

SELF-ASSESSMENT UNIT 2 “Stretches to improve flexibility”

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 muscles.

Need more practice ☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 Well done!

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

Need more practice ☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 Well done!

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

Need more practice ☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 Well done!

4. I can identify where the main muscles are.

Need more practice ☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 Well done!

5. I can match each exercise with the muscle that is being stretched.

Need more practice ☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 Well done!

6. I can explain how to perform each exercise.

Need more practice ☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 Need more practice

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

Need more practice ☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 Well done!

8. We have designed and made our own stretching routine.

Need more practice ☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 Well done!

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

Need more
practice

☐ 1

☐ 2

☐ 3

☐ 4

☐ 5

Well done!

10. I stretch everyday using my routine.

Need more
practice

☐ 1

☐ 2

☐ 3

☐ 4

☐ 5

Well done!

11. I can understand the importance of stretching.

Need more
practice

☐ 1

☐ 2

☐ 3

☐ 4

☐ 5

Well done!