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| **Name:** | **Period:** | **Teacher:** |

**BMSS PHYSICAL and HEALTH EDUCATION**

***SELF ASSESSMENT Work Habits TRACKER***

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| **G** | **S** | **N** |
| **I AM** always putting in good effort | **I CAN put more effort** | **I NEED** to work harder |

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| **Term** | 1 | 2 | 3 |
| 1. I arrive to class ON TIME |  |  |  |
| 1. I was PROPERLY DRESSED and PREPARED to LEARN |  |  |  |
| 1. I participated in all WARM UP activities |  |  |  |
| 1. I CHALLENGED MYSELF to improve my level of FITNESS |  |  |  |
| 1. I participated in ALL ACTIVITIES with a HIGH level   of INTENSITY and EFFORT |  |  |  |
| 1. I participated POSITIVELY and with RESPECT for others |  |  |  |
| 1. I stayed ON TASK and I PARTICIPATED in ALL   FITNESS FRIDAY’S even if I found it CHALLENGING |  |  |  |
| 1. I displayed LEADERSHIP and ROLE MODELLING |  |  |  |
| 1. I was OPEN MINDED to new activities and NEW   TEAMMATES |  |  |  |
| 1. I took INITIATIVE to help the teacher or classmates |  |  |  |
| 1. I LISTENED to NEW CONCEPTS/SKILLS being taught and I PRACTICED them |  |  |  |
| 1. I have identified and created a Healthy Living Goal   AND I am WORKING daily to ACCOMPLISH it |  |  |  |
| 1. I completed ALL assignments THOROUGHLY and to   the BEST of my ABILITIES |  |  |  |
| 1. I BALANCE my day with Sleep, Exercise, Work   Screen time and Personal Interests to improve  my Mental Well Being |  |  |  |
| **FINAL SNAPSHOT OF WORK HABITS FOR THIS TERM** |  |  |  |