My Physical Education Photo Diary

Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Class: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

***Use the ‘head/ heart/ hands’ to help you complete your physical education diary***

*Learning with the headis about* learning facts, what you know and remember. For example, did you learn any new rules, facts or strategies today? Writing in your diary you might use the following sentence starters: ‘what I know…’ , ‘how I think…’ or ‘what I remember…’.

*Learning with the heart*is concerned with how you think and feel about yourself, how you get along with your classmates, and how you communicate. It deals with persistence, grit, and resilience. It also includes to what extent you are helpful to your classmates and how you handle frustration, disappointment, and anger. Writing in your diary you might use sentence starters like ‘I learned to work as a team by…’ or ‘I learned to listen better by…’

*Learning Withthehands*deals mainly with the doing part, the essential skills needed to participate in the games and activities in physical education. Writing in your diary you might use sentence starters like ‘Importantphysical education skills I learned/ practiced today were ……’ Of course the eyes, body and feet are also involved here.

**Week 1**

Draw a picture or insert a photo of your learning in physical education today

Tell me about your picture and what you learned in physical education today (head/ heart/ hands)

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**Week 2**

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**Week 3**

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Tell me about your picture and what you learned in physical education today (head/ heart/ hands)

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**Week 4**

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**Week 5**

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**Week 6**

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**Week 7**

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**Week 8**

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**Final thoughts**

Over the past eight weeks in physical education I have learned about:

Head:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_Heart:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_Hands:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

The things that helped my learning were:

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The things that make my learning harder were:

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**Use of photos piece to be inserted**