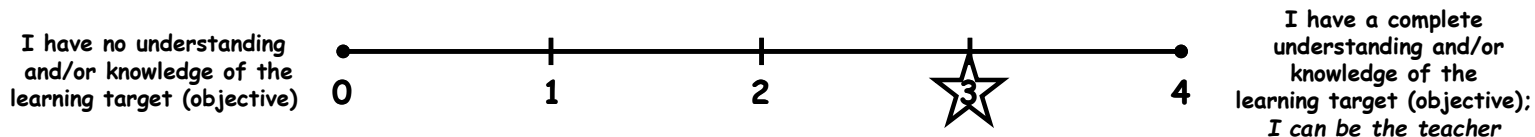


Name: _____

Section: _____

Self-Assessment - Forces

Directions: Consider each of the following learning targets (objectives) and use the rating scale below to rate yourself based on how well you think you understand or can explain the learning target.



Learning Target (Objective)	Pre-Lesson Rating	Post-Lesson Rating
1. Explain what a force is		
2. Compare and contrast the different types of forces (contact, normal, gravity, friction)		
3. Explain how force is an example of a vector		
4. Describe how unbalanced forces impact an object's motion		
5. List and describe Newton's Three Laws		

