

PE final reflection September 6th :

1. This unit is about Physical Literacy and it is about being better movers, values and how does it influence how we behave. This unit is also about how can we use the values we learned in our life and outside of school. It is about knowing our team's strength and weaknesses and not forcing them to do something they are not good at. For example someone is very good at mental but terrible at skill. But I think the most important thing we did was using the values and knowing how to communicate with our team.

2. In this unit ,I learned that if you want to have a successful team , you first need to know the four values teamwork, family, perseverance and believing in yourself. The way these values are connected is first {teamwork } in teamwork you have to know their strength and weaknesses and if in a competition tell them that it is OK if they loose also without teamwork, you will be alone and no one likes that feeling at all. Second, { family } you have to treat your team like your family with support and encouragement keep telling them "you can do it ". Third, {perseverance} you cannot just give up when something is hard because if you keep doing things that are easy you will never learn or know what is it like to do it. These values are social values because it involves teams Fourth, { believing in yourself } when you do something you like but is very hard you have to believe that you can do it and do not stop half way. Because believing in yourself helps to encourage yourself in whatever you are doing.

3. The way this unit is involved in our life is that if we are better movers that means having a better life and that means a healthier life and that means having a happier life. And for values teamwork is not always about sports it is a group of people working together like a company, community or a school. For family is more about support and encouragement. Family has two purposes in this unit, the first purpose is the family support where you have your mom, dad or any siblings or related by blood. The other purpose is your team members that are close to you and is a good supporter. For perseverance is not giving up and for example you cannot just give up your career just because there was a big project that is hard. And in school fo example, you cannot just stop learning for the rest of your life just because a question was too hard because you will be stuck with the same problem for a long time before moving on. For believing in yourself is about doing something you started and not stopping half way. The way it connects with our life for example you started a dance class and when you finished a level the teacher will give you a test to see what you know. And even though the questions were so hard you tried to do the best you could do. All of these values are connected because it:

1. gives you a better life
2. communication
3. not give up
4. support and encourage
5. all helps you be a better person
6. helps you to be a better mover