

Physical Education Final Reflection

This is to be completed as your **last** assignment in this PE course.

1. List all the activities you completed during the duration of the PE course.
2. List the 2 activities you enjoyed the most. Why do you enjoy these activities?
3. Which activities challenged your athletic abilities/skill level the most? Explain what was difficult about the activity.
4. In the next 3 months, what types of activities do you see yourself participating in?

