

# Using this Product

The goal of this self assessment is similar to Hellison's Model for Teaching Personal and Social Responsibility (check it out if you haven't heard of it). We want kids to take responsibility for what they say and do in our classes. The easiest way to check and make sure kids understand where they stand is to have them do a daily self assessment. It's also a great tool for teachers to recognize when a student might have a lower self-perception than they should - this is a great opportunity for the teacher to have a conversation and encourage them.

I post these posters near the door on the wall. As students leave the gym each day they grade themselves by touching the poster that corresponds with their performance in PE class that day. This allows me to make sure students know where they stand and are aware of their performance in my class - it's quick easy and very motivating for students.

## What My Grades Stand For:

- **WOW** = You achieved the bonus challenge of the day (different each day)
- **GOOD JOB** = You followed all the PE expectations, used good sportsmanship and did your 100% best in all activities
- **KEEP ON TRYING** = You got a warning from the teacher, You did not do your best or didn't use good sportsmanship
- **NEED MORE EFFORT** = You had to go to time out and missed some of the class time

I would have never predicted how much kids love to hit that "GOOD JOB" and especially the "WOW" on the way out of the gym each day - it really does motivate them to do their best and push them to play hard. It also helps students learn that you can't win every game or complete every challenge and that's OK, as long as you gave it 100%. Most importantly it helps students take responsibility for their actions and learn to be more aware of their performance.

For more information and a video explanation check out my blog post on this topic [HERE](#).

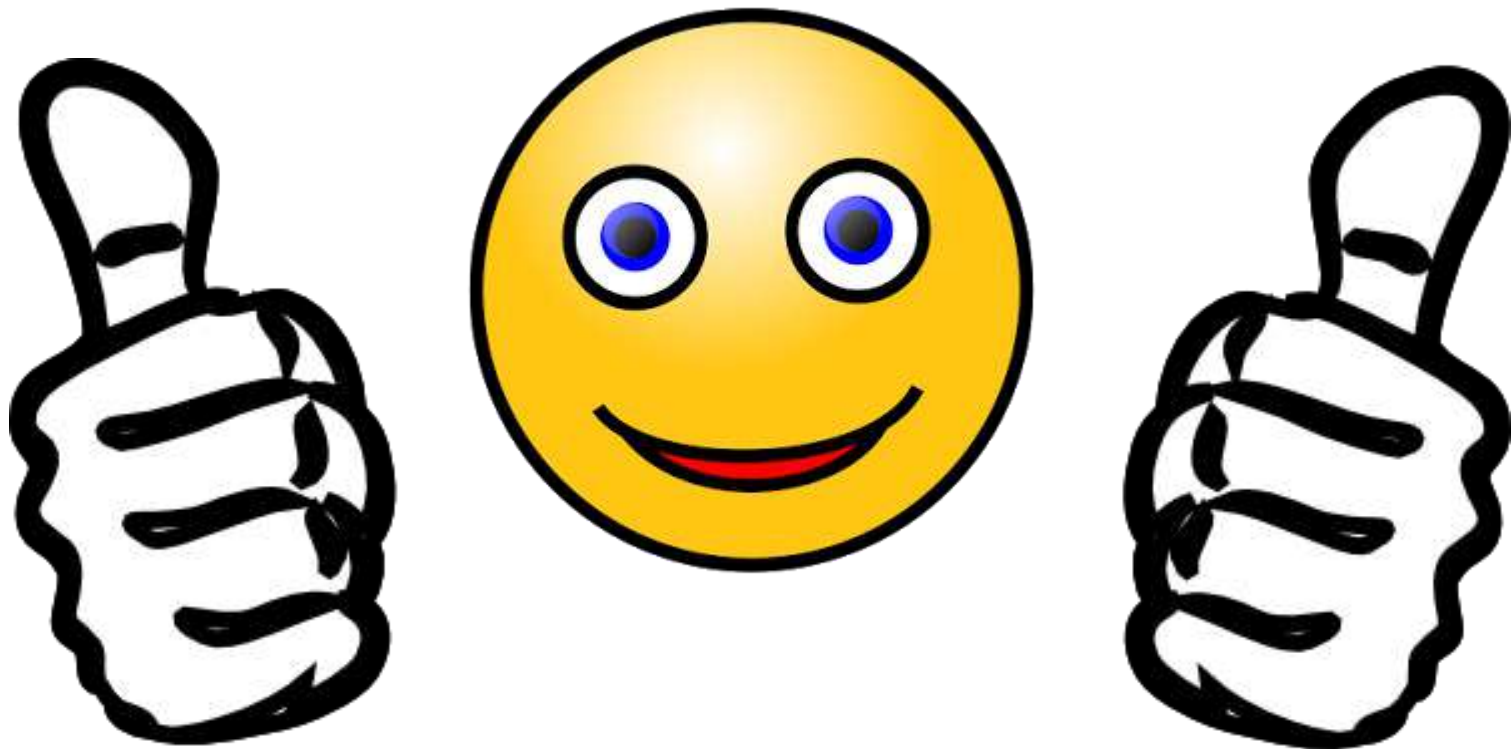
I hope this resource is helpful for you and makes you a better teacher!

Thanks for all you do for kids each day.

*Ben*



My self-assessment posters , students grade themselves on the way out of the gym each day



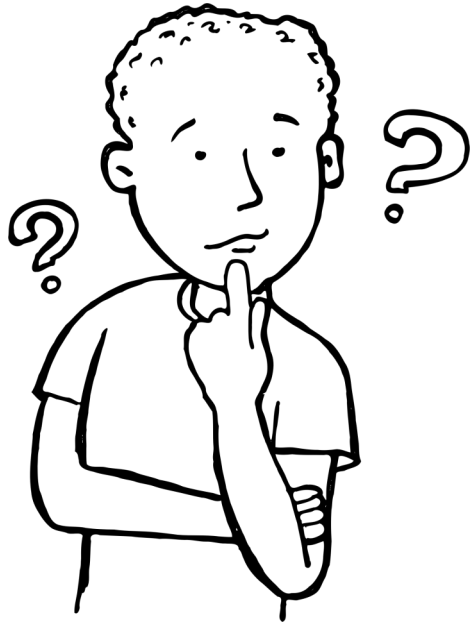
**WOW**



**Good Job**



**Keep on  
Trying**



**Need More  
Effort**