**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** |