Lopez, Marie Charlotte C. March 1, 2021

BPEd 3-A

WORKSHEET #1

1. Give an example of how direction of your effort has varied in sport or exercise.

Way back junior high school, when seniors promenade is approaching I have decided to lose some weight. Since, I wanted to look beautiful and confident on that night, even though it is just for hours, as I was very determined and motivated, I planned to lose some weight. Every four o’clock in the morning I jogged around and even though skipping meals is not good, I did it to easily lose my weight. Even sometimes, I deprived myself from eating for the reason that back then that is my only knowledge and what I know is the easiest method on how to lose some weights. I lose about 5 kilograms in a span of just one month.

1. Give an example of how the intensity of your effort has varied in sport or exercise.

Last semester, before COVID- 19 happens, we have a course where we have to play basketball and have to win and have some fun. As a future PE teacher, we must know how to play it and know the rules. I must admit that I am not good in playing sports, especially basketball where it requires lots of stamina but since we have to win the game, my team mates and I exerted effort to ace the game. During our vacant time, we practice for about an hour or two to practice our strategy and our skills in the shooting ball. Unfortunately, we lose the game but I know somehow, we learn something and during the practices we did, it is all definitely worth it.