

Exit Slip #5

SELF-ASSESSMENT SHEET

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

Unit: Soccer

Take the next few minutes to answer these questions **honestly** and **completely**.

1. Using a ten point scale where 0 means NEVER and 10 means ALWAYS, please rate yourself on the following statements.

|                                                                                                                              |  |
|------------------------------------------------------------------------------------------------------------------------------|--|
| I put in my best effort EACH and EVERY class                                                                                 |  |
| I am improving my cardiovascular and muscular fitness on my on as well as in class time                                      |  |
| I come to class with the proper strip                                                                                        |  |
| I show respect for my peers, am quite and attentive during instructions, and create a positive environment for participation |  |
| On a scale of 1 -10, I rate my soccer skills as...                                                                           |  |

2. A) What part of this unit did you enjoy the most?

B) How did the activities help you develop your soccer abilities?