

## Performance Task 1

February 23 2021

### Basic Skills in Sepak Takraw Activity

Direction:

Accomplish the table below by doing the different basic skills in Sepak Takraw.

Task	How many times	Number of tries before completing the task
Inside Kick	10x	5
Toe Kick	10x	3
Header	10x	2
Knee / Thigh Kick	10x	4

### My Experience

I had quite the trouble trying to achieve what was asked of us. But in the end, I was quite familiar with movements required to achieve the task, meaning I have played Sepak Takraw before. To wrap up, I may have messed up my room a bit, but I tried my best, so claps for me.