

PE Reflection:

KEYWORDS

Taking action:

I think taking action means that there is a problem, and you need to find a way to solve it. Taking action also means that if the problem is hard, you still won't shy away from it. To take action, you have to be strong and a thinker* to solve all the problems and involve yourself in the activities that may help the environment around you. An example inside of PE is that we are all taking action because we are raising fund for a cause- The bush fires in Australia. We are also doing the training activity to make people fitter because a) doesn't everyone want to be a fitter person? And b) The obesity in the world is at a very dangerous state. What will happen to our future generations are in our hands. We must help when we can still change the future. And an example outside of PE is that we have to take action a whole lot- like in school, we write persuasive writing pieces to raise awareness of some of the problems or other things that we care about a whole lot. For example, I wrote something about environmental awareness, and for our organization unit, our group showed a PPT about protecting the show/circus animals. That is part of raising awareness and taking action. I can also help others take action by explaining the factors** and what they're going to cause for the world.

Thinker:

Being a thinker includes asking lots of questions, thinking about what the causes may be and how we can solve the problems that seem to impact the world in certain bad ways: like the obesity problem and global warming. Being a good thinker is also about listening to others, consulting others who have the problem, but don't point it out immediately or else I don't think the person will allow you to help and solve the problem. An example inside of PE is how we thought of the solutions to the health and fitness problems (e.g smoking, obesity, drinking...) and wrote all of it down on the sticky-notes and posted them on the whiteboard. I chose smoking and I researched on the computer (Google) to see how people can gradually stop smoking. An example outside of PE is solving other problems, for example, I look at technology too much some days, so I heartlessly (^^) deleted all of my games. I can help others become a thinker by inspiring them to think about some problems, or as a warm-up, I like to do some riddles, and so do my friends.

Factors:

Factors, or things that affect health and fitness (or basically anything) are all very complicated. Because all of the factors that affect health and fitness have more layers, for example, smoking. Smoking is like- You start smoking, then you start liking it, and then, you get addicted to smoking. So it is all like that. An example inside of PE is the factors that are affecting Australia, and health and fitness. An example outside of PE is the factors that affect most everything. A factor can affect anything and they can also change quickly.

Cause:

An affect, what you are working towards and/or impact. For example, the obesity map caused me (and I bet a lot of us) to really get motivated into exercising. Another cause (like on the donation boxes) "Exercise for a cause". And we got loads of donations!!! For another example, I put a lot of work into my reflections because I care about the things I can reflect on. Lots of people have hobbies, and that may be the cause to some of the things they do. Emotions can also affect how a person may feel. Sometimes when somebody is having a bad day, well, it isn't the best time to tell them all their problems...

LINES OF INQUIRY

The impact of our lifestyle choices on health:

Kind of like how our lifestyle choices influence the way we live now. You can't get away with being fit if say, you drink coca cola and eat fries everyday. You need a balanced meal of fruits, veggies, protein and a fair share of carbohydrates. This is sort of like the picture analysis we did. The healthier we eat, and the healthier choices we choose (no smoking, no drinking, exercise...). Sleeping well and early also helps.

How a body system works:

This relates to what we studied during G3 UOI, the body systems unit. In G3, I studied the digestive system, and I guess this is what we came up with: Digestive system! This is the system that is inside of our bodies, first it goes through the esophagus, and your spit (it may sound a little disgusting) will already take in some parts of your food, your small intestine will digest the food into smaller pieces, and the nutritious parts will be sucked in by your body, the large intestine will do a final sweep of what's left, and some of your food will turn into P-O-O-P, then, it will be bathroom time for you! This system does work as long as your intestines and esophagus are working. But sleeping after a meal is harmful to your digestive system because after you sleep, your whole body rests, including your digestive system, and so half of your food will be digested while a small part is still WORK IN PROGRESS...

How to promote an active lifestyle to others upon learning how to live:

I guess you can influence others to play, eat and do healthy things with you. For example, you taught us that if you want others to exercise, we have to make the exercise fun, like you told us to run 5 laps, but then you said that we were going to play 'Stuck In the Mud'. Afterwards, we were all tired but pumped! Then you informed us that we had already run more than 5 laps without even knowing it. Another example is, when me and [REDACTED] had our Birthday Party, we chose an indoor playground and played lots of rounds of 'Rip the name card from your back!'. It involved a lot of running and certain amounts of play-fighting.

THE THREE QUESTIONS YOU HAVE ASKED US BEFORE:

A) What is the main purpose of this unit?

It is to inspire others to be healthy and fit, as well as better movers. This unit is also about power and authority, and how we have to keep that authority- Know what you're doing!-

B) Why is using your laptop so important this unit?

Because the PPT you gave us was on our computers, inside there were three choices of the warm-ups- then, we could choose to 'TEST' (Flexibility-sit and reach box/Cardiovascular- 800 meters/Muscular- push ups/Core Muscular Endurance- Plank) or to 'TRAIN' out of three subjects- Cardiovascular Endurance, Muscular Endurance, or/and Flexibility!!! Then after you train, you can see if you have improved- but don't think that you'll get better overnight. Training requires patience and you have to train a lot. Remember! Champions are made- Not born!!!

C) Why this unit is important to me:

This unit is very important to me! I have learnt a lot, and personally, I have never thought I was 'fit' healthy, yes, but not very fit. I've never run very fast and my muscular endurance is only average, but I think that this unit has not only built my speed and endurance, but also my self-confidence. I loved how we all thought of problems and then came up with solutions. I also really liked our final event- training all of the people was awesome! (I especially liked training my mom^^) I am also proud of how much we accomplished and how much money we made!

ALL THE PEOPLE I'VE TRAINED- AND A BREIF PERSONALITY PAGE.

First person- [REDACTED]

Health and Fitness
Warrior Fitness

Trainer and Client: [Redacted]

Client's Name and Class: [Redacted] Client's Age: 11 years old

Test	Fitness Tests			Comment
	Result	Rating	Focus	
Cardiovascular Endurance	5:41 minutes	Good	Focus <input checked="" type="checkbox"/>	Good <input type="checkbox"/>
Upper Body Muscular Endurance	25 push-ups	Good	Focus <input checked="" type="checkbox"/>	Good <input type="checkbox"/>
Core Muscular Endurance	1:02 minutes	Average	Focus <input checked="" type="checkbox"/>	Good <input type="checkbox"/>
Flexibility	16 cm	Good	Focus <input checked="" type="checkbox"/>	Good <input type="checkbox"/>

Training Program				
Area of Fitness	Exercise	Sets	Reps	Rest
Cardiovascular End	Jump Jumps	6	50	1 min
Cardiovascular End	Step Ups	3	20	1 min
Muscular End	Squats	2	20	20 sec
Muscular End	Lunges	3	20	30 sec
Muscular End	Plank - Gut-Ups	4	20	30 sec
Cardiovascular	Jog	2	5 mins	1 min

What your client needs to improve on:
Status - Stamina (too silly) 😊

What might help them:
Training Program - Follow it everyday - don't be lazy

The first person I trained is called [Redacted]. She's pretty nice, [Redacted] and I trained her along with [Redacted] (another person I know). She promised that when she had time- she'd be sure to practice^^



Here's the pictures we took together when we finished- one of the training program I wrote and the other of us together!!!

Second Person- [Redacted]

The next person I trained was Holly, we've been buddies (another G4-G1 activity) She really likes gymnastics, so her flexibility is really good- and surprise surprise- she ran faster than almost all the other people I've trained.



Health and Fitness
Warrior Fitness

Trainer and Client: [Redacted]

Client's Name and Class: [Redacted] Client's Age: 7 years old

Test	Fitness Tests			Comment
	Result	Rating	Focus	
Cardiovascular Endurance	5:41 minutes	Good	Focus <input checked="" type="checkbox"/>	Good <input type="checkbox"/>
Upper Body Muscular Endurance	20 push-ups	Good	Focus <input checked="" type="checkbox"/>	Good <input type="checkbox"/>
Core Muscular Endurance	1:30 minutes	Average	Focus <input checked="" type="checkbox"/>	Good <input type="checkbox"/>
Flexibility	20.5 cm	Good	Focus <input checked="" type="checkbox"/>	Good <input type="checkbox"/>

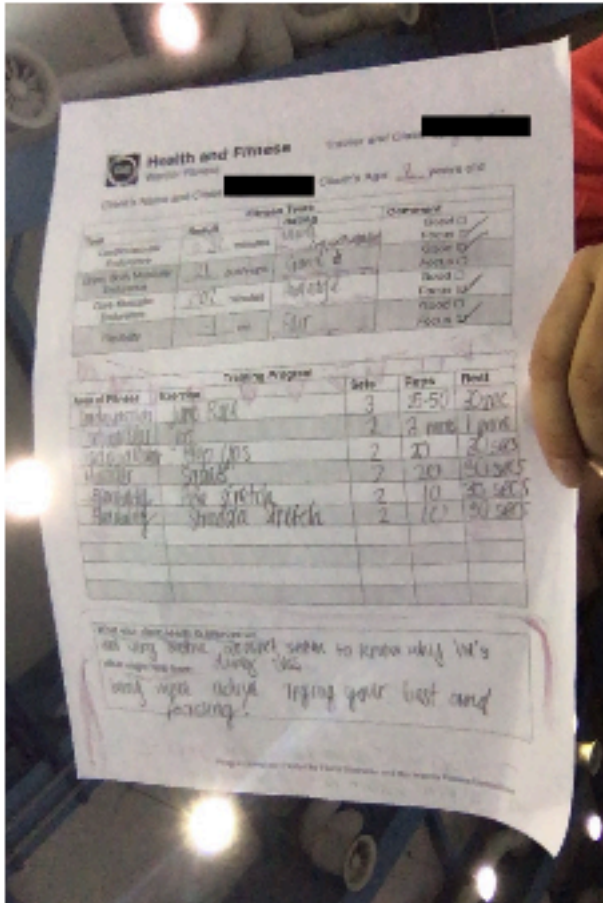
Training Program				
Area of Fitness	Exercise	Sets	Reps	Rest
Cardiovascular End	Jump Jumps	3	50	1 min
Cardiovascular End	Step Ups	3	20	1 min
Muscular End	Plank - Gut-Ups	3	5	20 sec
Muscular End	Lunges	3	20	30 sec
Muscular End	Squats	3	10	1 min

What your client needs to improve on:
Holly is like to somebody focus a little more on the training program

What might help them:
By giving more time to do the training program

Third Person- [REDACTED]

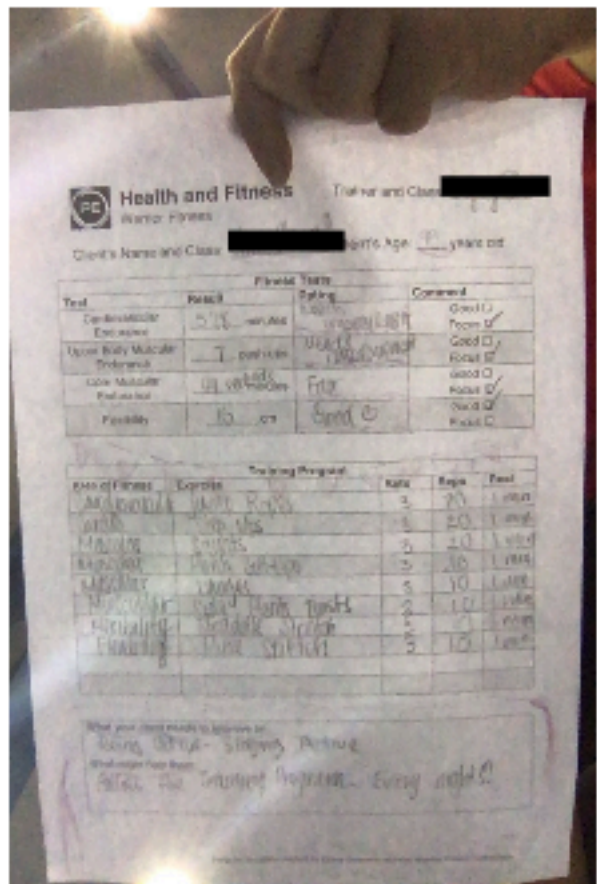
I have to admit that he was probably the most annoying out of the bunch, when I informed him that if he wanted to get better, he needed to practice jump ropes and step ups, and when I told him he should really try that when he has time- Then he answered: "NO!" I asked him why and he said he didn't have time- I tried to be sympathetic and told him he can still try- and seriously he



just IGNORED ME!!! Oh well, here are my suggestions:

Fourth Person- MY MOM!

Yay! Yippee! This is my favorite person- I loved training my mom, even though she was- uh- a little lazy. After we finished the 800 meter run and the flexibility test, she asked me if we have to do anything else! I thought about not explaining that there were four tests... Hehe! Here are our pictures:



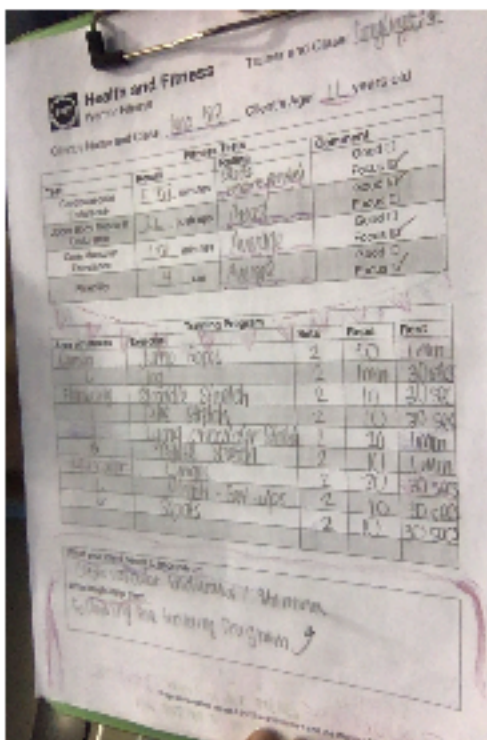
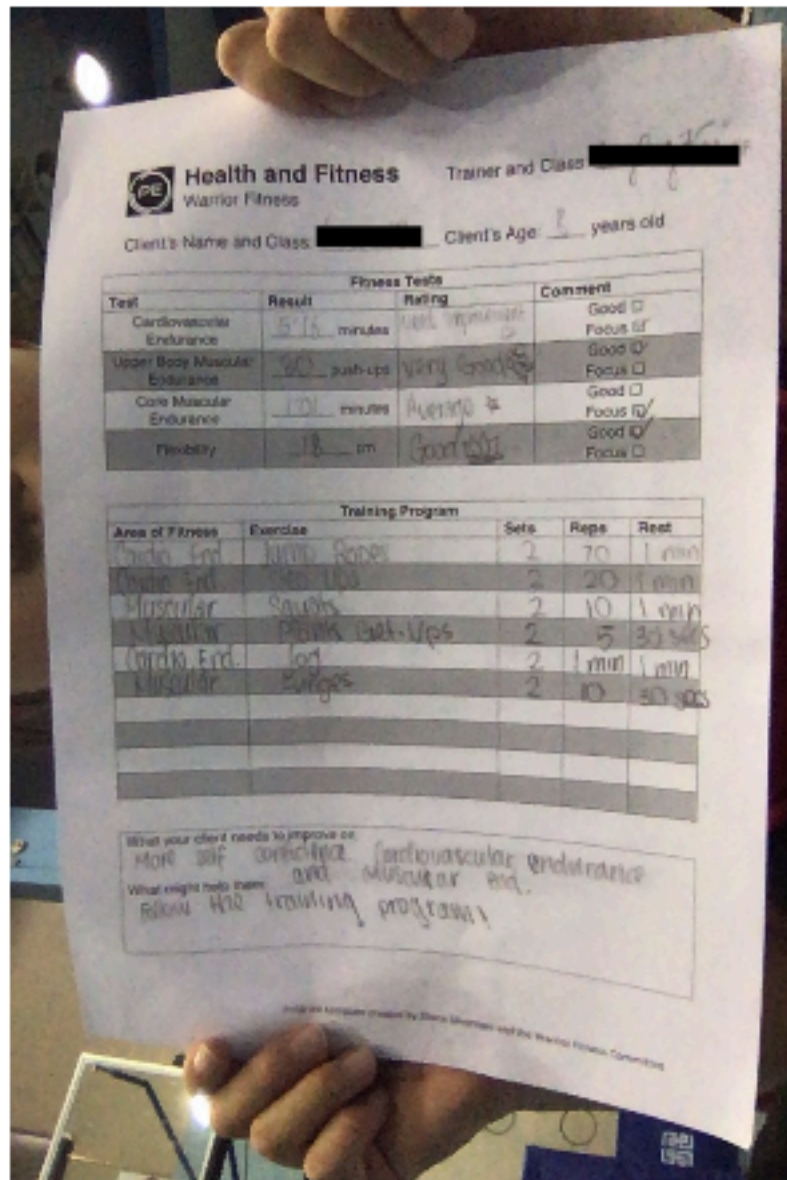


-LUNCH BREAK-

Fifth Person- [REDACTED]



Me and [redacted] trained her together because [redacted] usually didn't have a person to train, so we trained her together. I usually recorded her training program and feedback, and [redacted] supervised her. We've met her before, during a drama class, she's also great at ballet, so she stars in flexibility:



Sixth Person - [redacted]

[redacted] and I met before during soccer club! (She wanted to be goalie) She needs more self-belief- she only done 40 seconds. Of her push-up time, I tried to encourage her, but she just lay flat and I couldn't really do anything else... At least I filled out most of her training program!



Summary of the Day~

It was a very exciting day, but also quite tiring. Sometimes I ran the 800 meters with them. So later, I also helped the warrior fitness committee count the money and I seriously can't believe how much money we made! It was so awesome- but our trainer uniforms- errr- I can't really say that I like it better than the design Iffy and Eli designed.

FACTORS THAT EFFECT HEALTH AND FITNESS- THINKERS:

I know I've mentioned something about factors and thinkers before, but here's some more!

- Smoking
- Drinking
- Sleep Problems
- Emotions (and emotional control)
- Pollution
- Sickness
- Drugs
- E.T.C

THANKS-

I just wanted to say a big thank you to all of our warriors fitness committee members, Mr Gerry, Ms Phoebe and Ms Molly, but most of all- Mr David for organizing this event. I believe that all of us enjoyed this. I loved it, and I also liked doing the dodgeball hut. So all in all- thank you.

Your Student,
████████████████████