PE Self-assessment
Netball
Once you have watched the Arena learning videos, learnt the skills and practised them, I would like you to rate both your confidence level and how accurate you feel that you can perform the skills.
Rate yourself using:
Bronze- building confidence- need a lot more practise and would feel a bit worried in a game.
Silver- confident with the skills- I can perform the skills mostly accurately when practising.
Gold- very confident – I could easily use these skills accurately within a game.

Self-assessment		
Skill	Confidence	Accuracy
Pivot		
Chest pass		
Shoulder pass		
Bounce pass		

I felt I needed most practise with
_____

because
_____
_____

I know I have improved because
_____
_____