

Assignment #6

Physical Activity and Values Page:

1. List as many items or characteristics that are important to you.

- No particular order, for example (Family, Cell Phone, Honesty, Organization)

2. Prioritize your list into 3 categories.

- Absolutely Important
- Important
- Slightly Important

3. Write a paragraph explaining why these things are important to you.

- This should be written as a goal or characteristics of how you act daily.
- Your goals should be to live up to your own value statement.

4. Publish this paper in your 3 ring binder for the teacher to read.

5. Do your actions match your values on a daily basis?

- Hold yourself accountable for your actions.
- Reward yourself for sticking to your value statement.

On another sheet of paper, answer the following questions with complete sentences:

Describe one physical activity that you are successful with, and why.

Describe a physical activity that is really challenging for you, and why.

Name one physical activity that you see yourself participating in as a lifelong activity.

Describe a physical activity that helped you understand the importance of being a team player.