

Outdoor Activities/ Teambuilding Skills 1

I can work as
part of a team



I can solve simple
problems



I can follow
simple
instructions



I can talk about
my actions



I can help other
people



I can be
physically active
every day



To help me get better, I now need
to:

Fitness 1

I can warm up
and cool down



I can recognise
which body
parts I am using



I can exercise to
make my heart
go faster



I can exercise to
make my muscles
stronger



I can perform
a range of
activities to
keep me fit



I can have
fun and enjoy
exercise



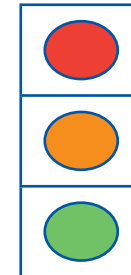
To help me get better, I now need
to:

Physical Education Self-Assessment First Level

My name is:

I am in Primary _____

My favourite activity at PE is:



means I need more help or practice

means I am doing OK but could improve

means I think I can do this really well

Games 1

I can catch different things



I can strike a ball with a bat or stick



I can aim and hit a target



I can dribble, pass and receive a ball



I can understand and follow simple rules



I can work well with everyone



To help me get better, I now need to:

Gymnastics 1

I can make different shapes with my body



I can perform movements on the floor and on apparatus



I can link 3 skills together and repeat them



I can copy what someone else does



I can describe what I have done and how my body feels



I can perform jumps on the floor and from apparatus safely



To help me get better, I now need to:

Social Dance 1

I can work with a partner or in a group



I can do a skip change of step



I can clap in time to music



I can perform simple Scottish dances



I can Perform dances from other countries



I understand how dancing makes me feel good



To help me get better, I now need to:

Athletics 1

I can throw for distance



I can jump up high



I can run fast



I can jump for distance



I know what part of my body helps me do each activity



I encourage and help my classmates when they are performing



To help me get better, I now need to: