

## 2.3 Body Awareness and Spatial Concepts Self

### Assessment

Date completed: \_\_\_\_\_

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

### Self-Assessment and Reflection

Take a few minutes to think about what you've learned in this lesson. Complete these statements:

1. I can identify personal space by

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2. I can identify general space by

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3. The three levels of movement are:

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4. The four basic body shapes are: • \_\_\_\_\_ •  
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5. One movement I performed well was

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6. One movement I want to improve is

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7. I could use spatial awareness in my daily life when

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8. These skills connect to (sport/activity) by

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## My Movement Goals

Based on today's lesson, one specific goal I have for improving my movement skills is:

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