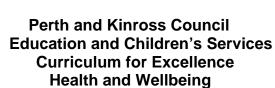


Class





PHYSICAL EDUCATION ASSESSMENT Fitness Third and Fourth level

Teacher

O 1033																					
I CAN STATEMENTS	CHILDS NAME																				
recognise and understand the warm-up																					
perform a warm up and cool down for specific activities																					
plan and lead a warm-up specific to and activity																					
identify the major muscle groups used in exercise performance																					
understand the effects of exercise on my personal fitness																					
have fun and enjoy exercise																					
feel good about myself through exercise and be aware of the mental, physical and social side of keeping fit																					
record the effects of exercise on my body																					

understand how muscles work and the impact of exercise on my physique													
work with others and feel valued and appreciated													
design and follow a personal fitness programme													