Name:	Section:	
<u>Directions</u> : Consider each of the following learning targets (objectives) and use yourself based on how well you think you understand or can explain the learning I have no understanding and/or knowledge of the learning target (objective) O 1 2		
Learning Target (Objective)	Pre-Lesson Rating	Post-Lesson Rating
1. Explain what a force is		
Compare and contrast the different types of forces (contact, normal, gravity, friction)		
3. Explain how force is an example of a vector		
4. Describe how unbalanced forces impact an object's motion		
5. List and describe Newton's Three Laws		

<u>Directions</u>: 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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