Core Competencies Self-Assessment

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C [ ] **How does the artifact you selected demonstrate strengths & growth in the communication competency?** **In what ways might you further develop your communication competency?** **Self-Reflection**	**Self-Reflection** **Self-Reflection** In PE, we had fitness goal setting activities where I demonstrated Personal Awareness and Responsibility. I set two running goals. I wanted to improve my time on the 4.5km run and improve my level in the beep test. To improve these goals, I had to practice. I went on weekly runs after school to train. This shows self-determination and self-regulation because I kept myself accountable to achieve my goals. During the second fitness assessment, I improved but not as much as I wanted to reach my goals. That motivated me even more, to continue to practice. This improved my physical condition and overall well-being.
T [ ] **How does the artifact you selected demonstrate strengths & growth in the thinking competencies?** **In what ways might you further develop your thinking competencies?**	
PS [X] **How does the artifact you selected demonstrate strengths & growth in the personal & social competencies?** **In what ways might you further develop your personal & social competencies?**	

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