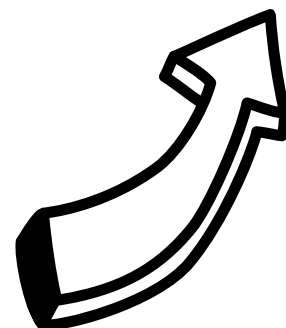


# PHYS. ED NOTEBOOK



---

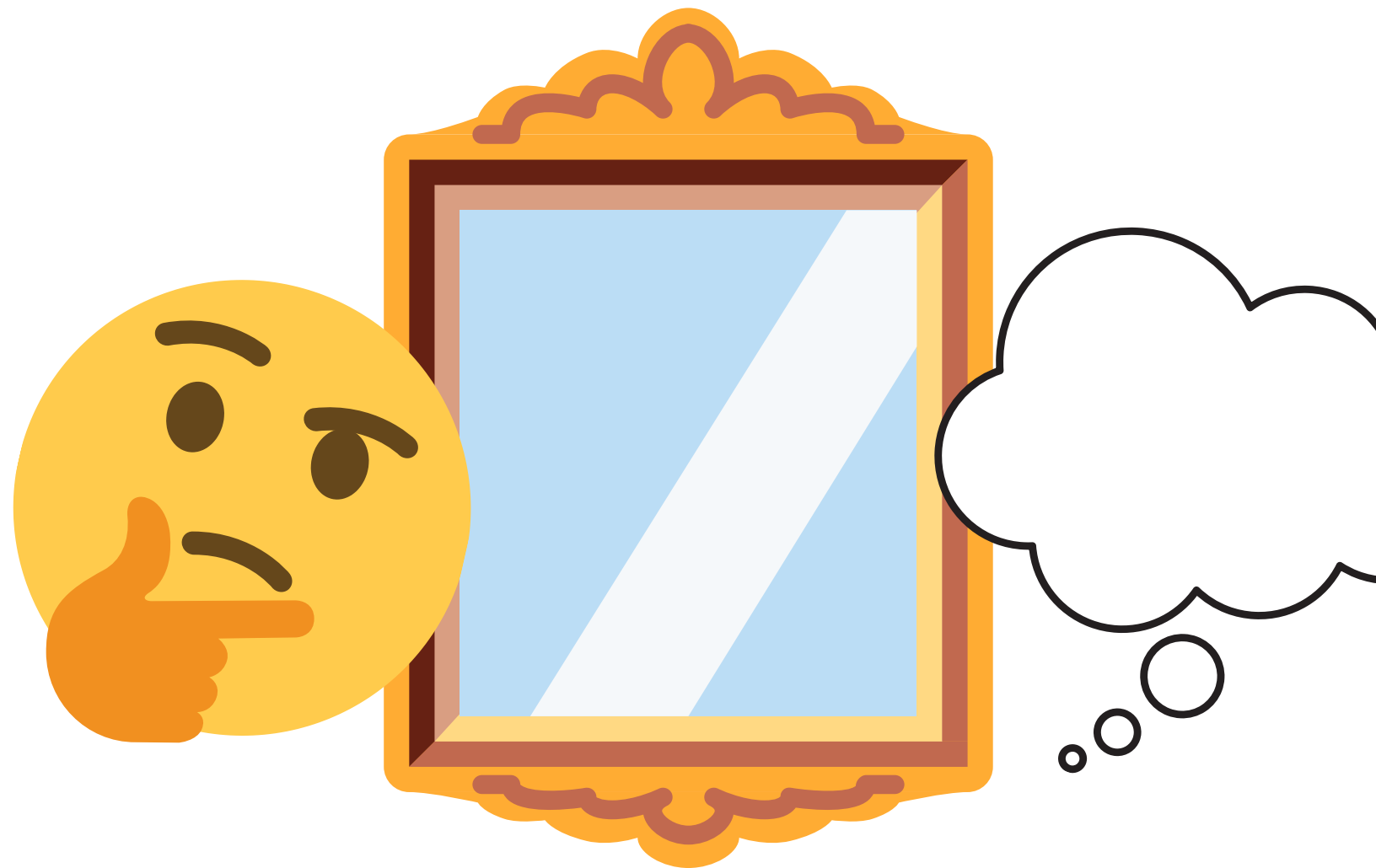
**THIS NOTEBOOK  
BELONGS TO**



# PART 1

# SELF

# REFLECTION



# DAILY SELF REFLECTION

NAME & DATE: \_\_\_\_\_

HOW WOULD YOU GRADE YOURSELF IN TODAY'S CLASS? MAKE AN HONEST REFLECTION ON YOUR EFFORT AND PARTICIPATION. PUT AN X OR CHECK MARK IN THE GRADE YOU'D GIVE YOURSELF BASED ON YOUR SELF REFLECTION.

☐☐☐☐

**4**

**WOW!**

I DID ALL YOU ASKED AND MORE AND THAT'S WHY I GOT A 4!

**3**

**GOOD JOB**

I DID WHAT YOU ASKED OF ME THAT'S WHY I GOT A 3.

**2**

**KEEP ON TRYING**

THERE WAS MORE THAT I COULD DO THAT'S WHY I GOT A 2

**1**

**NEED MORE EFFORT**

I DID NOT DO WHAT SHOULD BE DONE THAT'S WHY I GOT A 1.

# DAILY SELF REFLECTION

NAME & DATE: \_\_\_\_\_

HOW WOULD YOU GRADE YOURSELF IN TODAY'S CLASS? MAKE AN HONEST REFLECTION ON YOUR EFFORT AND PARTICIPATION. PUT AN X OR CHECK MARK IN THE GRADE YOU'D GIVE YOURSELF BASED ON YOUR SELF REFLECTION.

☐☐☐☐

**4**

**WOW!**

I DID ALL YOU ASKED AND MORE AND THAT'S WHY I GOT A 4!

**3**

**GOOD JOB**

I DID WHAT YOU ASKED OF ME THAT'S WHY I GOT A 3.

**2**

**KEEP ON TRYING**

THERE WAS MORE THAT I COULD DO THAT'S WHY I GOT A 2

**1**

**NEED MORE EFFORT**

I DID NOT DO WHAT SHOULD BE DONE THAT'S WHY I GOT A 1.

# DAILY SELF REFLECTION

NAME & DATE: \_\_\_\_\_

HOW WOULD YOU GRADE YOURSELF IN TODAY'S CLASS? MAKE AN HONEST REFLECTION ON YOUR EFFORT AND PARTICIPATION. PUT AN X OR CHECK MARK IN THE GRADE YOU'D GIVE YOURSELF BASED ON YOUR SELF REFLECTION.

☐☐☐☐

**4**

**WOW!**

I DID ALL YOU ASKED AND MORE AND THAT'S WHY I GOT A 4!

**3**

**GOOD JOB**

I DID WHAT YOU ASKED OF ME THAT'S WHY I GOT A 3.

**2**

**KEEP ON TRYING**

THERE WAS MORE THAT I COULD DO THAT'S WHY I GOT A 2

**1**

**NEED MORE EFFORT**

I DID NOT DO WHAT SHOULD BE DONE THAT'S WHY I GOT A 1.

# DAILY SELF REFLECTION

NAME & DATE: \_\_\_\_\_

HOW WOULD YOU GRADE YOURSELF IN TODAY'S CLASS? MAKE AN HONEST REFLECTION ON YOUR EFFORT AND PARTICIPATION. PUT AN X OR CHECK MARK IN THE GRADE YOU'D GIVE YOURSELF BASED ON YOUR SELF REFLECTION.

☐☐☐☐

**4**

**WOW!**

I DID ALL YOU ASKED AND MORE AND THAT'S WHY I GOT A 4!

**3**

**GOOD JOB**

I DID WHAT YOU ASKED OF ME THAT'S WHY I GOT A 3.

**2**

**KEEP ON TRYING**

THERE WAS MORE THAT I COULD DO THAT'S WHY I GOT A 2

**1**

**NEED MORE EFFORT**

I DID NOT DO WHAT SHOULD BE DONE THAT'S WHY I GOT A 1.

# DAILY SELF REFLECTION

NAME & DATE: \_\_\_\_\_

HOW WOULD YOU GRADE YOURSELF IN TODAY'S CLASS? MAKE AN HONEST REFLECTION ON YOUR EFFORT AND PARTICIPATION. PUT AN X OR CHECK MARK IN THE GRADE YOU'D GIVE YOURSELF BASED ON YOUR SELF REFLECTION.

☐☐☐☐

**4**

**WOW!**

I DID ALL YOU ASKED AND MORE AND THAT'S WHY I GOT A 4!

**3**

**GOOD JOB**

I DID WHAT YOU ASKED OF ME THAT'S WHY I GOT A 3.

**2**

**KEEP ON TRYING**

THERE WAS MORE THAT I COULD DO THAT'S WHY I GOT A 2

**1**

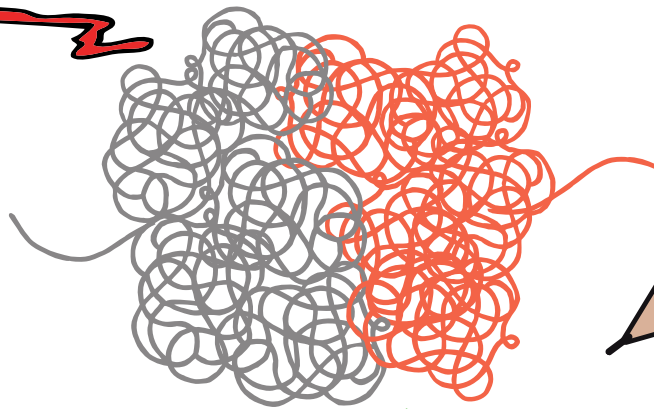
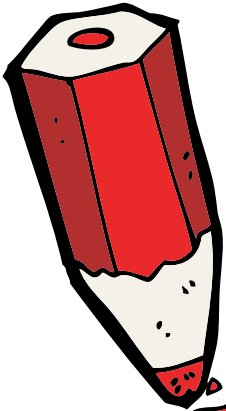
**NEED MORE EFFORT**

I DID NOT DO WHAT SHOULD BE DONE THAT'S WHY I GOT A 1.

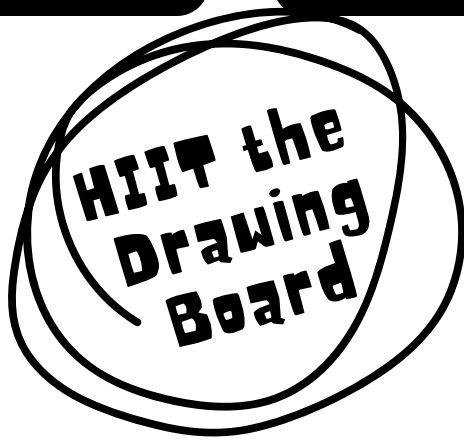


**PART 2**

# HIT THE DRAWING BOARD



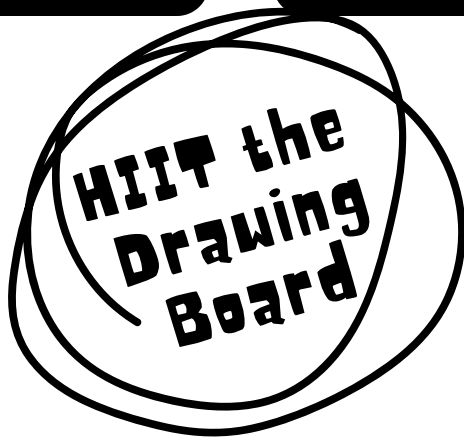




**Use this page to draw along  
with our fitness activity**



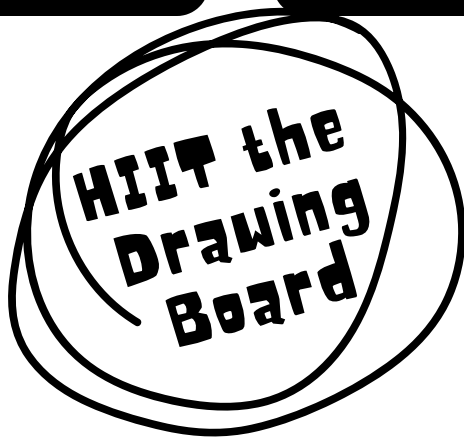
**Sign your masterpiece**



**Use this page to draw along  
with our fitness activity**



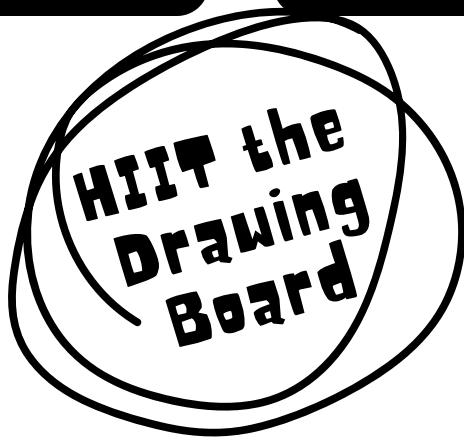
**Sign your masterpiece**



**Use this page to draw along  
with our fitness activity**



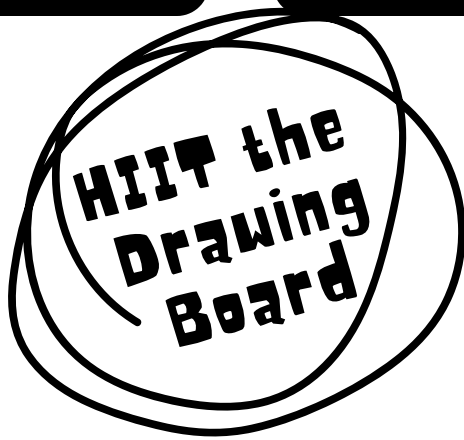
**Sign your masterpiece**



**Use this page to draw along  
with our fitness activity**



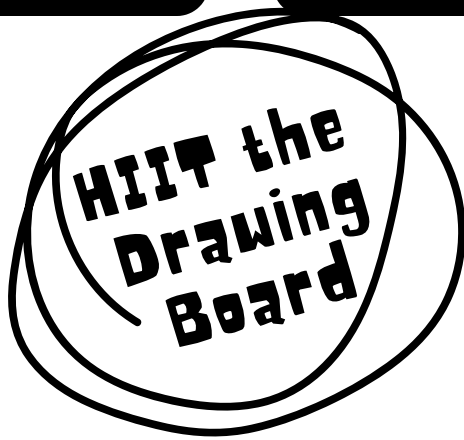
**Sign your masterpiece**



**Use this page to draw along  
with our fitness activity**



**Sign your masterpiece**



**Use this page to draw along  
with our fitness activity**



**Sign your masterpiece**

**PART 2**

**WRECK**

**THIS**

**JOURNAL**



# WRECK THIS NOTEBOOK!



USE THE FOLLOWING PAGES TO GET CREATIVE, GET SILLY, AND  
EVEN GET YOUR HANDS A LITTLE DIRTY.

USE YOUR IMAGINATION.

THINK OUTSIDE THE BOX.

DRAW. WRITE. COLOR. PAINT.

THERE ARE NO "RIGHT" OR "WRONG" ANSWERS.

THERE IS NO LIMIT TO YOUR CREATIVITY.

JUST HAVE FUN!



# Journal Entry #1

This is a page for handprints or  
finger prints.  
Get them dirty then press down

# Journal Entry #2

**TRACE THE THINGS IN  
YOUR BOOKBAG OR  
POCKETS.  
LET THE LINES OVERLAP**

# Journal Entry #3



**DRAW LINES WHILE IN MOTION,  
ON THE BUS, IN A CAR, WHILE  
WALKING...**

# Journal Entry #4

Fill this page with circles

# Journal Entry #5

**10  
FACTS  
ABOUT  
YOU**

# Journal Entry #6

**CREATE THE  
FINAL PAGE**