**Unit 1: 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 AP Physics 1. ***These quizzes are FOR YOU***.

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| **Topic** | **Checkpoints** | | | **Plan for Improvement** |
| **1) Sig Fig’s and Graphing** |  |  |  |  |
| **2) Scalars and Vectors** |  |  |  |  |
| **3) Speed vs. Velocity** |  |  |  |  |
| **4) Acceleration** |  |  |  |  |
| **5) The BIG 3!** |  |  |  |  |
| **6) Free Falling Objects** |  |  |  |  |

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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 |

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 BEFORE the Unit Test for the unit***.