

## **Affective diary as an evaluation tool in physical education**

**Ana Regina Leão Ibiapina Moura<sup>1</sup>, Ludimilla Esteffane Sousa Noletto<sup>2</sup>.**

### **ABSTRACT**

Writing down the experience allows you to reorganize ideas and helps to make reflections. Affective development takes place in parallel with cognition, so it is important for cognition in the classroom to have affection with colleagues, teachers and content. Thus, the present work aims to report the experience of the use of the affective diary as an evaluation tool in physical education classes. In 2023, at the Federal Institute of Education of Maranhão, Presidente Dutra campus, in the 2nd year class of the technical course in environment integrated with high school, it was proposed that students write an affective diary. The class is composed of 34 students, of whom 67.7% (n=23) presented the affective diary at the end of the school year. The purpose was to record and self-evaluate the experiences in each class and/or content proposed in the physical education classes. The contents worked were: game workshops (electronic, indigenous, motor, cognitive and sensory), dance (collective construction of choreography, June festivals), gymnastics (elements, types, presentations) and sporting events. In addition to the record, the students were called to report their emotions in each practice. The affective diary allows the creation of possibilities for the construction of knowledge in collectivity and can strengthen interpersonal relationships in the school environment. Thus, it was possible to observe, with the production of affective diaries, positive reports regarding the achievement of knowledge and strengthening of bonds. In addition, there was a learning gain in situations such as defeats in games, lack of structure, equipment and problem solving. The affective diary contributes to a critical education, with the sharing of knowledge and that reflects the autonomy of teaching-learning. Thus, the experience with the use of the affective diary as an evaluation tool in physical education classes was satisfactory and it is expected that this work will contribute to new experiences or related studies.

**Keywords:** Physical education, Affective diary, Evaluation.

---

<sup>1</sup> Federal Institute of Education, Science and Technology of Maranhão

<sup>2</sup> Federal Institute of Education, Science and Technology of Maranhão