

# ACTIVITY SHEET 8.1 - MY REFLECTION

Complete the following questions

THE PRESENTATION	
I was pleased with our playbook presentation because...	
The best part of our presentation was...	
The best part of playing football in the tournament was...	
The other members of my team were great because... (students should mention each group member by name)	
Next time I think we can improve our presentation by...	
NUTRITION AND FOOTBALL	
The food groups on The Australian Guide to Healthy Eating Plate are...	
The foods you should eat more of are...	
The foods you should eat less of are...	
We improved the presentation of our football activity by...	
The football skills I was good at were...	
The most enjoyable thing about teaching others to play football was...	

## OUR INSPIRATION

Our football 'hero' was...

He or she was an inspiration because...

Our community 'hero' was...

He or she was an inspiration because...

## WORKING AS A TEAM

The best thing about working in a team is...

The positive quality that I brought to my team was...

I can be a better team member by...



Ashleigh Sykes, Midfielder