

Activity 10.2 – Self-evaluation

Complete this self-evaluation. 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



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





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

.....

Why?.....

.....

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

.....

Why?.....

.....

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

1. 2. 3.

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

1.

2.

