

SELF-ASSESSMENT UNIT 8 “Yoga at school”

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 define what yoga is with my own words.

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

2. I know the different kinds of yogic breathing.

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

3. I have practiced the different kinds of yogic breathing in our PE class.

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

4. I can pronounce the name of the different asanas or postures included in this unit.

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

5. I know the different types of asanas or postures.

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

6. I have practiced the asanas or postures in our PE class.

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

7. I have done all the activities included in this unit.

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

8. I have collaborated with my group to create our yoga routine.

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

9. Our yoga routine has been recorded.

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

10. Our yoga routine has been edited.

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

11. Our yoga has been performed in our PE class.

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

12. I am happy with our yoga routine.

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

13. I can understand how yoga can help me to improve my life.

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