

Racquet Sports Daily Self-Assessment

Name: Sarah Kangas

Expectations for the class are listed here:

Preparation: on time, appropriate dress, reading & assignments complete

Appropriate warm-up: completes all parts of warm-up & works to improve push-ups

Equipment set-up/take-down: contributes fairly

Attitude & Effort: listens during demonstration & discussions; on-task without prompting, challenged self toward excellence, helping & encouraging others

Considering each of the expectations above, please rate yourself daily using one of the following descriptors:

Date	Today I had a ...	Good Day	Fair Day	Poor Day	Wasted Day	Teacher comments
3/9	Good Day					? does this mean, no confidence or were you at badminton?
3/11	Super Day					Good
3/23	Super Day					Nice work today
3/25	Super Day					Remember to dress warm
3/30	Super Day					Continue to focus on the high toss.
4/1	Super Day					Good improvement on serve toss,
4/6	Super Day					Good focus
4/8	Super Day					Great job getting ready for assessment
4/13	Super Day					Nice serve improvement.
4/15	Super Day					Good teaching today.
4/20	Super Day					Your homework is showing.
4/22	Super Day					Great evaluating today.
4/27	Super Day					
4/29	Good Day					Thanks for all you had with Sarah!

Did you or did you not achieve your goal? Explain:

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Super Day Good Day Fair Day Poor Day Wasted Day

Date	Today I had a ...	Student Comments Why did you give yourself this rating?	Teacher comments
1/19	Super Day	Felt prepared, followed along well	
1/21	Super Day	Came on time, learned new skills	Got with Sarah
1/26	Good day	stuck in traffic came later than I wanted to	Pushups done coming early!
1/28	Good day	Felt tired during pushups, but improved in skills	Keep working at those pushups!
2/2	Super Day	Felt more comfortable with the different shots, involved pushups	Nice with the strokes
2/4	Super Day	improved smash, overhead backhand, completed H/W, had fun with game	work pushups. Those are a better goal
2/9	Super Day	on time, maintained pushups helped with set up, improved backhand + smash, had fun!!	- Great improvement on Skills
2/11	Super Day	Improved push-ups, better understanding of doubles rules, good warm up	- Glad to hear the game is better understood
2/16	Super Day	came early, set up, felt more comfortable teaching.	- Continue to express your confidence, you have great skills
2/18	Super Day	had a blast with the doubles singles tournament, came on time	- Thank you for continuing to come prepared and play hard
2/23	Super Day	on time, set up, felt more comfortable with skills	- Skills are really progressing well
2/25	Super Day	The journey was great, except	- Don't get discouraged, you play very well and use shots well
3/2	Super Day	had fun w/ pickleball, learned skills quickly	- Embrace the new game.
3/4	Super Day	felt good on skills, reassessed my skills	- Good work, glad you worked hard on skill assessment

After 3/4, review the expectations for class and set a goal that you would like to achieve relative to these expectations by the end of the course:

Improve my skills