PE & Health 4 | 3rd Quarter

PT1: Puddle Jumper

January 27 2022

No. of Tries	No. Of Seconds
1	7s
2	56s
3	10s

1. How is the result of today's activity? Is the result of no. of minutes the same or does it chage?

I am pretty content and satisfied with my results for this activity. My results in no. of minutes is a tad bit inconsistent but the majority of it is bunching around the 10s mark.

2. Why do you think got such a result from our activity?

I can't really draw a sure conclusion, but I'm gonna hypothesize that I'm not well trained in controlling my breath, but I'm not saying that's the exact reason.

3. What struggles did you face while doing this activity?

As the results show, I had a little bit of trouble staying consistent. But I believe that a hundred enough retries later and I will have pretty consistent results.