

PE Strand Reflection Template

Strand: _____

Write down any words you've learned about:

_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

Choose some feelings you get when you are doing:

- Happy*
- Excited*
- Nervous*
- Calm*
- Sad*
- Confident*
- Frustrated*

Draw a picture of your best movement or skill from:

Colour in the body parts you used doing this movement:



Looking at your chart choose your favourite activities:

1

2

