

**Schedule of Fitness Activities
Self and Teacher Observation Checklist**

- 1) Activities participated in:
(a)
(b)
(c)
(d)
(e)

- 2) Demonstrated proficiency or competency in:

Activity (a) by _____

Activity (b) by _____

Activity (c) by _____

Activity (d) by _____

Activity (e) by _____

- 3) Skills needing work:

Activity (a) _____

Activity (b) _____

Activity (c) _____

Activity (d) _____

Activity (e) _____

Self-Reflection:

Describe the reasons for selecting the activities in which you participated.

What did you hope to gain from your selected activities?