**Course:** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ **Name:** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Movement Competency Self-Assessment - Scale of 0-10**

MANIPULATION (sending/receiving)

BALANCE (static/dynamic)

LOCOMOTION

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TACTICS/STRATEGIES

Instructions:

1. The graph above will provide you with feedback about your movement competency engagement with this HPE Course. Lines intersect in the middle at 0. Each line is on a scale of 0 – 10.
2. For each of the four lines (Manipulation, Balance, Locomotion, Tactics/Strategies), place a dot on the line where you think you are performing. You can reference your rubric for support.
3. Once you have completed marking the four lines, connect these dots with a straight line and you should see a shape that resembles a diamond.

Questions:

1. How balanced is your shape? Which areas are strong? Which areas need improvement?
2. For your areas of improvement, what are specific strategies you could do to support your success?