

POWER STANDARD 5: I Value Physical Education, Fitness, and Health**SELF-REFLECTION**

Name: _____

_____ Student chooses to live a healthy and fit life.

Please explain how you met this standard and value physical education, fitness, and health. Include in your reflection what this looks like for you in the following areas: inside and outside of class, commitment to exercise, application of the FITT principle each week, ability to access community events, motivation, and goal setting. Be general as well as specific in communicating that you value physical education, fitness, and health.