

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



## PHYSICAL EDUCATION ASSESSMENT Fitness First Level

Children's Services Clas	s		 	 -			Геа	ch	er_		 	 	 	_	
I CAN STATEMENT	s	Sı													

I CAN STATEMENTS	CHILDS												
exercise safely													
warm up and cool down													
recognise what body parts I am using													
understand exercise makes me feel good													
have fun and enjoy exercise													
exercise to make my heart go faster													
exercise to make my muscles stronger													
perform a range of activities to keep me fit.													
recognise choices in healthy living													
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