

STUDENT LEADERSHIP BELIEVE IN YOU

NAME:

DATE:



This student leadership journal page is designed to be completed at the end of the *Pumpkin Patch Games* learning module provided on OPENPhysEd.org. Type your responses in the box under each journal prompt.

How have you demonstrated responsibility during physical education class? Give a specific example.

How did self-control help you enjoy this year's Pumpkin Patch Games? Give a specific example.

Regular physical activity is good for your physical and mental health. Make a list of physical activities that you enjoy. Next to each activity, type a few words about why you enjoy that activity and how it helps you stay healthy.