

NAME: _____ **Class:** _____.

PE Skills and Knowledge Self Assessment

I can:

Skip Forwards Backwards Sideways Fast

Gallop Forwards Backwards Fast

Kariokee/ Grapevine step Small Big Fast Slow

Throw a ball Arm back Shoulder to target Step with opposite Follow through

Throw to a moving target: Yes Working on it

Throw a ball and hit a target from 20 feet away _____ / 5 times

Catch a ball that is thrown to me to the right of me to the left of me above me
 overhand underhand at speed to my feet

Name 5 Components of health-related fitness and 1 exercise that improves it:

1. _____
2. _____
3. _____
4. _____
5. _____

Make a move around another person at speed in a tag game: Yes Working on it

Name 3 changes I can make to dribbling a soccer ball.

1. _____
2. _____
3. _____

Dribble a soccer ball while changing speed and direction Yes Working on it

Name 3 rules in PE:

1. _____
2. _____
3. _____

Name one offensive strategy used in a football game:

1. _____

Name one defensive strategy used in a soccer game:

1. _____

Name one characteristic of a good teammate:

1. _____

Explain why the body needs water:

1. _____

What are 3 reasons exercise is important?

1. _____
2. _____
3. _____

Do 20 cross jacks without stopping (crossing your midline): Yes Working on it

Punt a ball near a target: Yes Working on it

Do 40 jumping jacks and take my heart rate: _____ beats/minute

Name 5 healthy snacks:

1. _____
2. _____
3. _____
4. _____
5. _____

How many minutes of exercise should a child have per day? _____ minutes

Name 3 skills needed in a soccer game:

1. _____
2. _____
3. _____

Name 3 skills needed for a football game:

1. _____
2. _____
3. _____

What is 1 fitness goal you have for yourself for the next semester:

1. _____