

Name/Title: [Fitness Stations Self Assessment](#)

Purpose of Event: The purpose of this self-assessment is for students to rate their performance during a variety of fitness stations. The assessment will allow the students and teacher to become aware of what fitness components the students are strong and/or weak.

Suggested Grade Level: K-2

Materials Needed: [Fitness Station Self Assessment Handout \(PDF\)](#)

Description of Idea

Download and print the [Fitness Station Self Assessment Handout \(PDF\)](#)

Have the students complete the self-assessment either during the activities or during the closure of the lesson.

Students may circle a smiley face, indicating they did great; a neutral face, indicating they did just okay; or a frown face, indicating they need to practice.

Submitted by **Julie Arnold** in Fredonia, NY. Thanks for contributing to PE Central! **Posted on PEC: 3/11/2015**

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