

SELF-ASSESSMENT UNIT 4 “ Aerobic routine”

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 names of the basic aerobic dance steps.

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

2. I can pronounce the names of the basic aerobic dance steps.

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

3. I have done the activities in this unit.

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

4. I have performed the basic aerobic dance steps while watching the video.

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

5. I have collaborated with my group to create our aerobic routine.

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

6. Our aerobic routine has been recorded.

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

7. Our aerobic routine has been edited.

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

8. Our aerobic routine has been performed in our PE class.

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

9. I am happy with our aerobic routine.

Need more
practice

☐ 1

☐ 2

☐ 3

☐ 4

☐ 5

Well done!

10. I can understand how aerobics can help me to improve my fitness.

Need more
practice

☐ 1

☐ 2

☐ 3

☐ 4

☐ 5

Well done!