PAF 3OY Personal Journal Reflection: Name: \_\_\_\_\_\_\_\_\_\_

**Instructions:** Type a 1-2 page response answering the following questions. Your reflection will be assessed using the rubric provided.

1. Did you meet your fitness goals, as outlined in the beginning of the semester?
2. In which aspects of your physical fitness did you improve? What specific areas did you see the most improvements? Why?
3. In which aspects of your physical fitness do you need further improvement? Why?
4. How can you continue your improvements from this course in the future?
5. What are some SMART goals (Specific, Measurable, Attainable, Realistic, Time Oriented) you could make for your fitness moving forward from this course into your adult life?
6. Give 5 examples of fitness activities you can realistically participate in future years?
7. What were some of the most interesting things you learned this semester?
8. Did you enjoy the course? What did you like or dislike?



PAF 3OY Personal Journal Reflection RUBRIC:

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
|  | **Level One** | **Level Two** | **Level Three** | **Level Four** |
| **Style and Organization*** Paragraph organization
* Opinion paragraph
* Transition of ideas
* Focus and purpose of journal response

 **/ 12** | * Limited organization of ideas and presented in brief / illogical paragraphs
* Opinion paragraph weak
* Little to no use of topic and transition sentences
 | * Sufficient organization of ideas and presented in paragraphs
* Simplistic opinion IP
* Some use of topic and transition sentences
 | * Effective organization of ideas presented in focused paragraphs
* Opinion well stated
* Good topic sentences and good transitions
 | * Highly effective organization of ideas developed into mature paragraphs
* Passionate opinion
* Excellent topic sentences and smooth transitions
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| **Mechanics** **/8** * Spelling
* Grammar
* Sentence Structure
 | * Major spelling and grammatical errors
* Inconsistent and weak sentence structure
 | * Several major spelling and grammatical errors
* Adequate sentence structure
 | * A few spelling and grammatical errors
* Good sentence structure
 | * Nearly flawless spelling and grammar
* Excellent sentence structure
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**Comments:**