

# PE Strand Reflection Template

**Strand:** \_\_\_\_\_

Write down some verbs, adverbs and nouns associated with:

\_\_\_\_\_

*Verbs*

\_\_\_\_\_

*Adverbs*

\_\_\_\_\_

*Nouns*

\_\_\_\_\_

List the emotions you feel when doing these activities and explain why you feel this way:

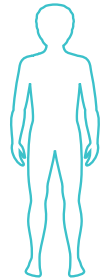
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Draw a picture of you performing your best skill or movement from:

\_\_\_\_\_

\_\_\_\_\_

Label and colour in the body parts you used performing this skill or movement:



Looking at your chart, choose your favourite activities and explain why you chose them:

1 \_\_\_\_\_

2 \_\_\_\_\_