



Physical Education

Self- Evaluation

Place an "x" in the column beside the numbers of the description that best fits your performance in today's/this week's (please circle one) class(es).

Physical Skills	Displays mastery of skills at this level.	5	
	Displays excellent skill development at this level.	4	
	Displays adequate skill development at this level.	3	
	Displays skill development at this level.	2	
	Displays very poor skill development at this level.	1	

Used with permission and developed by Ken Yaremkevich & Jason Segger



Name: _____



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