

PE

Summative Assessment

My Knowledge :



1: I learned how to trust my self when I am doing an important thing. So before I do a important thing, I will take a deep breath and trust my self in my mind. And I can do that thing very well. Such as using free style to swim, etc.

2: I know how can I be patient when I was training. Before this unit starts, I always want to do some tranning by my self. But when I am doing it, I don't have any patient. So I cannot training for very long time.

3: I learned how to training by my self correctly. Sometimes I trained wrongly so my body is not comfortable. And that will be very dangerous. But now I always train correctly so my body gets stronger without hurt.

4: I know how to tranning in my mind. I always thinking about my project on Athletics day. So I am improving on those subjects.

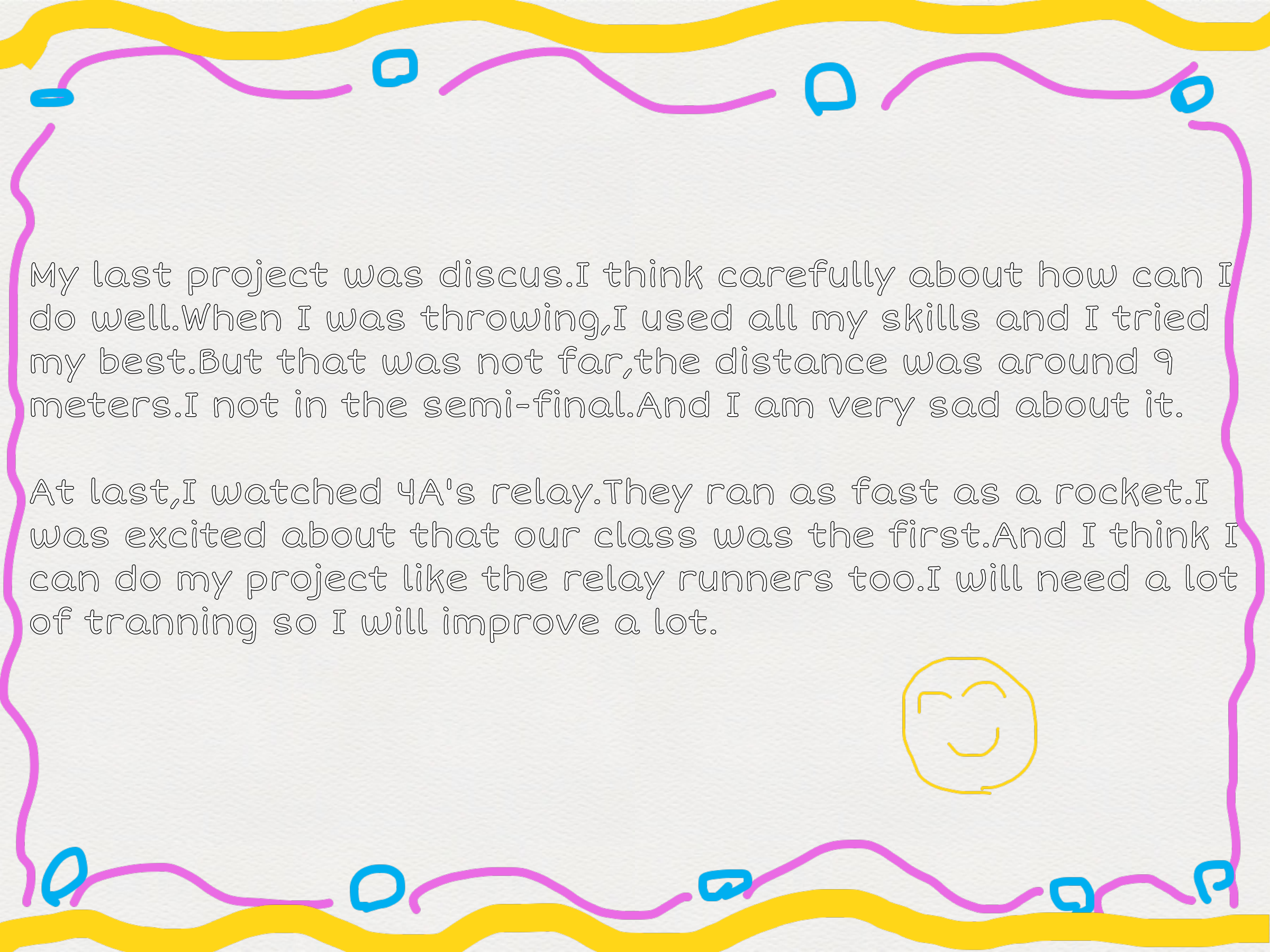
My Experience :



I am very excited on the Athletics Carnival. I was in division A, so my first project was 50 meters run. When the teacher called my name, I am very nervous. But when I did the three steps before the project, I feel more confidence. I started running with my passion. But still I was the last. My time was around 9 seconds, it was slow but I tried my best.


My second project was long jump. I waited for a long time to jump. The first time I jump, I did my best to jump but it was still very short. I know it was not my best score so I have to use my second chance to improve my self. But when I jump for the second time, I was failed. Because I jump on the yellow line. I am dissapointed about it. But I trust my self that I can do better next time.

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My last project was discus. I think carefully about how can I do well. When I was throwing, I used all my skills and I tried my best. But that was not far, the distance was around 9 meters. I not in the semi-final. And I am very sad about it.

At last, I watched 4A's relay. They ran as fast as a rocket. I was excited about that our class was the first. And I think I can do my project like the relay runners too. I will need a lot of training so I will improve a lot.



Intrinsic Motivation and Independence were connected

WHY

?

Intrinsic motivation means the strong supply inside your mind. Independence means you can do all the things by your self, not the others. If you don't have any strong support in your mind, how will you leave the others and training by your own?

How can I use them?

I can use them when I really want to do a thing but that is very hard. Such as skiing or playing piano.

Thank you for reading !!!

Amy
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