

SELF-ASSESSMENT UNIT 3 “ Fitness testing”

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 four basic skills.

Need more practice 1 2 3 4 5 Well done!

2. I can pronounce the name of the four basic skills.

Need more practice 1 2 3 4 5 Well done!

3. I can spell the name of the four basic skills.

Need more practice 1 2 3 4 5 Well done!

4. I know the tests to measure endurance or stamina.

Need more practice 1 2 3 4 5 Well done!

5. I have performed the tests to measure endurance or stamina.

Need more practice 1 2 3 4 5 Well done!

6. I know the test to measure flexibility.

Need more practice 1 2 3 4 5 Need more practice

7. I have performed the test to measure flexibility.

Need more practice 1 2 3 4 5 Well done!

8. I know the tests to measure strength.

Need more practice 1 2 3 4 5 Well done!

9. I have performed the tests to measure strength.

Need more practice 1 2 3 4 5 Well done!

10. I know the tests to measure speed.

Need more practice 1 2 3 4 5 Well done!

11. I have performed the tests to measure speed.

Need more practice 1 2 3 4 5 Well done!

12. I have collaborated with my partner to perform the tests.

Need more practice 1 2 3 4 5 Well done!

13. I am happy with my physical fitness.

Need more practice 1 2 3 4 5 Well done!

14. I can understand the importance of testing fitness.

Need more practice 1 2 3 4 5 Well done!