

Physical Education 20 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)

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

- 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)
- (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.