

Confidence in PE



It is Friday, PE day and a day I have been really looking forward to. I had a good sleep last night and have lots to look forward to this weekend.

After some schoolwork teacher says it's time to go down to the hall for PE. I used to have some butterflies in my stomach when he'd say this but now I feel confident that I am going to learn lots and most of all have fun for an hour with my friends and teacher. I also know that I am well able to perform everything in PE and teacher has told me that I am improving every day.

We get to the hall and we start our warm ups. These are really fun and I am chatting and joking with my friends. We are still doing what we need to but it is really enjoyable. My heart is beating faster. I am sweating and laughing. This is fun.

Teacher tells us we are playing football in PE. While I know lots of people play football outside of school I do not. However, I am still looking forward to helping my teammates, showing what I can do, improving my skills and most importantly having fun. I am with my team and we are encouraging each other. It feels great to work together with my friends and try to work together to be as good as we can. Some of my teammates are taking it a little too seriously but I try to be a good teammate by calming them and providing

encouragement. I feel really good as I give and receive encouragement from my teammates and teacher. I also shake hands with my opponents.

I am very vocal with encouragement and I settle into the rhythm of the game well. I get on the ball and support my team mates all the time. The skill of some of the class is really high but I know I am getting better and making a contribution. Clap! I get a high 5 from a teammate for some good play!

The class is coming to an end. I have really enjoyed it. I feel confident and happy. I feel I am getting better each day at football and I am beginning to enjoy it even more now. I know there are lots of ways to help my team and my teacher and lots of my class feel I am a good team player. This makes me proud. Teacher calls time on the games and we start to cool down. I am satisfied that I tried my best. It is always much better fun when you try it and you can see yourself improving. After the cool down we walk back to class and it is breaktime. I am feeling good about myself and have lots to look forward to.

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