

RAPID REFLECTION



BIG IDEAS

- Daily participation in different types of physical activity influences our physical literacy and personal health and wellness
- Lifelong participation in physical activity has many benefits and is an essential part of a healthy lifestyle
- Healthy choices influence our physical, emotional, and mental well-being

Success is determined by
your daily choices and habits.

Rock Pointe

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REFLECTION

Healthy choices influence our physical, emotional, and mental well-being. Read the curricular big ideas listed above. Where do you believe you are at with regards to your understanding, effort, and implementation of them in your daily life.

Emerging

Developing

Proficient

Extending

Understanding how our choices impact our physical, emotional and mental well-being, and discovering ways to stay active and healthy, are essential for our overall personal health and wellness. Take a moment to think about your health choices and create personal goals and habits.

Describe your daily engagement in physical activity (how often, variety, fitness, level of exertion, etc.?). What are some of your strengths? What are some of the stretches?

Describe your daily choices regarding eating (quality, balance etc.) + sleeping (quantity, quality). What are some of your strengths? What are some of the stretches?

Describe your daily self-care and mental wellness (awareness, mindfulness, tools + strategies used, etc.)? some of your strengths? What are some of the stretches?

HABITS

Habits are the decisions you make and actions you perform every day. Your life is the sum of all your habits. What you repeatedly do ultimately forms the person you are. Create goals, then focus on the habits that help us get there.

What are some habits that went well last month? What can there be improvement?

What is 1 specific habit you can implement and/or continue to work on for this upcoming month? Why did you choose this? Why is it important to you?