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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? | |
| 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 |
| Responsible | * You work hard and do the best job possible during all the learning activities * You honestly evaluate yourself on the Ready Rubric |
| Safe | * You are safe towards yourself * You are safe towards others |
| 1. **See your teacher to discuss your answers when you are ready to return to the group.** | |