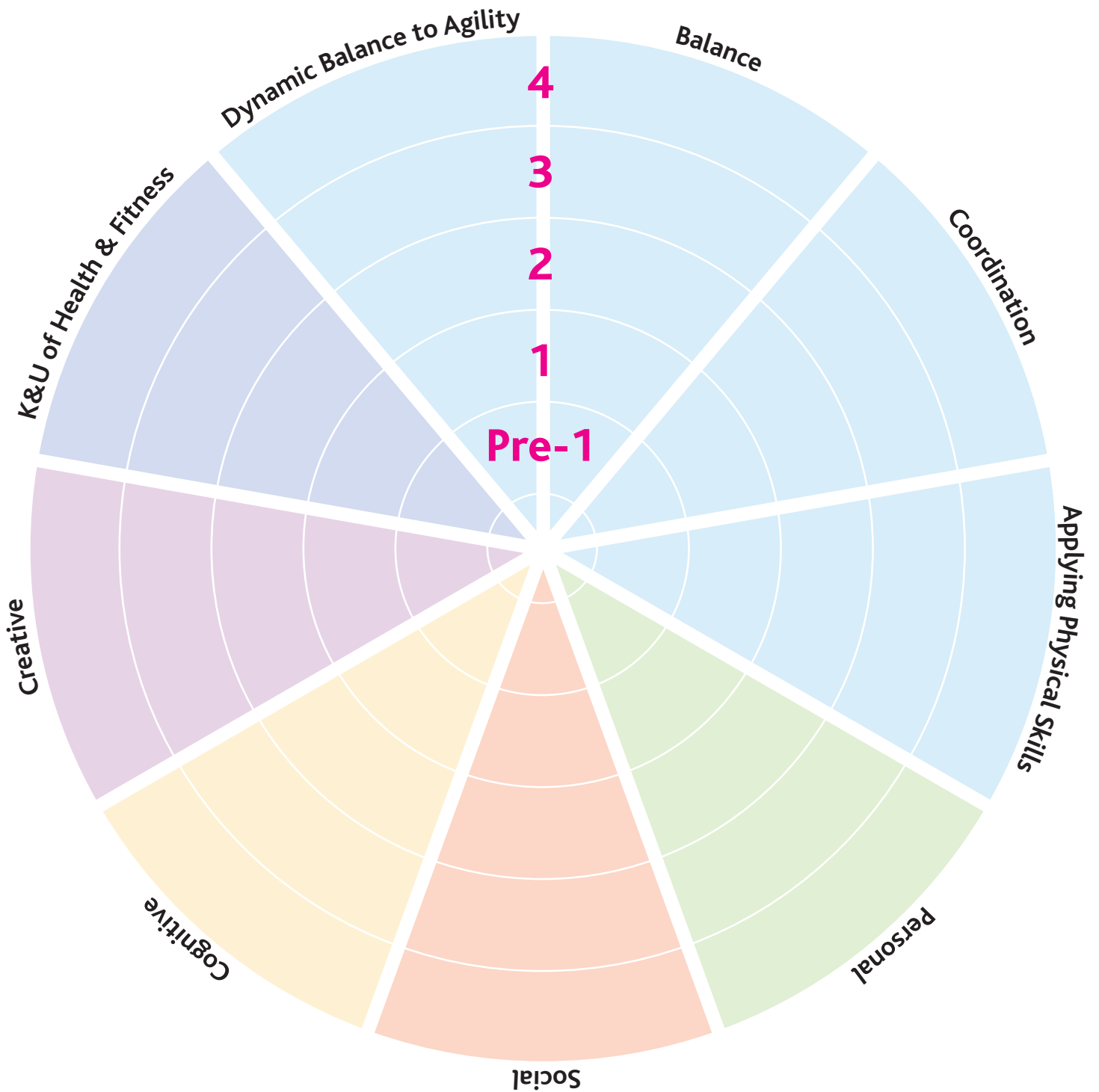




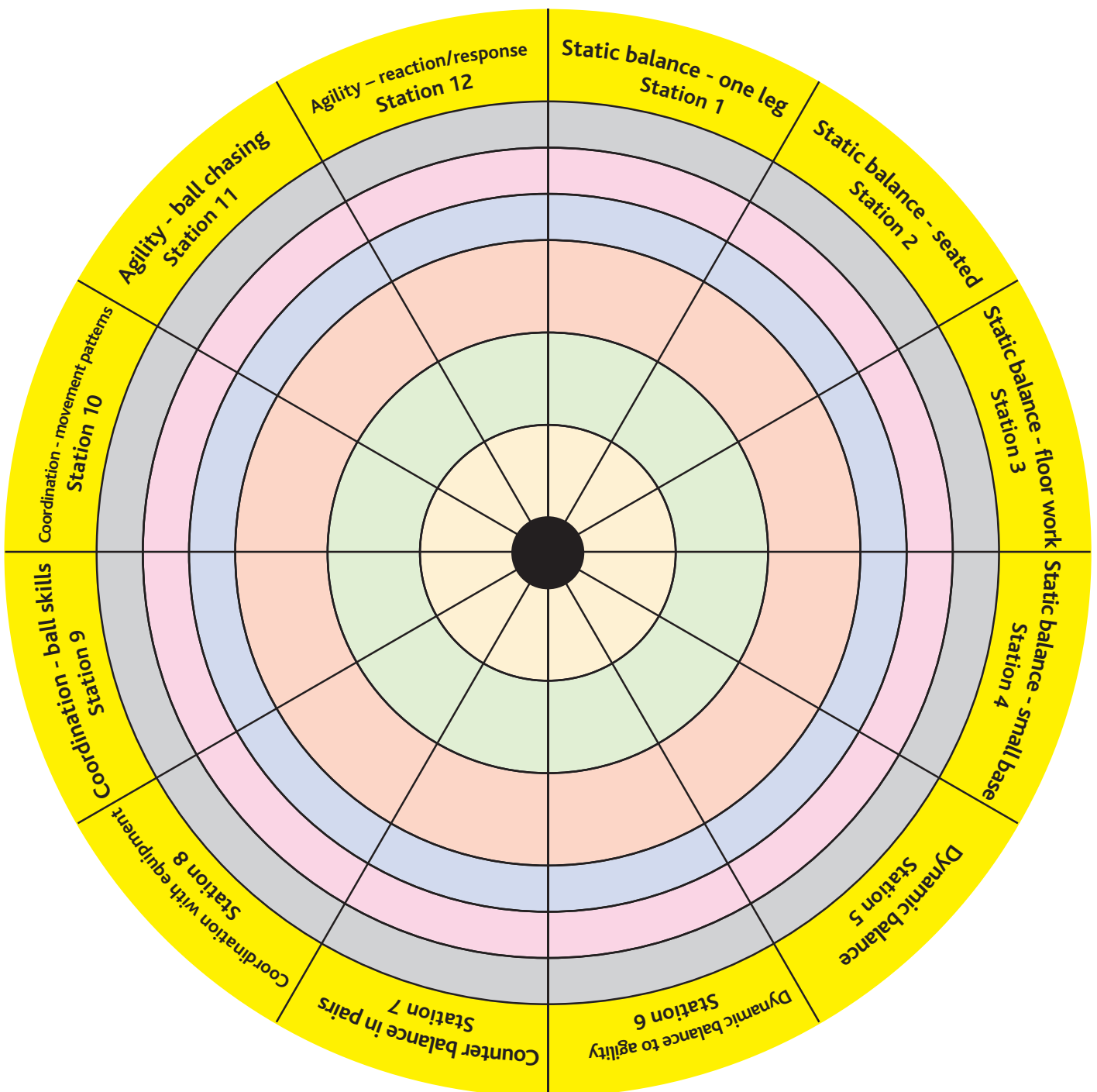
Name: _____

Class: _____



FUNS

Agility, Balance, Coordination



My progress – Personal



Pre-1

I enjoy working on simple tasks with help.

1

I can follow instructions, practise safely and work on simple tasks by myself.

2

I try several times if at first I don't succeed and I ask for help when appropriate.

3

I know where I am with my learning and I have begun to challenge myself.



rarely



sometimes



always



rarely



sometimes



always



rarely



sometimes



always

My progress – Social



Pre-1

I can play with others and take turns and share with help.



rarely



sometimes



always

1

I can work sensibly with others, taking turns and sharing.



rarely



sometimes



always

2

I can help, praise and encourage others in their learning.



rarely



sometimes



always

3

I show patience and support others, listening carefully to them about our work. I am happy to show and tell them about my ideas.



rarely



sometimes



always

My progress – Cognitive



Pre-1

I can follow simple instructions.

1

I can understand and follow simple rules. I can name some things I am good at.

2

I can begin to order instructions, movements and skills. With help, I can recognise similarities and differences in performance and explain why someone is working or performing well.

3

I can understand the simple tactics of attacking and defending. I can explain what I am doing well and I have begun to identify areas for improvement.



rarely



sometimes



always



rarely



sometimes



always



rarely



sometimes



always



rarely



sometimes



always

My progress – Creative



Pre-1

I can observe and copy others.



rarely



sometimes



always

1

I can explore and describe different movements.



rarely



sometimes



always

2

I can begin to compare my movements and skills with those of others. I can select and link movements together to fit a theme.



rarely



sometimes



always

3

I can make up my own rules and versions of activities. I can respond differently to a variety of tasks or music and I can recognise similarities and differences in movements and expression.



rarely



sometimes



always

My progress – Physical



Pre-1

I can move confidently in different ways.

1

I can perform a single skill or movement with some control. I can perform a small range of skills and link two movements together.

2

I can perform a range of skills with some control and consistency. I can perform a sequence of movements with some changes in level, direction or speed.

3

I can perform and repeat longer sequences with clear shapes and controlled movement. I can select and apply a range of skills with good control and consistency.



rarely



sometimes



always



rarely



sometimes



always



rarely



sometimes



always



rarely



sometimes



always

My progress – Health & Fitness



Pre-1

I am aware of the changes to the way I feel when I exercise.



rarely



sometimes



always

1

I am aware of why exercise is important for good health.



rarely



sometimes



always

2

I can say how my body feels before, during and after exercise. I use equipment appropriately and move and land safely.



rarely



sometimes



always

3

I can describe how and why my body changes during and after exercise. I can explain why we need to warm up and cool down.



rarely



sometimes



always