

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
<b>Balancing</b>	★ ★ ★	★ ★ ★	★ ★ ★
<b>Traveling, Leaping &amp; Jumping</b>	★ ★ ★	★ ★ ★	★ ★ ★
<b>Rolling</b>	★ ★ ★	★ ★ ★	★ ★ ★
<b>Weight Transfer</b>	★ ★ ★	★ ★ ★	★ ★ ★
<b>Creating Sequences &amp; Combinations</b>	★ ★ ★	★ ★ ★	★ ★ ★