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Draw faces in the circles to show how you feel about your Parachute skills and knowledge. 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! |

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| --- | --- | --- | --- |
| **SKILL** | **PRE** | **GOAL** | **POST** |
| Start / Stop Signals |  |  |  |
| Cooperation |  |  |  |
| Muscle Names |  |  |  |