**Unit 2: Kinematics in 1D**

**NAME:  
Block:**

Please be as ***reflective*** as possible with your student log. My aim with these quizzes is to provide an opportunity for you to self-assess your progress as we transverse the concepts of Physics 11. ***These quizzes are FOR YOU***.

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| **Topic** | **Checkpoints** | | | **Plan for Improvement** |
| **1) Scalars and Vectors** |  |  |  |  |
| **2) Uniform Motion** |  |  |  |  |
| **3) Uniform Accelerated Motion** |  |  |  |  |
| **4) d vs. t and**  **v vs. t graphs** |  |  |  |  |
| **5) d vs. t and**  **v vs. t graphs**  **(continued)** |  |  |  |  |
| **6) The BIG 3** |  |  |  |  |
| **7) Free Fall** |  |  |  |  |

In order to receive credit for your student log you ***MUST complete the unit quiz at the end of the unit AND hand in your log with ALL your completed quizzes! BEFORE the Unit Test for the unit***.

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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 |