

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



## PHYSICAL EDUCATION ASSESSMENT Fitness Second Level

Class	 Teacher																	
I CAN STATEMENTS	CHILDS																	
recognise and perform warm up and cool down																		
recognise and name which body parts are working during exercise																		
understand and safely perform exercise to strengthen my bones and muscles																		
understand the importance of flexibility for health and sport																		
have fun and enjoy exercise																		
feel good through exercise																		
be Aware of good posture																		
safely perform cardiovascular exercises																		
record the effect of exercise on my body																		
appreciate the benefits of regular exercise																		
design my own fitness circuit																		1