

# For athletics day !!!!!!!!

Summative Assessment for PSPE

P.E !



50 meter

Central idea  
Independent training , intrinsic  
motivation , self believe can  
enhance body control for  
movement in athletics .



Long jump



Shot put

By:

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50 meters!



Long jump!

The first thing when I heard what Mr David said make me enthusiastic ...

That day in PE I heard Mr David said after many weeks we will have athletics day ! I thought about what I did last year I am in the running final and the long jump semi final when I was grade three .

So what my goal is to be in final for running also and in final for long jump and in shot put ....in grade four

In the next page is all the process , and how I make myself success for the two winning event !  
And to see IMPROVING!!!

Choosing	Note (To see improving )	Best ones
50 meter	9:60 9:84 9:32 9:90	7:90
400 meter	1:22	1:20
Long jump	2.55 2.62 2.70 2.90	2.90
High jump	85	90
Shot put	3.20 3.25 3.85 4.40 4.70	4.70
Disscus	Don't know ( I was not there )	

# What I learn so far in this unit ...

1. I learn that only if you believe yourself **YOURSELF !!** You will success but also independent training and intrinsic motivation to be the best one .
2. I learn that only you are the person that can make yourself success but also the person who can stop you from success !

How I feel when I know I was the winner ...

When I know that I was the winner of 50 meter run girl ...

When I know I was the winner I felt like what I did for this is not waste and not wasting my time it is only for me to success . It is only if I work hard , it is only if I believe myself , it is only if I train myself so hard I was so happy that I got this . At first when I was in final of 50 meter also with Yumi ( she is a fast runner faster than me ) I thought I would lose but when it really start I use all my best and all my strength to exceed her ,and I did !! That make me crazy because Yumi is so pride and I was modesty so that's why I got the first one .

When I know I was the winner of long jump girl ...

When I know I was the winner I was so excited , I exceed all the girls and win that .

# The pictures and video



Long jump



50 meter

# My experience from athletics carnival

I have experience in the athletics carnival :

1. I was visualizing believing and giving myself courage so that's how I get the two metals .

2. I think even if I didn't get a metal I wouldn't be very unhappy or disappointed because it is just for fun.

3. I am going to use all the experience in my whole life . Wherever I go what ever race I will be doing in future .

In my future I will also believe myself to win more metals . Because I have said even I don't get a metal I wouldn't be unhappy but when I get a metal you just cant know the feeling of it , how happy it was . Only if you win the metal ,you will understand and get that feeling .

Intrinsic motivation & independent are connected in this unit WHY ? *how else can you apply these two terms in your life ???*

1. Intrinsic motivation & independent is connected in this unit because ...

Intrinsic motivation :

Because if only you want to do it you will do it .

Independent :

Because not only in PSPE training yourself you also need to train yourself in the weekend and time you want . Also it's about yourself not about friends you need to train by yourself to get the good marks .

2. How else can I apply this two terms in my life ...

I can use it whatever tournament I get into and I can always remember them when I need to use them : like in a very hard test , you need to work hard enough to get good marks , or like you want to write beautiful words you also need to use them . Whatever good marks is not a gift from the god , but it is the effort that you give into it to get to succeed .



In this unit it give me a lot of knowledge I also realise that intrinsic motivation, independent training and self believe is all very very important in this unit . I also want to thank my PE teacher Mr David . He is the person that help me to succeed .

Mr David!

Hope You like  
it !! 😊 😄