

Fitness Plan

HOW GREAT WERE WE?

Lesson 1

Give a thumb to give your answer.

- As a class, did we actively participate in lesson discussions?
- Did you respect the ideas of your classmates?



- As a class, did we make behavior choices with consideration of others?
- Did you enjoy being physically active in class?



We can always get better! What can we do the next time we meet to improve?



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HOW GREAT WERE WE?

Lesson 2

Give a thumb to give your answer.

- As a class, did we communicate effectively?
- Did you as an individual use positive language with others?



- As a class, did we help each other enjoy our physical activity choices?
- Did you enjoy being physically active in class?



We can always get better! What can we do the next time we meet to improve?



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HOW GREAT WERE WE?

Lesson 3

Give a thumb to give your answer.

- As a class, did we identify physical activity opportunities in the community?
- Were there activity options that you would enjoy?



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- As a class, did we actively participate in lesson discussions?
 - Did you respect the ideas of your classmates?



We can always get better! What can we do the next time we meet to improve?

