



MAPPING HEALTH-RELATED ACTIVITY

OVERVIEW (A)

Action
Health Related Activity **FOR LIFE**



**IRISH
HEART
FOUNDATION**

SYLLABUS OVERVIEW : HEALTH-RELATED ACTIVITY (HRA)

This aspect of the syllabus is distinctive inasmuch as it attempts to draw together the other physical education activities, in order to provide students with the opportunity to develop an understanding of health-related activity and to apply its principles to actual participation. The inclusion of health-related activity is reflective of the view that promotion of skilled movement and fitness is an important means of developing and maintaining healthy lifestyles.

Health-related activity seeks to develop in the student :

- an understanding of the role of health-related activity in the promotion of wellbeing
- an understanding of the scientific principles that underpin health-related activity
- the ability to measure and monitor her/his physical wellbeing
- a sense of responsibility for her/his own good health and wellbeing.

If health-related activity is chosen as an area of study, it is recommended that its study is integrated with other areas of study.

GENERAL LEARNING OUTCOMES :

On completion of this area of study, students should be able to :

- demonstrate an understanding of the effects of physical activity on the body
- identify the components of health-related fitness through involvement in relevant physical activity
- show an understanding of the role of physical activity in establishing and maintaining health
- plan for and participate in regular physical activity.

MAPPING HRA LEARNING OUTCOMES AT LEVEL ONE :

Set out below is a framework for the mapping of the health-related activity learning outcomes onto a junior cycle physical education programme.







MAPPING HEALTH-RELATED ACTIVITY

OVERVIEW (B)



ACTION FOR LIFE LEARNING OUTCOMES AT LEVEL ONE :

TOPICS	SUB-TOPICS	LEARNING OUTCOMES - STUDENTS SHOULD BE ABLE TO :
Warm-up and cool-down	<ul style="list-style-type: none"> Principles Distinction Plan and perform for general activity 	<ul style="list-style-type: none"> Monitor and observe the changes in heart rate, body temperature, muscles and breathing in warm-up and cool-down. Understand and explain the benefits of warm-up and cool-down.
Activity and the body	<ul style="list-style-type: none"> Heart; increased heart-rate, perceived exertion Temperature Lungs Muscles 	<ul style="list-style-type: none"> Demonstrate how to take heart rate and monitor changes through activity. Identify changes in temperature and appearance during different physical activities. Examine why body temperature changes during activity. Explain why rate and depth of breathing increases during activity. Apply a rate of perceived exertion to their activity levels. Understand the basic function of muscles. Identify the main muscle groups in the body.
Health benefits of physical activity	<ul style="list-style-type: none"> Energy levels Sense of well-being Self-esteem Risk of lifestyle illness Stress and anxiety reduction Lifelong physical activity 	<ul style="list-style-type: none"> Explain how the body uses energy during rest and physical activity. Identify positive experiences in physical activity. Outline those factors which put people at risk of heart disease. Acknowledge the difference between healthy and unhealthy lifestyle choices. Recognise and/or identify situations in which students feel stressed or anxious. Identify the daily recommendations of physical activity for their age-group. Identify activities they may wish to pursue in the future.



MAPPING HEALTH-RELATED ACTIVITY

OVERVIEW (B) CONTINUED

ACTION FOR LIFE LEARNING OUTCOMES AT LEVEL ONE CONTINUED :

TOPICS	SUB-TOPICS	LEARNING OUTCOMES - STUDENTS SHOULD BE ABLE TO :
Health-related fitness	<ul style="list-style-type: none"> • Contrast with performance-related fitness • Muscular strength • Muscular endurance • Flexibility 	<ul style="list-style-type: none"> • Distinguish between health-related (HR) and performance-related (PR) components of fitness. • Distinguish between muscular strength and muscular endurance. • Define flexibility. • Identify the range of movement around major body joints. • Identify factors which influence flexibility. • Explain the functions of stretching. • Identify the muscles and stretching exercises around the major joints.
	<ul style="list-style-type: none"> • Cardiovascular endurance • Body composition • Physical education activities and health-related fitness 	<ul style="list-style-type: none"> • Understand what happens to the body during and after cardiovascular activities. • Explain body composition. • Explain the difference between a fashionable and a healthy body. • Explain body image and how it effects self-esteem. • Identify body features which we can modified through healthy eating and physical activity.
Introduction to the principles of training	<ul style="list-style-type: none"> • Reversibility (Use/disuse) • Progressive overload • Specificity 	<ul style="list-style-type: none"> • Demonstrate an understanding of the role of exercise in improving and maintaining fitness. • Understand what is meant by progressive overload. • Explain the implication of F.I.T.T. for the maintenance of general well-being. • Explain what is meant by the principle of specificity.





MAPPING HEALTH-RELATED ACTIVITY

MAPPING TABLE 1



INTEGRATION OF HEALTH-RELATED ACTIVITY LEARNING OUTCOMES ACROSS AREAS OF STUDY AT LEVEL ONE :

TOPICS	ADVENTURE ACT		ATHLETICS		AQUATICS		DANCE		GAMES : NET & FIELDING		GAMES : INVASION		GYMNASTICS	
	Learning Outcome	Block	Learning Outcome	Block	Learning Outcome	Block	Learning Outcome	Block	Learning Outcome	Block	Learning Outcome	Block	Learning Outcome	Block
WARM-UP / COOL-DOWN														
Principles														
Distinction														
Plan and Perform														
ACTIVITY AND THE BODY														
Heart Rate														
Breathing														
Body Temperature														
Muscles														
HEALTH BENEFITS OF PA														
Energy Levels														
Well-being and Self-Esteem														
Risk of Lifestyle Illness														
Stress and Anxiety														
Lifelong Physical Activity														
HEALTH-RELATED FITNESS														
HRF V PRF														
M. Strength & M. Endurance														
Cardiovascular Endurance														
Body Composition														
Flexibility														
PRINCIPLES OF TRAINING														
Reversibility														
Progressive overload (F.I.T.T.)														
Specificity														





MAPPING HEALTH-RELATED ACTIVITY

MAPPING TABLE 2

Action
Health Related Activity **FOR LIFE**



FOR USE IN CONJUNCTION WITH TABLE 1

YEAR	BLOCK 1	HRA LEARNING OUTCOMES	BLOCK 2	HRA LEARNING OUTCOMES	BLOCK 3	HRA LEARNING OUTCOMES	BLOCK 4	HRA LEARNING OUTCOMES
1								
2								
3								







MAPPING HEALTH-RELATED ACTIVITY

JCPE THREE YEAR PLAN



THE FOLLOWING EXEMPLARS ARE BASED ON THE THREE YEAR PLAN FROM APPENDIX 1 OF THE JCPE PLANNING FRAMEWORK

YEAR	CLASS GROUP	BLOCK 1	BLOCK 2	BLOCK 3	BLOCK 4
1	1	INVASION GAMES	DANCE	GYMNASTICS	ATHLETICS (HRA)
	2	INVASION GAMES	GYMNASTICS	DANCE	ATHLETICS
	3	INVASION GAMES	GYMNASTICS	DANCE	ATHLETICS
	4	INVASION GAMES	GYMNASTICS	DANCE	ATHLETICS
	5	INVASION GAMES	GYMNASTICS	DANCE	ATHLETICS
	6	INVASION GAMES	DANCE	GYMNASTICS	ATHLETICS
2	1	ADVENTURE ACTIVITIES	AQUATICS	GYMNASTICS L2	GAMES: NET/FIELDING
	2	ADVENTURE ACTIVITIES	AQUATICS	GYMNASTICS L2	GAMES: NET/FIELDING
	3	ADVENTURE ACTIVITIES	AQUATICS	GYMNASTICS L2	GAMES: NET/FIELDING
	4	ADVENTURE ACTIVITIES	AQUATICS	GYMNASTICS L2	GAMES: NET/FIELDING
	5	ADVENTURE ACTIVITIES	AQUATICS	GYMNASTICS L2	GAMES: NET/FIELDING
	6	ADVENTURE ACTIVITIES	AQUATICS	GYMNASTICS L2	GAMES: NET/FIELDING
3	1	INVASION GAMES L2	ADV ACTIVITIES L2	GAMES: NET/FIELDING L2	ATHLETICS L2
	2	INVASION GAMES L2	ADV ACTIVITIES L2	GAMES: NET/FIELDING L2	ATHLETICS L2
	3	INVASION GAMES L2	ADV ACTIVITIES L2	GAMES: NET/FIELDING L2	ATHLETICS L2
	4	INVASION GAMES L2	ADV ACTIVITIES L2	GAMES: NET/FIELDING L2	ATHLETICS L2
	5	INVASION GAMES L2	ADV ACTIVITIES L2	GAMES: NET/FIELDING L2	ATHLETICS L2
	6	INVASION GAMES L2	ADV ACTIVITIES L2	GAMES: NET/FIELDING L2	ATHLETICS L2





MAPPING HEALTH-RELATED ACTIVITY

EXEMPLAR : MAPPING TABLE 1

Action
Health Related Activity **FOR LIFE**



TOPICS	ADVENTURE ACT		ATHLETICS		AQUATICS		DANCE		GAMES : NET & FIELDING		GAMES : INVASION		GYMNASTICS	
	Learning Outcome	Block	Learning Outcome	Block	Learning Outcome	Block	Learning Outcome	Block	Learning Outcome	Block	Learning Outcome	Block	Learning Outcome	Block
WARM-UP (WU) / COOL-DOWN (CD)														
Principles							WU1	2			WU1	1	WU1	3
Distinction							CD1				CD1		CD1	
Plan and Perform														
ACTIVITY AND THE BODY														
Heart Rate (HR)							HR1	2			HR 1	1		3
Breathing (B)											B1, B2			
Body Temperature (BT)											BT 1		BT1, BT2	
Muscles (M)							M1,M2				M1			
HEALTH BENEFITS OF PA														
Energy Levels (EL)			EL1	4		6								
Well-being and Self-Esteem (SE)					SE1									
Risk of Lifestyle Illness (RL)			RL1,RL2											
Stress and Anxiety (SAD)							SAD1							
Lifelong Physical Activity (LPA)	LPA1,LPA2	5												
HEALTH-RELATED FITNESS														
HRF v PRF (HRPR)			HRPR1											
M. Strength & M. Endurance (MSE)			MSE1											
Cardiovascular Endurance (CVE)	CVE1													
Body Composition (BC)	BC1,2,3,4,													
Flexibility (F)													F1,2,3,4,5	7
PRINCIPLES OF TRAINING														
Reversibility (RV)					RV1	6								
Progressive overload (F.I.T.T.) (PO)					PO/F.I.T.T. 1				PO/F.I.T.T. 2	8				
Specificity (S)					S 1	6								





MAPPING HEALTH-RELATED ACTIVITY

MAPPING TABLE 2

Action
Health Related Activity **FOR LIFE**



FOR USE IN CONJUNCTION WITH TABLE 1

YEAR	BLOCK 1	HRA LEARNING OUTCOMES	BLOCK 2	HRA LEARNING OUTCOMES	BLOCK 3	HRA LEARNING OUTCOMES	BLOCK 4	HRA LEARNING OUTCOMES
1	INVASION GAMES L1	WARM-UP 1 COOL-DOWN 1 HEART RATE 1 BREATHING 1 BREATHING 2 BODY TEMPERATURE 1 MUSCLES 1	GYMNASTICS	WARM-UP 1 COOL-DOWN 1 BODY TEMP 1 BODY TEMP 2 FLEXIBILITY 1,2,3,4,5	DANCE	WARM-UP 1 COOL-DOWN 1 HEART RATE 1 MUSCLES 1 MUSCLES 2 STRESS & ANXIETY 1	ATHLETICS	ENERGY LEVELS 1 RISK OF LIFESTYLE ILLNESS 1 RISK OF LIFESTYLE ILLNESS 2 HRF VS PRF 1 MUSCULAR STRENGTH & ENDURANCE 1
2	ADVENTURE ACTIVITIES	LIFELONG PHYSICAL ACTIVITY 1,2 CARDIOVASCULAR ENDURANCE 1 BODY COMPOSITION 1,2,3,4	AQUATICS	WELL BEING AND SELF-ESTEEM 1 REVERSIBILITY 1 PROGRESSIVE OVERLOAD/F.I.T.T. 1,2 SPECIFICITY 1	GYMNASTICS L2		GAMES: NET/ FIELDING	PO/F.I.T.T. 2
3	INVASION GAMES L2		ADVENTURE ACTIVITIES L2		GAMES: NET/ FIELDING L2		ATHLETICS L2	

