

# 4/5 PE Self Evaluations

Name: \_\_\_\_\_ Grade: \_\_\_\_\_

1. I like to try new activities in physical education.

Consistently | Frequently | Occasionally | Rarely

2. I play by the rules of the games *without cheating.*

Consistently | Frequently | Occasionally | Rarely

3. I can cooperate with a partner.

Consistently | Frequently | Occasionally | Rarely

4. I have fun in physical education.

Consistently | Frequently | Occasionally | Rarely

5. I look after the equipment in the gymnasium.

Consistently | Frequently | Occasionally | Rarely

6. I listen to and follow the teacher's instructions.

Consistently | Frequently | Occasionally | Rarely

7. *I have a good attitude even when I'm losing*

Consistently | Frequently | Occasionally | Rarely

8. I try my best in physical education class.

Consistently | Frequently | Occasionally | Rarely

9. I like to learn new games.

Consistently | Frequently | Occasionally | Rarely

(continued)

Sample Evaluation Strategies

(continued)

10. I can cooperate with a group of 3 or 4 students.



11. I bring my running shoes to physical education class.



12. Write two goals that you will work on improving this month:

1.

2.

End of Month:

Do you think that you reached your goals? Why or why not?