**GROUP FITNESS SELF ASSESSMENT CHART**

**Name:**

**Date:**

**Class:**

|  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | **1st Count32** | | | | | | **2nd count32** | | | | | |
| **criteria** | **Self** | | **peer** | **teacher** | | **comments** | **Self** | | **peer** | **teacher** | | **comments** |
| Marching all the time | /5 | | /5 | /5 | |  | /5 | | /5 | /5 | |  |
| synchronization with partner or group | /5 | | /5 | /5 | |  | /5 | | /5 | /5 | |  |
| Time on beat | /5 | | /5 | /5 | |  | /5 | | /5 | /5 | |  |
| Maintein leader leg | /5 | | /5 | /5 | |  | /5 | | /5 | /5 | |  |
| Start at masterbeat | /5 | | /5 | /5 | |  | /5 | | /5 | /5 | |  |
| Finish at masterbeat | /5 | | /5 | /5 | |  | /5 | | /5 | /5 | |  |
| Direction changed each musical phrase | /5 | | /5 | /5 | |  | /5 | | /5 | /5 | |  |
| **Group behaviour** |  | | | | | | | | | | | |
| cooperation | /5 | | /5 | /5 | |  | /5 | | /5 | /5 | |  |
| Listen actively to one another | /5 | | /5 | /5 | |  | /5 | | /5 | /5 | |  |
| Offers and accept feedback appropriately | /5 | | /5 | /5 | |  | /5 | | /5 | /5 | |  |
| **Level 1**  **Very Limited/ Seldom or Never** | | **Level 2**  **Limited/ Occasionally** | | | **Level 3 Accomplished/ Frequently** | | | **Level 4 Strong/Usually** | | | **Level 5 Outstanding/ Consistently** | |