

# KNOWLEDGE SELF ASSESSMENT

STANDARD 2 - THE PHYSICALLY LITERATE INDIVIDUAL APPLIES KNOWLEDGE OF CONCEPTS, PRINCIPLES, STRATEGIES AND TACTICS RELATED TO MOVEMENT AND PERFORMANCE.

## STAR WARS

## STYLE



**JEDI  
MASTER**

I COULD FOLLOW THE RULES OF THE ACTIVITIES WITH EASE. I KNEW WHAT TO DO AND/OR WHERE TO BE AT ALL TIMES.



**JEDI  
KNIGHT**

I COULD FOLLOW THE RULES OF THE ACTIVITIES WITH A REMINDER. I KNEW WHAT TO DO AND/OR WHERE TO BE MOST OF THE TIME.



**JEDI  
APPRENTICE**

I HAD DIFFICULTY FOLLOWING THE RULES OF THE ACTIVITIES AND NEEDED MANY REMINDERS. I NEEDED SOMEONE TO TELL ME WHERE TO GO AND/OR WHAT TO DO.



**JEDI  
YOUNGLING**

I DIDN'T UNDERSTAND ANY RULES OF THE ACTIVITIES. I WAS LOST. OTHERS GOT UPSET WITH ME BECAUSE I WAS NOT IN THE RIGHT PLACE AND/OR NOT DOING THE RIGHT THING.

# SKILL DEVELOPMENT SELF ASSESSMENT

STANDARD 1 - THE PHYSICALLY LITERATE INDIVIDUAL DEMONSTRATES COMPETENCY IN A VARIETY OF MOTOR SKILLS AND MOVEMENT PATTERNS.

## STAR WARS

## STYLE



JEDI  
MASTER

MY SKILLS IN THIS UNIT WERE EXCELLENT. I PERFORMED THE SKILLS CORRECTLY ALL THE TIME AND AT THE RIGHT TIME. I WAS SO GOOD THAT I COULD HAVE TAUGHT SOMEONE ELSE HOW TO DO THEM.



JEDI  
KNIGHT

MY SKILLS IN THIS UNIT WERE GOOD. I PERFORMED THE SKILLS CORRECTLY MOST OF THE TIME, BUT HAD TROUBLE UNDER PRESSURE. I COULD USE A LITTLE PRACTICE.



JEDI  
APPRENTICE

MY SKILLS IN THIS UNIT WERE FAIR. I PERFORMED THE SKILLS INCONSISTENTLY OR AWKWARDLY. I COULD USE A LOT MORE PRACTICE.



JEDI  
YOUNGLING

I HAD GREAT DIFFICULTY USING THE SKILLS SUCCESSFULLY DURING THIS UNIT. IT WAS MY FIRST TIME PRACTICING THESE SKILLS.

# PHYSICAL FITNESS SELF ASSESSMENT

STANDARD 3 - THE PHYSICALLY LITERATE INDIVIDUAL DEMONSTRATES THE KNOWLEDGE AND SKILLS TO ACHIEVE AND MAINTAIN A HEALTH-ENHANCING LEVEL OF PHYSICAL ACTIVITY AND FITNESS.

## STAR WARS

## STYLE



JEDI  
MASTER

MY FITNESS LEVEL IS EXCELLENT. I COULD DO EVERYTHING EASILY. I DIDN'T NEED TO STOP FOR A REST.



JEDI  
KNIGHT

MY FITNESS LEVEL IS GOOD. A FEW OF THE ACTIVITIES WERE A CHALLENGE FOR ME. I NEEDED TO REST ONLY ONCE TO CATCH MY BREATH.



JEDI  
APPRENTICE

MY FITNESS LEVEL IS FAIR. MOST OF THE ACTIVITIES WERE A CHALLENGE FOR ME. I NEEDED TO REST FREQUENTLY TO CATCH MY BREATH.



JEDI  
YOUNGLING

I TRIED TO AVOID DOING THE ACTIVITIES BECAUSE THEY WERE IMPOSSIBLE FOR ME TO DO. I WAS IN GREAT PAIN WHEN I PARTICIPATED.

# PERSONAL AND SOCIAL BEHAVIOR SELF ASSESSMENT

STANDARD 4 - THE PHYSICALLY LITERATE INDIVIDUAL EXHIBITS RESPONSIBLE PERSONAL AND SOCIAL BEHAVIOR THAT RESPECTS SELF AND OTHERS.

## STAR WARS

## STYLE



JEDI  
MASTER

DURING THIS UNIT I WAS ON TASK AND FOLLOWED DIRECTIONS AND SAFETY RULES DURING EVERY CLASS. I WAS VERY COOPERATIVE AND HAD RESPECT FOR OTHERS. I DISPLAYED EXCELLENT SPORTSMANSHIP. I USED POSITIVE AND UP-BUILDING LANGUAGE.



JEDI  
KNIGHT

DURING THIS UNIT I WAS REMINDED DURING ONE CLASS TO STAY ON TASK, FOLLOW DIRECTIONS, OR SAFETY RULES. I COOPERATED AND HAD RESPECT FOR OTHERS. I DISPLAYED GOOD SPORTSMANSHIP. I USED APPROPRIATE LANGUAGE.



JEDI  
APPRENTICE

DURING THIS UNIT I WAS REMINDED DURING TWO CLASSES TO STAY ON TASK, FOLLOW DIRECTIONS OR SAFETY RULES. I HAD DIFFICULTY COOPERATING AND SHOWING RESPECT FOR OTHERS. I DISPLAYED FAIR SPORTSMANSHIP. I USED LANGUAGE THAT WAS QUESTIONABLE.



JEDI  
YOUNGLING

DURING THIS UNIT I WAS REMINDED IN THREE OR MORE CLASSES TO STAY ON TASK, FOLLOW DIRECTIONS OR SAFETY RULES. I DID NOT COOPERATE OR SHOW RESPECT FOR OTHERS. I DISPLAYED POOR SPORTSMANSHIP. I USED FOUL LANGUAGE. I WAS REMOVED FROM CLASS DUE TO MY BEHAVIOR AT LEAST ONCE DURING THIS UNIT.

# PHYSICAL ACTIVITY ATTITUDE SELF ASSESSMENT

STANDARD 5 - THE PHYSICALLY LITERATE INDIVIDUAL RECOGNIZES THE VALUE OF PHYSICAL ACTIVITY FOR HEALTH, ENJOYMENT, CHALLENGE, SELF-EXPRESSION AND/OR SOCIAL INTERACTION.

## STAR WARS

## STYLE



**JEDI  
MASTER**

I ALWAYS HAD A POSITIVE ATTITUDE ABOUT WHAT WE DID IN P.E. CLASS. I NEVER COMPLAINED ABOUT WHAT WE DID.



**JEDI  
KNIGHT**

I MOSTLY HAD A POSITIVE ATTITUDE ABOUT WHAT WE DID IN P.E. CLASS. I RARELY COMPLAINED ABOUT WHAT WE DID.



**JEDI  
APPRENTICE**

I SOMETIMES HAD A POSITIVE ATTITUDE ABOUT WHAT WE DID IN P.E. CLASS. I SOMETIMES COMPLAINED ABOUT WHAT WE DID.



**JEDI  
YOUNGLING**

I NEVER HAD A POSITIVE ATTITUDE ABOUT WHAT WE DID IN P.E. CLASS. I ALWAYS COMPLAINED ABOUT WHAT WE DID.