**PE Self-Assessment**: Term 1

**Name**: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Please give yourself a rating for the following three elements in your physical education program. If you have mastered all points in a section, give yourself an **Accomplished.** If you have achieved most of the points, give yourself a **Fully Meeting**. If you have met some, or half of the points, give yourself a **Meeting**. Finally, if you have met none, or only one of the points, rate yourself with **Not-Yet**.

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| --- | --- | --- |
|  | **Details** *(Circle the points that you are doing well)* | **Accomplished, Fully Meeting, Meeting, or Not-Yet** |
| **Participation** | * I participate to my full ability in all strength training (e.g., push-ups, exercises) and cardio-vascular activities (e.g., running)
* I lead exercises well for others to follow.
* I participate to my full ability in all team sports (e.g., soccer)
* I participate and cooperate with other players in sports and games.
* I always help, or offer to help with set-up and take down (clean-up) of equipment.
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| **Skill Development** | * I am trying to improve my strength. Each time we do strength training, I try to push myself a little harder.
* I do some strength training at home (e.g., push-ups, sit-ups)
* I am trying to increase my cardio-vascular health. I try to run for longer each time we practice. I also try to run faster for longer.
* I always try to get better at the sports we are playing in PE. I take feedback from my peers and/or teacher, and use this to improve.
* I think about my own performance in sports (e.g., basketball, soccer, hockey, etc.) and plan for areas of improvement.
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| **Game Courtesies**  | * I am always kind to others in PE.
* I listen to instruction, and I ensure that I follow directions.
* When the whistle blows, or when games stops, I ensure my behaviour is not distracting others (stop, look and listen to the teacher).
* I always play fair and I admit my mistakes.
* If **I** commit a foul in game play, I admit it even if the coach does not see it.
* I don’t cheat when playing a game.
* I include others and recognize that everyone needs a chance to play.
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**Goal Setting for Term 1**

Please write at least two goals for term 1 in PE. Feel free to copy some of the points above.

**Participation:**

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**Skill Development:**

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**Game Courtesies:**

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