

## Active Reflection

**1. Reflect on the following questions while performing a physical activity.**

- Which of the three criteria below can you improve on?
- What will you do different when you join back up with the class?

Respectful	<ul style="list-style-type: none"><li>● You actively listen to peers and instructors.</li><li>● You use positive verbal and non-verbal (body) language.</li><li>● You appropriately use the class's equipment and facilities.</li></ul>
Responsible	<ul style="list-style-type: none"><li>● You work hard and do the best job possible during all the learning activities.</li><li>● You honestly evaluate yourself on the Ready Rubric.</li></ul>
Safe	<ul style="list-style-type: none"><li>● You are safe towards yourself.</li><li>● You are safe towards others.</li></ul>

**2. See your teacher to discuss your answers when you are ready to return to the group.**