

Student #: \_\_\_\_\_ Name: \_\_\_\_\_  
Grade/Class: \_\_\_\_\_/\_\_\_\_\_ Homeroom Teacher: \_\_\_\_\_

### **TGFU Grid Ultimate Frisbee & Sports Reporter Self Assessment**

In the first section, please circle your self-assessment, honestly, on the skills, attitudes, work ethic, effort and so forth for the following questions. You may use the space at the bottom for written comments. In the second section, please circle the answers for the questions regarding your overall self-assessment.

Section I:

1. I worked my hardest each and every class. 4 3 2 1
2. I stayed on-task and focused for the entire class, each day. 4 3 2 1
3. I worked cooperatively within my triad and my grid. 4 3 2 1
4. I used only positive social support throughout each class. 4 3 2 1
5. I listened without interruption or sidebars during instructional time. 4 3 2 1
6. When coaching, I vocalized throughout the session, as well as loud enough that my teammates could hear me. 4 3 2 1
7. I followed all the guidelines set forth for coaching. 4 3 2 1
8. When sports casting, I adhered to the "Seven Sins of a Sports Broadcaster." 4 3 2 1
9. I followed all the guidelines set forth for sports casting. 4 3 2 1
10. I met all the deadlines for this project-based learning instructional sequence. 4 3 2 1

**Total for all 10 questions above: \_\_\_\_\_/40**

**Rubric Score for Section II assessment questions: 4 3 2 1  
(4=40-30; 3=29-25; 2=24-20; 1=19-0)**

Section II:

In my opinion, my assessment for this instructional sequence should be:

My Standard #5 Assessment: 4 3 2 1

My assessment, as a participant: 4 3 2 1

My assessment for the coaching segment: 4 3 2 1

My assessment for the sports reporting segment: 4 3 2 1

**Total assessment: \_\_\_\_\_/18**

**Rubric Score for Section II assessment pieces: 4 3 2 1  
(4=18-15; 3=14-10; 2= 9-6; 1=5-0)**

**My OVERALL assessment for the entire instructional sequence: 4 3 2 1**

Comments: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_