

SELF-ASSESSMENT UNIT 1 “The Physical Education Session”

What have you learnt and done in this unit? Choose the number that best suits your competence.

ASSESSMENT SCALE:

1= Need more practice

5= Well done!

1. I know the name of the main joints.

Need more
practice

☐ 1

☐ 2

☐ 3

☐ 4

☐ 5

Well done!

2. I can pronounce the name of the main joints.

Need more
practice

☐ 1

☐ 2

☐ 3

☐ 4

☐ 5

Well done!

3. I can spell the name of the main joints.

Need more
practice

☐ 1

☐ 2

☐ 3

☐ 4

☐ 5

Well done!

4. I can identify where the main joints are.

Need more
practice

☐ 1

☐ 2

☐ 3

☐ 4

☐ 5

Well done!

5. I know the names of the different exercises to warm up.

Need more
practice

☐ 1

☐ 2

☐ 3

☐ 4

☐ 5

Well done!

6. I can perform different exercises to warm up.

Need more
practice

☐ 1

☐ 2

☐ 3

☐ 4

☐ 5

Need more
practice

7. I know the routine to stretch the main muscle groups.

Need more
practice

☐ 1

☐ 2

☐ 3

☐ 4

☐ 5

Well done!

8. I have done all the exercises included in this unit and have achieved good results.

Need more
practice

☐ 1

☐ 2

☐ 3

☐ 4

☐ 5

Well done!

9. My partner and I have worked together in the project.

Need more
practice

☐ 1

☐ 2

☐ 3

☐ 4

☐ 5

Well done!

10. We have designed and made our own Physical Education session.

Need more
practice

☐ 1

☐ 2

☐ 3

☐ 4

☐ 5

Well done!

11. I can record my voice using Audacity or Vocaroo.

Need more
practice

☐ 1

☐ 2

☐ 3

☐ 4

☐ 5

Well done!

12. I can understand the importance of the Physical Education sessions.

Need more
practice

☐ 1

☐ 2

☐ 3

☐ 4

☐ 5

Well done!