PE Assessment Data Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Get To Know Me Period: \_\_\_\_\_

First Week Points: \_\_\_\_\_/10

1. What are your strengths and interests in PE and in general?

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2.  What is your background related to PE? Sports, teams, classes, etc.

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3. What is your intelligence? (How do you learn best) (circle all that apply)

visual (seeing it) kinesthetic (doing it) auditory (hearing it)

4. What are your goals for PE? (you will write multiple goals in the standards) (example topics: ability, strength, cardiovascular, time, weight, flexibility)

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5.  What concerns do you have for PE? (medical conditions, injuries, religious beliefs, etc.)

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6.  Rate your current fitness level. Circle one.

Poor fair good excellent superior

7.  How important is your fitness level to you? Circle one.

Poor fair good excellent superior

8.  Rate your eating habits. Circle one.

Poor fair good excellent superior

9.  Tell me something interesting about you.

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10.  Describe the perfect physical education experience.

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