Name: $\qquad$
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Self-Assessment - Motion
Directions: Consider each of the following learning targets (objectives) and use the rating scale below to rate yourself based on how well you think you understand or can explain the learning target.


| Learning Target <br> (Objective) | Pre-Lesson <br> Rating | Post-Lesson <br> Rating |
| :--- | :--- | :--- |
| 1. Explain the relationship between position and motion |  |  |
| 2. Compare and contrast speed and velocity |  |  |
| 3. Explain how velocity is an example of a vector |  |  |
| 4. Describe the relationship between velocity and acceleration |  |  |
| 5. Describe the relationship between velocity and momentum |  |  |
| 6. Interpret and create various graphs dealing with distance or <br> velocity and time |  |  |

Directions: At this point, you have identified how well you understood the learning targets for this topic prior to the lesson and after the lesson. Since you will be taking an assessment on this information in the near future, it is now necessary for you to identify learning targets that may still need some reviewing. For each learning target that does not have a rating of three or four, list the learning target below and describe what you are still having difficulty understanding. Take some time to revisit/review any resources that will help improve your understanding.
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