**A.** Rate your *enjoyment* of participating in \_\_\_\_\_\_\_\_\_ [balance, rolling, flight, step-like, combination] activities and tell why.

1\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_2\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_3\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_4\_\_\_\_\_\_\_\_\_\_\_\_\_\_5

not enjoyable enjoyable very enjoyable

Reason:

**B.** Rate the *challenge* of participating in \_\_\_\_\_\_\_\_\_ [balance, rolling, flight, step-like, combination] activities and tell why.

1\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_2\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_3\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_4\_\_\_\_\_\_\_\_\_\_\_\_\_\_5

not challenging challenging very challenging

Reason:

**C.** Describe the positive and negative social interactions (encouraging or discouraging words or gestures, being or not being helped by others, helping others, support or lack of support from others, cooperation or lack of cooperation with others) that occurred when you were participating in \_\_\_\_\_\_\_\_\_ (balance, rolling, flight, step-like, combination) activities.

**Rubric**

Proficient: The ratings in questions A and B match the reasons given, and the reasons are related to the activity. The description of social interaction is clearly related to the activity.

Developing: The ratings in questions A and B match the reasons given, and the reasons are somewhat related to the activity. The description of social interaction is somewhat related to the activity.

Beginning: There is a discrepancy between the ratings in questions A and B and the reasons given. The description of social interactions is minimal or consists of a one-word answer (e.g., “fun”) without reference to the activity.

## Figure 21.2 Standard 5: self-report assessment.