

Date: _____

Name: _____

Gymnastics Self-Assessment and Evaluation

Not Yet <i>(Beginning)</i>	A Good Start <i>(Developing)</i> <i>(Meeting Expectations Minimal level)</i>	Almost There <i>(Applying)</i> <i>(Fully Meeting Expectations)</i>	You Got it! <i>(Extending)</i> <i>(Exceeding Expectations)</i>
<ul style="list-style-type: none"> • <i>I am working on learning the information.</i> • <i>I cannot yet do this without support from peers and teachers</i> 	<ul style="list-style-type: none"> • <i>I know some of the information, but am still unsure why it being learned and how it connects to the world</i> • <i>I can sometimes do this, but am often not comfortable doing it by myself</i> • <i>I am still unsure how and what to what to do.</i> • <i>I often need reminders and support to do this</i> 	<ul style="list-style-type: none"> • <i>I know most of the Information, but do not yet fully understand why is it being learned and how it connects to the world</i> • <i>I can usually do this, but am still not totally comfortable doing it alone</i> • <i>I usually know how and what to do but still need to improve</i> • <i>I occasionally need reminders and a little support to do this</i> 	<ul style="list-style-type: none"> • <i>I know the information, understand why it is being learned and how it connects to the world</i> • <i>I almost always do this and I am comfortable doing it alone</i> • <i>I know how and what to do and am able to do it well</i> • <i>I am able do this consistently on my own without being reminded</i>

Think about the gymnastics unit in relation to the following competencies and your behavior, participation and ability.	Not Yet	A Good Start	Almost There	You Got it!
Demonstrate safety				
Use proper technique				
Perform non-locomotor movements (balancing, bending, twisting, lifting)				
Perform locomotor movements (rolling, hopping , running, jumping, climbing)				
Write about what you enjoyed about this gymnastics unit and what you learned. What skill (s) did you improve in?				

Teacher Evaluation

Not Yet <i>(Beginning)</i>	A Good Start <i>(Developing)</i>	Almost There <i>(Applying)</i>	You Got it! <i>(Extending)</i>
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