

PE REFLECTION TEMPLATE

(PRE- LESSON)

Name:

Date: / /

How do you feel?



Happy



Energised



Good



Tired



Unhappy

Circle your level of energy



Design & draw a warm up or activity for your class

Draw or write the benefits of being active



PE REFLECTION TEMPLATE

(POST- LESSON)

Name:

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Circle your level of energy

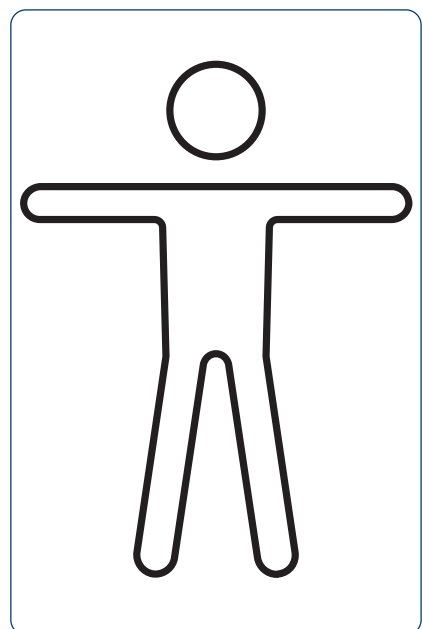


Draw or write about what you learned today

Where can you do this again?

Who will practise with you?

Colour or label the parts of the body used



Draw somewhere you can be active in your community