

My Movement Discovery Journal

Name: _____

Week No: _____ 4 _____

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



Happy!



Disappointed



Frustrated



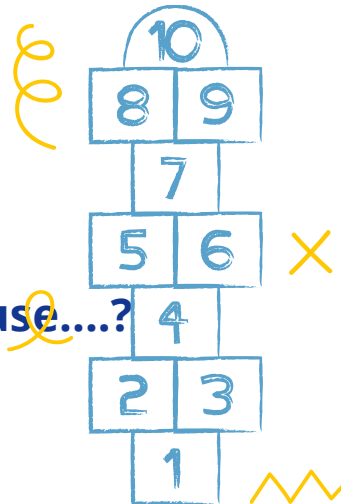
Proud



Joyful

What made you pick that one? _____

1. This week's skill I practiced was.....



2. My favourite activity this week was.....because.....?

3. Successes I had were.....

4. Something I can do differently next time to improve is....

