Answer the questions in red please

1. Reflection: What have you enjoyed so far in PHE 8? What do you wish we did more? Please be specific. The more specific you are, the more I can work with what you wish to see more in the class for 2nd semester!

The things I have enjoyed during PE are playing volleyball, like smashing the ball over the net and lifting weights and working out on the machines in the weight room. Another thing I enjoyed in PE was badminton, like smashing the birdie over the net. The things I want to see more in PE are more Basketball practice, more badminton, and more rugby.

2. Physical Literacy: How confident are you with movement skills? (running, throwing, catching, jumping, kicking, striking). Can you provide specific examples? What barriers are causing you to still struggle with these skills (if any)

ie throwing a ball in handball - Being scared to not do it properly, worried your peers will get mad at you, not having the skill to do it, etc...

I am confident when I am running when we are playing handball or basketball because then when our team has the ball, then I just run to the other side and try my best when I shoot the ball. When it comes to kicking in soccer, I don’t kick as high or as far because sometimes when I miss, I just fail to kick the ball. When it comes to volleyball or badminton, I just get scared of hitting the ball because either way I miss it, or I just hit the ball but do not get it over the net.