

Flag Football Unit - Self-Assessment

Understanding of Flag Football

	Rarely	Sometimes	Frequently	Always
I understand the rules of flag football overall	1	2	3	4
I understand the basic strategy of the game of flag football	1	2	3	4
I understand my individual responsibilities while playing a game of flag football	1	2	3	4
I can explain the rules and responsibilities of flag football to someone who does not understand	1	2	3	4
I enjoy playing flag football	1	2	3	4

Flag Football Skills

	Rarely	Sometimes	Frequently	Always
I can successfully throw a pass to others that is catchable	1	2	3	4
I can successfully catch a pass that is thrown	1	2	3	4
I can successfully run with the ball without committing a penalty	1	2	3	4
I can successfully pull an offensive player's flag while on defense	1	2	3	4
I can successfully play defense and prevent others from catching the ball	1	2	3	4
I can run multiple passing routes to catch the ball	1	2	3	4
I can use the field to my advantage on both defense and offense	1	2	3	4

Overall Evaluation

My favorite part of the flag football unit has been		
My least favorite part of the flag football unit has been		
I have a better understanding and skill level in flag football after completing this unit	Yes	No