

## Outdoor Activities/ Teambuilding Skills 2

I can work with different people and groups.


I can lead a group


I can listen to other peoples ideas and opinions


I can solve problems


I can recognise other peoples strengths and weaknesses


I can show an awareness of safety


To help me get better, I now need to:

## Swimming Skills 2

I can obey instructions and signals in and around the pool


I can enter and exit the water safely


I can float using different body positions


I can swim a recognised stroke


I know how to act safely in and around water


I can perform basic survival skills


To help me get better, I now need to:

# Physical Education Self-Assessment Second Level

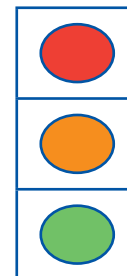
My name is:

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I am in Primary \_\_\_\_\_

My favourite activity at PE is:

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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 2

I can dodge, get free and move into a space


I can use lots of skills in different games


I can display good sportsmanship


I can play competitive small sided games


I can understand the responsibility a player, scorer, referee and a timekeeper has within a game


I can understand how aspects of fitness effect my performance in games


To help me get better, I now need to:

## Gymnastics 2

I can perform gymnastic skills on different pieces of apparatus


I can work on my own, with a partner and in a group


I can perform a sequence of at least 4 moves showing change of speed, level and direction


I can suggest improvements to my own and my classmates performance


I can understand how strength and suppleness affects my performance


I can perform 5 basic jumps on the floor and on apparatus


To help me get better, I now need to:

## Social Dance 2

I can work with a partner or in a group


I can perform dances from other countries


I can form different dance formations such as circle and square


I can recall and perform Scottish dances


I can understand the cultural significance of a dance


I can perform skip change of step, pas de basque, doh si doh, cast off and waltz


To help me get better, I now need to:

## Athletics 2

I can throw at a target


I can perform an overarm and underarm throwing action


I can measure, time and record performance


I can perform a standing jump for distance and height


I know what muscle groups are used to do each activity


I can follow instructions and know how to act safely at athletics


To help me get better, I now need to: