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

**BMSS PHYSICAL and HEALTH EDUCATION**

***SELF ASSESSMENT Work Habits TRACKER***

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

|  |  |  |  |
| --- | --- | --- | --- |
| **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 improvemy Mental Well Being |  |  |  |
| **FINAL SNAPSHOT OF WORK HABITS FOR THIS TERM** |  |  |  |