INSTRUCTIONS: Write the date on the top of the column. Write your step count on the far right. Rate yourself in the following categories on a scale of 1-3 (1 being the lowest, 3 being the highest) then add all numbers to give yourself a score. The scale is on the bottom of the paper.

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Date:** |  |  |  |  | **STEP COUNT** |
| 1. encouraged other students |  |  |  |  | 1: |
| 2. played games fairly |  |  |  |  | 2: |
| 3. I played all the possible positions |  |  |  |  | 3: |
| 4. resolved conflicts in a positive way |  |  |  |  | 4: |
| 5. showed respect for rules |  |  |  |  | 5: |
| 6. showed respect for opponents |  |  |  |  |  |
| 7. maintained self-control at all times |  |  |  |  |  |
| 8. I ran into each of the 3 quadrants |  |  |  |  |  |
| 9. I tried to capture the ball from other teams |  |  |  |  |  |
| 10. I played with a positive attitude |  |  |  |  |  |
| **DAILY SCORE (TOTAL)** |  |  |  |  |  |

**Scale** 25-30 Way to go: You were an active player and positive teammate

21-25 Getting there: Need to focus on key areas

16-20 Should get moving a bit more!

Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date: \_\_\_\_\_\_\_\_\_\_\_\_ Class: \_\_\_\_\_\_\_\_\_\_\_

**Unit: Four Team Capture the Ball**

INSTRUCTIONS: Write the date on the top of the column. Write your step count on the far right. Rate yourself in the following categories on a scale of 1-3 (1 being the lowest, 3 being the highest) then add all numbers to give yourself a score. The scale is on the bottom of the paper.

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Date:** |  |  |  |  | **STEP COUNT** |
| 1. encouraged other students |  |  |  |  | 1: |
| 2. played games fairly |  |  |  |  | 2: |
| 3. I played all the possible positions |  |  |  |  | 3: |
| 4. resolved conflicts in a positive way |  |  |  |  | 4: |
| 5. showed respect for rules |  |  |  |  | 5: |
| 6. showed respect for opponents |  |  |  |  |  |
| 7. maintained self-control at all times |  |  |  |  |  |
| 8. I ran into each of the 3 quadrants |  |  |  |  |  |
| 9. I tried to capture the ball from other teams |  |  |  |  |  |
| 10. I played with a positive attitude |  |  |  |  |  |
| **DAILY SCORE (TOTAL)** |  |  |  |  |  |

**Scale** 25-30 Way to go: You were an active player and positive teammate

21-25 Getting there: Need to focus on key areas

16-20 Should get moving a bit more!