



# Student Self- Assessment

Reflect on Your Workout Producer Experience

TYPE

**Worksheet**

YEAR LEVEL

**7 - 10**

TIME

**15-20 min**

BUILT BY **CONNECTEDPE**



### Section 1 — My Workout Summary

Fill in the details about your completed workout

YOUR NAME

DATE

CLASS / TEACHER

WORKOUT TYPE (HIIT, FULL BODY, CUSTOM, ETC.)

MODE USED

Creator  Assessment

NUMBER OF EXERCISES

FITNESS COMPONENTS TARGETED



### Section 2 — Knowledge Check

Show what you know about fitness components and muscle groups

List the 5 health-related fitness components:

1. 2. 3. 4. 5.

For each exercise, write the primary fitness component and one target muscle group:

#	EXERCISE NAME	FITNESS COMPONENT	TARGET MUSCLE GROUP
1			
2			
3			
4			
5			
6			
7			
8			



### Section 3 — How Did I Go?

Rate yourself honestly (1 = Not yet → 5 = Nailed it!)



I can define all 5 health-related fitness components	1	2	3	4	5
I can identify which fitness component an exercise targets	1	2	3	4	5
I can name the main muscle groups each exercise works	1	2	3	4	5
My exercise technique was safe and controlled	1	2	3	4	5
My workout was well-balanced across different components	1	2	3	4	5



### Section 4 — My Reflections

Think about your workout creation experience and what you learned

What am I most proud of in my workout?

What would I change if I did it again?

One thing I learned about fitness that I didn't know before:



### Section 5 — Goal Setting

Set yourself a target for next time

Next time, I want to improve...

To achieve this, I will...



### My Overall Confidence

After completing this workout, how confident are you in your understanding of fitness components?



I need more help



I'm getting there



I feel good



I've totally got this!



**Remember:** Self-assessment is about being honest with yourself. The more honest you are, the better you can target your learning. Your teacher will compare your self-assessment with your Assessment Mode results to help guide you.



**Plan it. Perform it.  
Prove you understand it.**

Workout Producer — available on the App Store

A CONNECTEDPE RESOURCE