[redacted] - Adventure Challenge - Final Reflection

-Central Idea-

VALUES ARE BOTH PERSONAL AND SOCIAL ; VALUE SYSTEMS CAN INFLUENCE CODES OF BEHAVIOR

An important belief — You secret — Community others — Values that — A "someone" or group has — Effect change — behavior actions — what you do

-Values-

TEAMWORK: Teamwork means working together efficently and as an entire team, being inclusive and caring, open-minded to other teammates. I learnt that from the all-blacks, a team that is constantly winning basically everything, they always looked from person to person and thought; "I won't be the person to let my team down."

USE: -In P.E

- We had to use teamwork at poison ball when we carried the ball without touching it, as a group, one drop and start again.
- Ambulance, especially, we couldn't let the mat touch the floor, and the distance wasn't so short, we had to work hard together.
- We kept encouraging each other, no blaming! :)

-Out of P.E

- If I'm doing some acting with others, we have to be patient and take care of the people who need some help.
- If I'm doing group-work with others, blaming won't help them understand what they did wrong.

FAMILY: Your own family, probably the most important thing in your life, the people who really care about you. I learnt this from Serena Williams, a tennis player who has won many contests, but she could have never been like this without her family. Her family weren't very wealthy, but her mother and father coached her, and she played against her bigger sister.

USE: - In P.E

-Our whole team is like a family! Working together, knowing each other but also fighting sometimes. Families always come to a solution in the end, and so well teams.

- Out of P.E

-When we need comfort or love, we always know that our family will be there for us.

-Everyone needs their family, they are an important part of my life.

PERSEVERANCE: Keep on going! Don't give up, you can always try again, no matter what challenges you face, don't be afraid. I learnt that from Lionel Messi, he would rather stick a need in his leg than give up what he always wanted to do--play soccer.

: - In P.E

- We had to push hard when we did the 7-minute challenge, it was exhaugsting!
- When we did the team run, it was our last ~~activities~~ activity in the crystal maze, so it was hard.

- Out of P.E

- I can't give up on my piano (even though I know that it's awful.
- I can't do it! ✗ I can't do it yet. ✓ The power of YET!

PASSION/DEDICATION (just for me): Something that you really want to achieve, a strong hobby or feeling of yours. I learnt this from male ballet dancers whom are not treated respectively, even though that they have worked hard.

USE: - In P.E

- We have to be passionate and really dedicate our time to practice efficently and effectively.

- Out of P.E

- Is there something I would really want to do? If so, I really need to dedicate my whole life to it.

thank you to Mr. David and Mr. Gerry!

-Mr. Gerry, you helped me and my team with the jump rope, thank you for helping me do a good job!

-Mr. David, you have been the best P.E teacher I've ever had, I want to thank you for encouraging all our teams and teaching us these values, thank you so much for your wonderful teaching and help!

- You're so welcome! :)

Your Student, [redacted]

Great, fantastic, brilliant,
(insert additional superlative here)
work, [redacted]