

Exit Slip #5

SELF-ASSESSMENT SHEET

Name: _____

Unit: Badminton

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 own as well as in class time	
I come to class with the proper spirit	
I show respect for my peers, am quiet and attentive during instructions, and create a positive environment for participation	

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

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