

Self-evaluation in P.E. and Art at Vistan Kuolu, Paimio

Our P.E. teacher Kati uses pupils' self-evaluation as a tool to get more information about pupils' skills in different sports and their attitudes towards doing sports. The goal of pupils' self-evaluation is to improve their level of knowledge of their skills, knowledge and attitudes concerning sports. Hopefully this results in improved self-esteem and self-confidence which encourages them to do sports also in their spare time.

Key elements in pupil's self-evaluation:

Knowledge (rules, technique, tactics)

Skills (skills in different sports, experience, learning)

Attitude (effort, interest, motivation)

Image of oneself as a sporty person (which sports interest me the most/ the least;

Self-evaluation supporting pupil assessment

Pupils evaluate themselves according to a scale from 4-9, 4 being the lowest and 9 the highest

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|--------------------------------------|---|
| - skills in different sports such as | - track and field
- jogging
- floorball
- gymnastics
- dance
- about 15 different sports |
| - physical condition | - running 1500 m
- physical fitness testing (muscle testing)
- endurance in P.E. lessons |
| - interestedness/hobbyism | - attitude
- motivating others
- initiative
- maximum effort
- voluntary training |

In addition, pupils write about the strengths and weaknesses with explanations.

After pupils have evaluated themselves and their activities in P.E. lessons, the results are discussed and compared with the teacher. Is the pupil's image about herself/himself realistic?