

UNIT _____ DATE _____ NAME _____

A good goal should be SMART (Specific, Measurable, Attainable, Relevant, Time frame)

Unit PE Goal: _____

Self-Assessment Grade 7

Exceeding (EE) Fully Meeting (FM), Meeting (M), Moderately Meeting (Mod), Minimally Meeting (MM), Not Yet Meeting (NYM)	DATE					Student Overall	Teacher Overall
1- Assesses heart rate during activity according to target heart rate zones							
2- Able to design a plan for achieving physical activity goals							
3- Applies learned movement skills in new and unfamiliar physical activities							
4- Demonstrates proper technique to send and receive objects with accuracy, distance and control in all settings							
5- Performs sequences using learned moving, stationary, & manipulative movement skills, demonstrating effective use of movement qualities							
6- Follows safe procedures for all physical activities							
7- Demonstrates fair play in physical activities across all activity categories							
8- Exhibits leadership skills during physical activity.							

Did you achieve unit goal? _____ Evidence _____

Student Self-Assessment Comments: _____

G S N

Teacher Assessment Feedback: _____

G S N