

My Physical Education “ICAN Sheet”

First Name _____ Last Name _____

Grade _____ Age _____

1. I CAN GALLOP. YES OR NO
2. I CAN SKIP. YES OR NO
3. I CAN HOP ON ONE FOOT TO THE OTHER SIDE OF THE GYM WITHOUT TOUCHING THE FLOOR. YES OR NO
4. I CAN CRAB WALK ACROSS THE GYM. YES OR NO
5. I CAN MAKE MYSELF IN THE LETTER “T”, STEP WITH THE OPPOSITE LEG AND THROW. YES OR NO
6. I CAN CATCH BALL 3 OUT OF 5 TIMES YES OR NO
7. I CAN STEP NEXT TO A BALL AND KICK THE BALL. YES OR NO
8. I CAN JUMP ROPE 10 TIMES IN A ROW YES OR NO
9. I CAN RUN THIS MANY LAPS _____ IN THE PACER TEST (3rd & 4th grades only).
10. I CAN DO THIS MANY PUSH-UP WITHOUT STOPPING _____
11. I CAN DO THIS MANY SIT-UPS IN 1 MINUTE _____