

Physical Education 10 Final Reflection

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 an active living role model. (3 marks)

