

Perfect at PE Checklist

- ✓ I can engage and succeed in competitive sport.
- ✓ I can engage and succeed in physically demanding activities.
- ✓ I can engage and succeed in a broad range of physical activities.
- ✓ I am confident with my health and fitness.
- ✓ I can play sports with fairness and respect.
- ✓ I can be physically active for sustained periods of time.
- ✓ I lead a healthy and active lifestyle.
- ✓ I can participate in a variety sports and activities.
- ✓ I can understand what makes a healthy and balanced diet.

