

# PE Strand Reflection Template

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

Write down any words you've learned about:


\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Draw a picture of you doing some:

\_\_\_\_\_



Colour in how you feel when you do:

\_\_\_\_\_



Happy



Scared



Sad



Angry




Worried



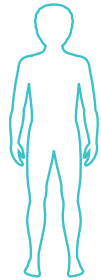
Cool

Draw a picture of your best movement from:

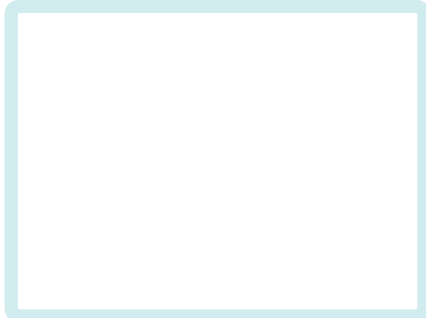
\_\_\_\_\_



Colour in the body parts you used doing this movement:



Draw a picture of your favourite activity:



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

Write down any words you've learned about:


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

Choose some feelings you get when you are doing:

_____
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- 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	_____
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2	_____
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# 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:

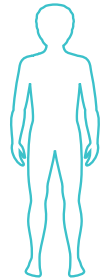
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

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 \_\_\_\_\_