

PE Assessment

home

view all



export



1. I have learned the steps you should do before you do your task, these steps can make you do your task well.

Step 1: Take a deep breath.
Step 2: Visualize how you should do your task.
Step 3: Tell yourself that you can do.

My experience is that when you are racing against someone, you should be calm and relaxed. You don't need to worry about how others are doing, focus on what you are doing and do it right.

Things I have learned from this unit.

You need to motivate yourself to do better in this unit, so you can win at the athletics carnival, it is always connected.

PE Assessment

My experiences from the athletics carnival.

How intrinsic motivation and independence connect to this unit?

I also have a experience on how you can beat the person better than you. You should first prepare well before you do your task, but most important thing is to find someone who is supporting you, then think that you are winning this for them.

How else can I apply intrinsic motivation and independence into my life?

You need to be independent in this unit, because you can't rely on anyone in this unit. This unit is all about yourself, so it is connected to this unit.

I always need to be motivated so that I can do things well or better.

I also need to be independent, because in real life I can't always rely on somebody.

By: Faye Lin
4A