li>1.1 Set SMART improvement goals informed by their health related and/or performance-related fitness age and sex</li> <li>2.2 Take responsibility for improving their own performance based on personal strengths and developm</li> </ul>

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

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

### THIRD YEAR

	Strands:	Unit Of Learning:	Learning Outcomes – Students should be able to
	CBA 2 Physical	Personal Physical Activity	<b>1.1</b> Set SMART improvement goals informed by their health related and/or performance-related fitness
	Activity for Health	Programme: Students are	age and sex
	& Wellbeing	assessed on their ability to	<b>1.2</b> Apply principles of training within a personalised physical activity programme (minimum duration of
		plan for, implement and	health-related and/or performance-related fitness, documenting their progress
		evaluate their personal	<b>1.3</b> Evaluate their engagement and progress in the programme, providing evidence of progress made an
		physical activity programme,	develop
		designed to meet their personal improvement goals	<ul> <li>1.4 Use a range of measurement techniques to monitor and analyse physical activity levels across a sust</li> <li>1.5 Identify a range of strategies to support ongoing participation in health-related physical activity</li> </ul>
		over a focused period of time	<b>1.5</b> Identity a range of strategies to support ongoing participation in neutrin related physical detivity
		(6 weeks)	
			Autumen Mid Terre Drock
			Autumn Mid-Term Break
Term 2	Strands:	Unit Of Learning:	Learning Outcomes – Students should be able to
	Games	Selecting and applying a wide	<b>2.1</b> Use a wide range of movement skills and strategies effectively to enhance their performance.
		range of movement skills and	<b>2.2</b> Take responsibility for improving their own performance based on personal strengths and developm
		strategies creatively and effectively in an attacking and	<ul><li>2.3 Modify activities to promote inclusion and enjoyment in a safe manner</li><li>2.4 Demonstrate activities to enhance their health-related and/or performance-related fitness for the p</li></ul>
		defending	cool down
			<b>2.5</b> Respond, individually and as part of a team to different games' scenarios
			Christmas Break
Term 3	Strands:	Unit Of Learning:	Christmas Break Learning Outcomes – Students should be able to
Term 3	Strands: Games: Striking &	Unit Of Learning: Selecting and applying a wide	Learning Outcomes – Students should be able to         2.1 Use a wide range of movement skills and strategies effectively to enhance their performance.
Term 3	Games: Striking & Fielding, & divided	Selecting and applying a wide range of movement skills and	Learning Outcomes – Students should be able to         2.1 Use a wide range of movement skills and strategies effectively to enhance their performance.         2.2 Take responsibility for improving their own performance based on personal strengths and development
Term 3	Games: Striking &	Selecting and applying a wide range of movement skills and strategies creatively and	Learning Outcomes – Students should be able to         2.1 Use a wide range of movement skills and strategies effectively to enhance their performance.         2.2 Take responsibility for improving their own performance based on personal strengths and developm         2.3 Modify activities to promote inclusion and enjoyment in a safe manner
Term 3	Games: Striking & Fielding, & divided	Selecting and applying a wide range of movement skills and strategies creatively and effectively in an attacking and	Learning Outcomes – Students should be able to2.1 Use a wide range of movement skills and strategies effectively to enhance their performance.2.2 Take responsibility for improving their own performance based on personal strengths and developm2.3 Modify activities to promote inclusion and enjoyment in a safe manner2.4 Demonstrate activities to enhance their health-related and/or performance-related fitness for the performance
Term 3	Games: Striking & Fielding, & divided	Selecting and applying a wide range of movement skills and strategies creatively and	Learning Outcomes – Students should be able to         2.1 Use a wide range of movement skills and strategies effectively to enhance their performance.         2.2 Take responsibility for improving their own performance based on personal strengths and developm         2.3 Modify activities to promote inclusion and enjoyment in a safe manner         2.4 Demonstrate activities to enhance their health-related and/or performance-related fitness for the part cool down
Term 3	Games: Striking & Fielding, & divided	Selecting and applying a wide range of movement skills and strategies creatively and effectively in an attacking and	Learning Outcomes – Students should be able to2.1 Use a wide range of movement skills and strategies effectively to enhance their performance.2.2 Take responsibility for improving their own performance based on personal strengths and developm2.3 Modify activities to promote inclusion and enjoyment in a safe manner2.4 Demonstrate activities to enhance their health-related and/or performance-related fitness for the particular
Term 3	Games: Striking & Fielding, & divided	Selecting and applying a wide range of movement skills and strategies creatively and effectively in an attacking and defending	Learning Outcomes – Students should be able to         2.1 Use a wide range of movement skills and strategies effectively to enhance their performance.         2.2 Take responsibility for improving their own performance based on personal strengths and developm         2.3 Modify activities to promote inclusion and enjoyment in a safe manner         2.4 Demonstrate activities to enhance their health-related and/or performance-related fitness for the part cool down

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of six weeks) designed to improve their

and identifying ways they can further

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Strands:	Unit Of Learning:	Learning Outcomes – Students should be able to
Individual & Team	Acquiring and developing skills	<b>3.7</b> Perform competently, confidently and safely in a range of athletics events
Challenges &		3.8 Demonstrate activities to enhance performance in athletic events, including physical and mental pre
Athletics	Running, Jumping and	3.9 Take responsibility for improving their own performance, based on personal strengths and developr
	Throwing	
		Current en Dreisk
		Summer Break
	Individual & Team Challenges &	Individual & TeamAcquiring and developing skillsChallenges &AthleticsRunning, Jumping and

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