**Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Block: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Teacher:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Criterion D: Reflecting and Improving Performance** Self Evaluation: Interpersonal Skills

Objective: **explain** and **demonstrate** strategies to enhance interpersonal skills

Formulate a **list** of interpersonal skills that relate to our PE classroom.

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Below choose two of these interpersonal skills from the list and describe the context in PE and explain strategies to how it will enhance your experience in PE.

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| **Interpersonal skill #1:** |
| Describe what this skill is and it’s context in the Physical Activity Environment (Classroom) |
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| **Explain Strategies** to **how** you can demonstrate this Interpersonal skill in PE class and elaborate **why** you demonstrate this in PE |
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| **Interpersonal skill #2:** |
| Describe what this skill is and it’s context in the Physical Activity Environment (Classroom) |
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| **Explain Strategies** to **how** you can demonstrate this Interpersonal skill in PE class and elaborate **why** you demonstrate this in PE |
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For Evaluation Use Only

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| **Criterion D: Reflecting and Improving Performance** | | | | |
| **(0)** | **Beginning (1-2)** | **Developing (3-4)** | **Accomplished (5-6)** | **Exemplary (7-8)** |
| *I have not achieved a standard described by any of the descriptors to the right*. | *I am able to:*  **identify** and **demonstrate** strategies to enhance interpersonal skills  LIST | *I am able to:*  **outline** and **demonstrate** strategies to enhance interpersonal skills  WHAT | *I am able to:*  **describe** and **demonstrate** strategies to enhance interpersonal skills  HOW | *I am able to:*  **explain** and **demonstrate** strategies to enhance interpersonal skills  WHY |
|  | ***lacks*** *demonstration of understanding in class* | ***inconsistent*** *in understanding of some areas* | ***Usually*** *demonstrates an understanding* | ***Consistently*** *shows this understanding* |