

SELF-ASSESSMENT UNIT 6: “Badminton”

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 can explain what badminton is.

Need more practice 1 2 3 4 5 Well done!

2. I know the names of the basic shots in badminton.

Need more practice 1 2 3 4 5 Well done!

3. I can pronounce the name of the basic shots in badminton.

Need more practice 1 2 3 4 5 Well done!

4. I can play the basic shots in badminton.

Need more practice 1 2 3 4 5 Well done!

5. I can explain the main characteristics of each shot using adjectives and adverbs.

Need more practice 1 2 3 4 5 Well done!

6. I have worked with my partner to create 3-4 series of shots or rallies.

Need more practice 1 2 3 4 5 Need more practice

7. Our series of shots or rallies have been recorded.

Need more practice 1 2 3 4 5 Well done!

8. Our series of shots or rallies have been edited.

Need more practice 1 2 3 4 5 Well done!

9. Our series of shots or rallies have been played in our PE class.

Need more practice 1 2 3 4 5 Well done!

10. I am happy with my work in this unit.

Need more practice 1 2 3 4 5 Well done!

11. I can understand how badminton can help me to improve my speed, coordination and agility.

Need more practice 1 2 3 4 5 Well done!

12. I like badminton.

Need more practice 1 2 3 4 5 Well done!