





Date: _____

Name: _____

FITNESS AND GOAL SETTING ASSESSMENT & EVALUATION

Learning Intentions	Self-Assessment GREEN – You got it! Yellow – Almost There Orange – A good start Red – Not yet	Evidence / Comments (Provide evidence and comments to support your self-assessment)
I can monitor and adjust physical exertion levels (monitor heart rate)		
I understand and can apply training principles (FITT, SAID)		
I can set and carry out a personal fitness goal		
I can understand and apply the goal setting steps		

LEARNING REFLECTION:

What did you enjoy about this project/not enjoy about this project? What areas were strengths and stretches for you? What would you do differently next time?

TEACHER EVALUATION

BEGINNING <i>(Not Yet)</i>	DEVELOPING <i>(A Good Start)</i>	APPLYING <i>(Almost There)</i>	EXTENDING <i>(You Got It!)</i>