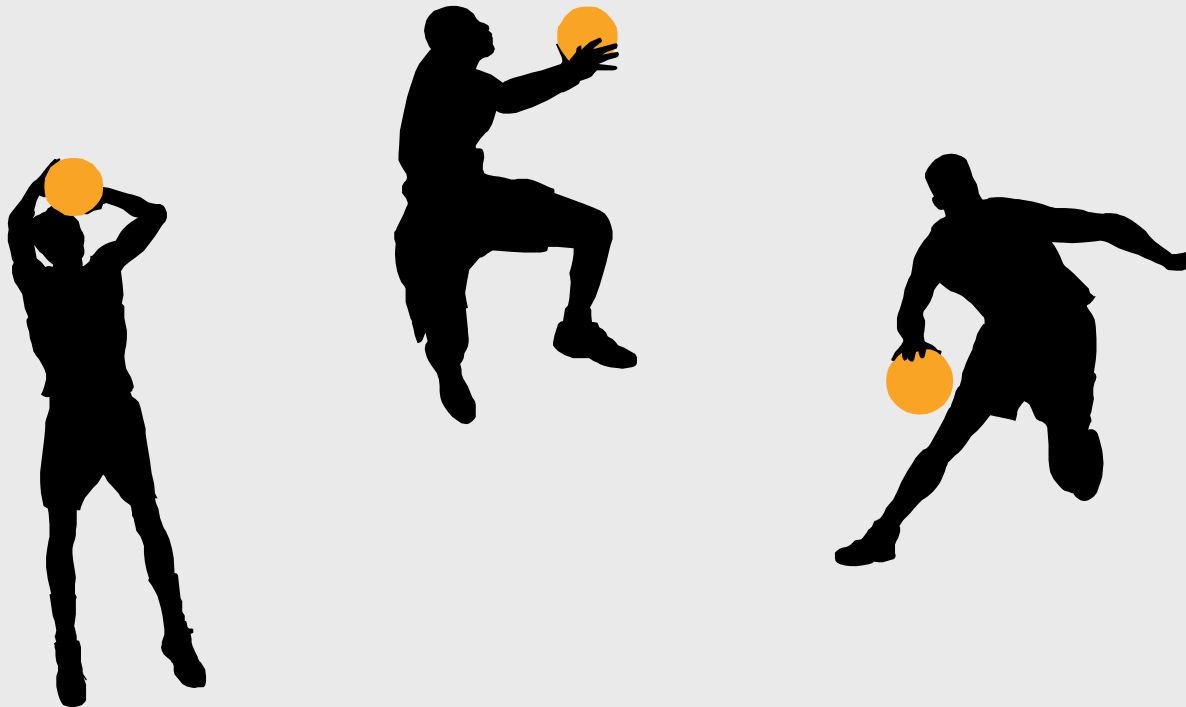


PHYSICAL EDUCATION

GRADE

5



SPORT FOLIO

Name: _____

Class: _____

PHYSICAL EDUCATION ESSENTIAL AGREEMENTS

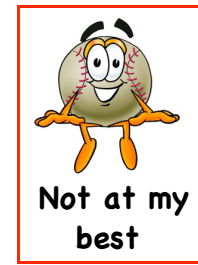
- I will co-operate with my peers.
- I will be organised in bringing the correct kit to every lesson (PE shirt & short, trainers -non school shoes) .
- I am aware of my own safety and that of others; I will not wear any valuables in the lessons.
- I will be sun-smart when working outside.
- I will be a good communicator when playing team games.
- I will look after my personal hygiene.
- I will show a responsible attitude at all times.
- I will commit myself to the drills and exercises given.
- I will try to be a risk taker and learn new things.
- I will show respect of others regardless of their ability level.
-

Date:

Signature:

SELF REFLECTION in P.E.

- All around our sports facilities you will see posters that question your performance and attitude throughout your lesson. Please reflect upon your own behaviour and slap the appropriate box; awesome / okay or not at your best.



- We also have our PYP sports team upon the wall, please select before your lesson an attitude you would like to focus on;



- As you have forgotten your kit today you will receive a questionnaire about the lesson. Please answer the questions below carefully.

SPORTS/ACTIVITY:

Date:

1) Why do we have a PE kit.

2) Why do we do a warm up?

3) What do the students learn and how?

4) What skills are the students working on? (throwing, catching etc)

5) Select a classmate for one activity and count how many times they touch/kick/hit or throw the ball.

6) Give suggestions on how your classmate could improve his/her performance in the PE class.

PLEASE REMEMBER TO BRING YOUR PE KIT FOR THE NEXT LESSON

No Kit Page

- As you have forgotten your kit for the second time you will complete this questionnaire.

SPORTS/ACTIVITY:

Date:

1) **Why do we have to change for every Physical Education lesson?**

2) **What muscles do we need to warm up for this lesson and why?**

3) **What do the students learn and how?**

4) **Select one student and observe what he or she can improve upon and why.**

5) **What do you think you should improve upon if you were part of this activity?**

PLEASE REMEMBER TO BRING YOUR PE KIT FOR THE NEXT LESSON

No Kit Page number 2