PE 10B BADMINTON SELF EVALUATION

Instructions: For each category below, read the rubric and circle the appropriate score. Then total all the scores.

**Rules**

How well do you know the rules of singles and doubles badminton?

Not at all Somewhat Adequately Mostly I could referee a game.

 1 2 3 4 5

**Forehand Strokes**

How well can you perform the following strokes?

**Overhead Clear**

Not at all Somewhat Adequately Mostly I am a PRO!

 1 2 3 4 5

**Underhand Clear**

Not at all Somewhat Adequately Mostly I am a PRO!

 1 2 3 4 5

**Drop Shot**

Not at all Somewhat Adequately Mostly I am a PRO!

 1 2 3 4 5

**Smash**

Not at all Somewhat Adequately Mostly I am a PRO!

 1 2 3 4 5

**Backhand Strokes**

**Clear**

Not at all Somewhat Adequately Mostly I am a PRO!

 1 2 3 4 5

Instructor’s Plus – Minus

Teacher May add or subtract anywhere between 1 to 5 marks if he/she feels student is not being honest.

\_\_\_\_\_\_\_\_\_\_\_\_\_\_ + (total from rubric above)\_\_\_\_\_\_\_\_\_ = \_\_\_\_\_\_\_\_\_\_\_\_\_

Name: \_\_\_\_\_\_\_\_\_\_\_\_\_ Block: \_\_\_\_\_