

# DANCE SELF ASSESSMENT

## DANCE

What level of performance best describes what you achieved in dance?

**A. SELF** My attendance was good. I was on time. I changed. I was healthy. I worked to fatigue. Motivated myself. I considered mine and others safety.

5\_\_\_\_\_ 4\_\_\_\_\_ 3\_\_\_\_\_ 2\_\_\_\_\_ 1\_\_\_\_\_

**ALWAYS ALMOST ALWAYS USUALLY RARELY NEVER**

**B. COOPERATION** I was cooperative with the teacher and other students. I was friendly and danced with ALL of my partners. I listened during instruction.

5\_\_\_\_\_ 4\_\_\_\_\_ 3\_\_\_\_\_ 2\_\_\_\_\_ 1\_\_\_\_\_

**ALWAYS ALMOST ALWAYS USUALLY RARELY NEVER**

**C. CHANGE IN DANCE SKILL** I can use the learned skills/steps with confidence. I can dance in time with the music. I do not need to look at my partner 's/other's feet. I worked on task to become a better dancer. I produced change in my ability/knowledge.

5\_\_\_\_\_ 4\_\_\_\_\_ 3\_\_\_\_\_ 2\_\_\_\_\_ 1\_\_\_\_\_

**ALWAYS ALMOST ALWAYS USUALLY RARELY NEVER**

**D. PHYSICAL ABILITIES** In time with music. Proper footsteps. Proper body movements in rhythm. Proper dance form with or without partner. Body actions controlled during dance.

5\_\_\_\_\_ 4\_\_\_\_\_ 3\_\_\_\_\_ 2\_\_\_\_\_ 1\_\_\_\_\_

**ALWAYS ALMOST ALWAYS USUALLY RARELY NEVER**

**E. LEADERSHIP/FOLLOWERSHIP** I listened with interest to teachers and classmates with no need for reminders to do so. Positive role model for others. Showed respect to others. Assisted teacher in a positive way to help others learn steps

5\_\_\_\_\_ 4\_\_\_\_\_ 3\_\_\_\_\_ 2\_\_\_\_\_ 1\_\_\_\_\_

**ALWAYS ALMOST ALWAYS USUALLY RARELY NEVER**

**TOTAL /25**