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| **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?
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| Respectful | * You actively listen to peers and instructors
* You use positive verbal and non-verbal (body) language
* You appropriately use the class’s equipment and facilities
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| Responsible | * You work hard and do the best job possible during all the learning activities
* You honestly evaluate yourself on the Ready Rubric
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| Safe | * You are safe towards yourself
* You are safe towards others
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| 1. **See your teacher to discuss your answers when you are ready to return to the group.**
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