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.