

Name: _____ PD: _____ Date: ____/____/____

Motion and Force: Unit 1 Self Reflection & Review

1. Read the following I Can Statements, reflect and give yourself a ranking.

I Can....	Mastered	Approaching	Basic	Not Yet
Explain what a reference point is.				
Explain how a reference point is used to determine the motion of an object.				
Explain what a force is.				
Provide examples of forces.				
Identify the properties present with all forces.				
Identify 4 contact forces.				
Explain how each contact force could potentially impact the motion of an object.				
Determine if a force is balanced or unbalanced.				
Calculate the net force acting on an object, given a scenario or force diagram.				
Construct a force diagram to represent all the forces acting on an object.				

2. Set a goal you would like to achieve on tomorrow's assessment.

3. What are you going to do to achieve this goal?