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| **SKILL** | **PRE** | **GOAL** | **POST** |
| Rhythm |  |  |  |
| Locomotor Skills |  |  |  |
| Change Direction / Levels |  |  |  |
| Following Dance / Teacher Cues |  |  |  |
| Safety |  |  |  |

Draw faces in the circles to show how you feel about your dance skills. If this is your pre-assessment, draw another face in the “goal” column to show how you think you could feel about your skills after some practice and hard work.

**Look at these faces to help you decide what to draw.**

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| This is new. I wish I could do better, and so I will keep trying my best to improve. | I’m getting better. Practice is helping, and I will keep trying my best to improve. | I can do this well. Practice worked, and now I want to keep learning more! |