

Activity 10.2 – Self-evaluation

Complete this reflection and self-evaluation:

- 1 Rate your enjoyment of the following activities by circling a face for each activity.



I really enjoyed it



It was OK



I didn't enjoy it

Giant jigsaw puzzle



Ready Steady Go! challenge



Outdoor games



Wheels Day



Sharing booklets with juniors



- 2 How well did I do?

I worked well in a team



I listened carefully to instructions



I focused on my work when I worked on my own



I was patient and encouraging with junior students



I feel more confident walking/cycling/scootering to school





3 What activity in the Ready Steady Go! programme did you MOST enjoy?

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Why?.....

.....

4 What activity in the Ready Steady Go! programme did you LEAST enjoy?

.....

Why?.....

.....

5 Write three benefits of active travel that are most important to you.

1. 2. 3.

6 List two active travel goals that you would like to achieve in the future.

1.

2.

