

Physical Education Cooperation Self-Reflection
How well did you cooperate and work with others today?

Name _____

Date _____ Teacher/Class _____

Rate yourself on your cooperative skills. Pick the **top 5 phrases** that describe how well you worked with others today. (5 is the highest and 1 is the lowest.)

_____ Followed the rules

_____ Encouraged and helped others

_____ Shared with others

_____ Controlled your temper

_____ Worked together with others

_____ Tried hard to apply skills

_____ Wanted everyone to play and succeed

_____ Showed concern for classmates' feelings

Write down why did you gave yourself this rating?