Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_/30

**NB Evaluation 1 – PE**

**McVicker**

**Expectations:**

1. Date and Day written on each page.
2. Reflection must be at least 5-8 sentences.
3. Written neatly.
4. No grammatical, sentence structure, and/or spelling errors.
5. Complete sentences.
6. NO PARTIAL CREDIT WILL BE GIVEN!

**\_\_\_\_\_\_\_\_ Day 1 – 10/29** Explain 5 PE Rules or Expectations 2 pts

**\_\_\_\_\_\_\_\_ Day 2 – 10/30** What activities did we do today? 2 pts

**\_\_\_\_\_\_\_\_ Day 3- 10/31** Handout – Skill Sheet 2 pts

**\_\_\_\_\_\_\_\_ Day 4 -11/3** Explain (in Detail) the 5 steps of the forehand Frisbee throw

and the 5 steps of the backhand Frisbee throw. 5 pts

**\_\_\_\_\_\_\_\_ Day 5 – 11/4** Reflect on your performance of the skills test – strengths

and weaknesses? 4 pts

**\_\_\_\_\_\_\_\_ Day 6 – 11/5** List 5 rules of Ultimate Frisbee 2 pts

**\_\_\_\_\_\_\_\_ Day 7 – 11/6** What made today’s games fun? 2 pts

**\_\_\_\_\_\_\_\_ Day 8 – 11/7** List 3 Strengths and 2 Challenges that your team had today? 2 pts

**\_\_\_\_\_\_\_\_ Day 9 – 11/10** Who on your Team deserves “The Frisbee Award” for the best

Teammate and why? 3 pts

**\_\_\_\_\_\_\_\_ Day 10 – 11/12** ☺ 1 pt

**\_\_\_\_\_\_\_\_ Day 11 – 11/13** How did your Team Perform today and why? 2pts

**\_\_\_\_\_\_\_\_ Day 12- 11/14** What was your favorite and least favorite parts about Ultimate

Frisbee Unit? 3 pts