Physical Education 30 Final Reflection
/35 marks

This is to be completed as your **last** assignment in this PE course.

1. List all the activities you completed during the duration of the PE course. (2 marks)

2. List the 2 activities you enjoyed the most. Why do you enjoy these activities? (3 marks)

3. Which activities challenged your athletic abilities/skill level the most? Explain what was difficult about the activity. (3 marks)

4. In the next 3 months, what types of activities do you see yourself participating in? (2 marks)

5. Which activities do you believe you can continue with as lifetime activities? Explain how you will incorporate these activities into a busy schedule. (2 marks)

6. Being physically active has many health benefits. Describe 3 examples of how completing this course has benefitted your overall health. (6 marks)

7. List 3 active living role models in your community and write a sentence about what makes each person a role model for active living. (3 marks)

8. Describe the influence different types of media has on your body image? How has participating in activities in this course affected your body image? (5 marks)

9. Youth activity is often built around volunteerism. Examples of this are, but not limited to, coaches, scorekeepers, officials and board members. You volunteered for a short portion of this course. Describe your volunteer experience and whether you feel you will continue to volunteer. (4 marks)

10. This is the last physical education course you can take in High School. In the coming years, you will age out of organized youth activities. You may also age out on family memberships to fitness facilities and may even move to another city/town for further schooling. How do you see yourself continuing with maintaining an active lifestyle when your life situation changes? (5 marks)

11. (Optional)- PE courses are always looking for ways to improve. If you have any suggestions on ways the course might be improved, give them below.