**Physics 11 Student checkpoint Log**

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| Topic | Warm Up Score | Plan for Improvement |  |
| 1)Universal Gravitation |  |  |  |  |
| 2) Gravitational Field Strength |  |  |  |  |
| 3) Force of Friction |  |  |  |  |
| 4) Hooke’s Law |  |  |  |  |
| 5) Tension |  |  |  |  |
| 6)Elevator |  |  |  |  |

Forces

|  |  |  |  |  |  |
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| **STUDENT: Please highlight one of the columns that you feel reflects your progress in this unit.** | ***I was unable to demonstrate an understanding of the concepts covered in this unit.*** | **Novice** | **Learner** | **Practitioner** | **Expert** |
| I have ***struggled to*** demonstrate an understanding of the concepts in this unit. | I have ***somewhat*** demonstrated an understanding of the concepts covered in this unit. | I have ***mostly*** demonstrated an understanding of the concepts in this unit. | I have demonstrated a ***strong*** and ***complete*** understanding of the concepts covered in this unit. |
| **TEACHER: Please do not write in these rows!** | ***Learner was unable to reflect in any ways described to the right*** | **Novice** | **Learner** | **Practitioner** | **Expert** |
| Learner can rarely evaluate their own strengths & weaknesses.Learner does not have a clear view on how to improve their learning | Learner can somewhat evaluate their own strengths & weaknesses.Learner has a somewhat clear view on how to improve their learning | Learner can evaluate their own strengths & weaknesses. Learner has specific ideas on how to improve their learning | Learner can evaluate their own strengths & weaknesses consistently and independently.Learner has specific and comprehensive ideas on how to improve their learning |