**Unit 3: Dynamics**

**NAME:
Block:**

| **Topic** | **Checkpoints** | **Plan for Improvement** |
| --- | --- | --- |
| **1) Forces** |  |  |  |  |
| **2) FBD’s** |  |  |  |  |
| **3) Newton’s 2nd Law** |  |  |  |  |
| **4) Friction** |  |  |  |  |
| **5) Basic Tension** |  |  |  |  |
| **6) Elevator Problem** |  |  |  |  |
| **7) Newton’s Laws Review** |  |  |  |  |
| **8) Forces in 2D** |  |  |  |  |
| **9) Inclines** |  |  |  |  |
| **10) Tension and Inclines** |  |  |  |  |
| **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 |