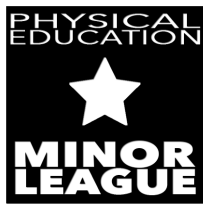


SELF-ASSESSMENT

NAME: _____ GRADE: _____ CLASS: _____

Choose the level that describes your current skills and color that number of stars in the space provided for your assessment. If this is your pre-assessment, choose another level in the "Goal" column to show how much you'd like to improve your skills after some practice and hard work.



Level 1:

I'm in the **Minor Leagues**. I wish I could do this better, and so I will keep trying my best to improve.



Level 2:

I'm in the **Major Leagues**. Practice is helping, and I will keep trying my best to improve.



Level 3:

I'm an **All Star**. I can do this well. Practice worked, and now I want to keep learning more!

SKILL	PRE	GOAL	POST
Jumping a Short Rope	★ ★ ★	★ ★ ★	★ ★ ★
3+ Jump Rope Tricks	★ ★ ★	★ ★ ★	★ ★ ★
Jumping a Long Rope	★ ★ ★	★ ★ ★	★ ★ ★
Turning a Long Rope	★ ★ ★	★ ★ ★	★ ★ ★
Jump Rope Routine	★ ★ ★	★ ★ ★	★ ★ ★