Perth and Kinross Council
Education and Children's Services
Curriculum for Excellence
Health and Wellbeing

PHYSICAL EDUCATION ASSESSMENT
ATHLETICS
Third and Fourth level

Class _____ **Teacher**_____

I CAN STATEMENTS	CHILDS NAME																								
complete a 100m sprint																									
complete a 800m run																									
organise and complete a 4x100m relay																									
perform and recognise technique in throwing events-shot putt, discus and javelin																									
perform and recognise technique in long jump																									
perform and recognise techniques in high jump																									
co-operate in a group while timing/measuring and recording																									
understand the safety implications' for all athletics events																									

understand how the different aspects of fitness affect performance in athletics events.(strength, stamina speed and flexibility)																									
recognise my strengths and development needs in field athletics																									
organise my own sessions and adopt different roles																									
lead an event specific warm up																									
interpret and organise a given set of instructions																									
record and analyse results																									
understand the safety implications for all athletics events.																									