

PE Self-Assessment Test

Name:

Class:

Click ONE answer for each question.

1. In PE class, I like to...

- A) try new activities
- B) help my teammates
- C) think of good ideas

2. When a game is difficult, I...

- A) keep trying
- B) ask questions
- C) stop and think carefully

3. During team games, I...

- A) cheer for others
- B) talk with my team
- C) try brave new skills

4. If someone is hurt or sad, I...

- A) help them
- B) stay with them
- C) tell the teacher

5. When learning a new skill, I like to...

- A) try it right away
- B) watch first
- C) ask how to do it

6. When my team loses, I...

- A) think about how to improve
- B) encourage my teammates
- C) try harder next time

7. I am happiest when I...

- A) learn something new
- B) work with friends
- C) solve problems

8. My friends would say I am...

- A) kind
- B) brave
- C) thoughtful

9. In PE, I like students who...

- A) include everyone
- B) share ideas
- C) never give up

10. After PE class, I usually...

- A) think about what I learned
- B) talk about the game
- C) want to practice more