­­­­­­

|  |  |  |  |
| --- | --- | --- | --- |
| **SKILL** | **PRE** | **GOAL** | **POST** |
| Counting 8’s |  |  |  |
| Rhythm |  |  |  |
| Following Dance/Teacher Cues |  |  |  |
| Locomotor Skills |  |  |  |
| Change Direction/Level |  |  |  |

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.

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

|  |  |  |
| --- | --- | --- |
| **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! |