

# My Movement Discovery Journal

Name: \_\_\_\_\_

Week No: \_\_\_\_\_

**Pick an emoji that shows how you're feeling after PE today?**



Happy!



Disappointed



Frustrated



Proud



Joyful

**What made you pick that one?** \_\_\_\_\_

**1. My favourite activity this week was.....**

**2. Today's skill that I practiced was.....**

**3. Successes I had today were.....**

**4. Something I will do differently next time to improve....**

