Physical Education 10 Monthly Log Reflections

Questions 1-4 are reflections. Each reflection should be a minimum 3 sentences in length.

1. Did you achieve your SMART goal this month? Explain.

2. What were some challenges you faced this month?

3. Will you make any of the activities you completed this month 'life-long activities'? Explain.

4. Describe three successes you had in completing your activity hours this month?

5. Did you complete App tracked hours this month? ____ Yes ____ No

If yes, add your screen shots to the end of this document.

6. Complete the "Student Mark" column of the Monthly Assessment chart.

Monthly Assessment			
	Student Mark	Teacher Mark	Available Marks
Completeness • Monthly log was filled out completely. (-2 will be deducted for each piece of missing information)			10
Student Self-Assessment: A combination of effort and skill level. Award full marks for full effort and for improved skill. If you improved, award yourself full marks. This is not an average of your month log self assessment, but the month log self assessment might help you determine if you showed improvement			12
 SMART Goal Specific, measurable, attainable, realistic and timed (1 mark each) 			5
Reflections • Reflections are worth 3 marks each. Award 1 point for each idea presented.			12
Total			39
Teacher Feedback			