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| --- | --- | --- | --- |
| **SKILL** | **PRE** | **GOAL** | **POST** |
| Running Posture |  |  |  |
| Arm Movements |  |  |  |
| Leg Movements |  |  |  |
| Pacing |  |  |  |
| Personal & Social Responsibility |  |  |  |

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

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.**