

PERSONAL PURSUIT

Complete this worksheet and return it to your physical education teacher.

Physical education is here to help you build a physically active lifestyle. PE class will introduce you to a variety of health and fitness activities that you can enjoy and will help you stay healthy.

But, for you to stay active and keep a physically active lifestyle strong, it's important that you find physical activities you enjoy. Enjoyment is one of the many benefits of physical activity.

Complete this short worksheet to help discover activity pursuits that match your interests.

What have you done in the past 10 weeks?

Think about all of the physical activities that you've tried since school started — everything from wellness walking to organized athletics. Rank your top 5 favorite activities from your past experience.

- 1)
- 2)
- 3)
- 4)
- 5)

Now, next to each of your top 5 choices, write 3 or 5 words about why you chose these activities. Consider the degree of personal challenge, your ability to socialize with friends, and any other things that make your choices enjoyable.

A New Pursuit

In this next section, think of 2 physical activities that you don't have much experience with, but would like to explore. Next to each one, write a few words about why you made this choice (challenge, social opportunities, etc.), and also list 1 or 2 resources that you can use to help you pursue this new personal interest.

- 1)
- 2)