

# PHYSICAL



This Lesson I was successful at...

I would like to improve at...

Something that \_\_\_\_\_ did  
well was...

# COGNITIVE (THINKING)



One of my strengths is...

One of my current weaknesses is...

A key rule of this game is...

If a ball moves away from me I need  
to...

# AFFECTIVE (EMOTIONAL)



When I had success this lesson I  
felt...

When I made mistakes this lesson It  
made me feel...

When I won/lost in this lesson I  
reacted by\_\_\_\_\_. It made me  
feel...

# SOCIAL



**Today I encouraged my classmates  
by...**

**I communicated successfully with a  
classmate today by...**

**I worked successfully with a  
partner/group today by...**