

Read the statements below and tick the ones that describes your current capabilities.

Fitness 3/4

	Need more Practice	I Can do well
Plan and lead a warm up specific to an activity	<input type="checkbox"/>	<input type="checkbox"/>
Feel good about myself through exercise and be aware of the mental, physical and social side of keeping fit	<input type="checkbox"/>	<input type="checkbox"/>
Understand the effects of exercise on my personal fitness	<input type="checkbox"/>	<input type="checkbox"/>
Design and carry out my own personal fitness programme	<input type="checkbox"/>	<input type="checkbox"/>
Participate in different types of fitness work	<input type="checkbox"/>	<input type="checkbox"/>
Make links to local facilities	<input type="checkbox"/>	<input type="checkbox"/>

To help me improve I need to

Read the statements below and tick the ones that describes your current capabilities.

Creative movement 3/4

	Need more Practice	I Can do well
Observe other pupils and give constructive feedback on their performance	<input type="checkbox"/>	<input type="checkbox"/>
Convey an emotion through creative movement	<input type="checkbox"/>	<input type="checkbox"/>
Show creative movement with control	<input type="checkbox"/>	<input type="checkbox"/>
Produce a creative movement with confidence	<input type="checkbox"/>	<input type="checkbox"/>
Work with a partner or group to create a sequence of movement using specific stimulus	<input type="checkbox"/>	<input type="checkbox"/>
Show creative movement with sensitivity and control	<input type="checkbox"/>	<input type="checkbox"/>

To help me improve I need to