

Perth and Kinross Council Education and Children's Services Curriculum for Excellence Health and Wellbeing PHYSICAL EDUCATION ASSESSMENT X-country/Orienteering Second Level



Class	Teacher
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ICAN	NAME																
STATEMENTS	Ž																
work with and co-operate with others																	
set a map																	
read symbols on a map																	
identify the map symbols and features																	
understand and follow handrails on a map																	
follow directions using a map																	
draw a basic map																	
pace myself when running a long distance																	
understand what endurance means																	
exercise to improve my endurance																	
find north, south, east and west on a map																	
complete an orienteering course																	
use a stopwatch																	
plan and perform a good warm-up and cool down																	
perform a good running technique																	
understand the effects and benefits of running																	