

Physical Education and wellbeing

Physical Education in junior cycle provides all students with enjoyable and worthwhile learning opportunities where they develop their confidence and competence to participate and perform in a range of physical activities. Students in junior cycle are at an important stage of their lives where they are making their own decisions about if and how they will include physical activity as part of their lifestyle.

Learning in physical education is designed to ensure that students appreciate the importance of participation in regular moderate physical activity not only for their physical wellbeing, but also for their psychological and social wellbeing. By providing a broad and balanced range of activities, physical education aims to build students' motivation and commitment to participate in regular, enjoyable and health-enhancing physical activity.

Physical Education focuses on the indicators of wellbeing throughout the syllabus

ACTIVE

- Am I a confident and skilled participant in physical activity?
- How physically active am I?

Responsible

- Do I take action to protect and promote my wellbeing and that of others?
- Do I make healthy eating choices?
- Do I know where my safety is at risk and
- Do I make right choices?

Connected

- Do I feel connected to my school, my friends, my community and the wider world?
- Do I appreciate that my actions and interactions impact on my own wellbeing and that of others, in local and global contexts?

Resilient

- Do I believe that I have the coping skills to deal with life's challenges? Do I know where I can go for help?
- Do I believe that with effort I can achieve?

Aware

- Am I aware of my thoughts, feelings and behaviours and can I make sense of them?
- Am I aware of what my personal values are and do I think through my decisions?
- Do I understand what helps me to learn and how

Respected

- Do I feel that I am listened to and valued?
- Do I have positive relationships with my friends, my peers and my teachers?
- Do I show care and respect for others?