

SELF-ASSESSMENT

NAME: _____ GRADE: _____ CLASS: _____

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.



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!

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