

Optional Trick Shot Reflection Form

Name(s): _____ Sebastian _____

Please Highlight or X the box of your choice:

	Agree	Not sure	Disagree
I challenged myself during this activity	X		
I found the activity enjoyable	X		
I felt that I was successful	X		
I would continue to do these types of challenges	X		

Please **BOLD** the skills and attitudes that you developed throughout this challenge:

Patience	Coordination	Perseverance	Growth mindset	Problem solving
Reflection	Fun	Practice	Skill	Success

Explain thing you **BOLDED** above:

I have learned coordination, perseverance ,practice, skill and success during this.

How will that skill or attitude help you with other things?

These skills will help me at football and soccer

Now **SHARE** this with Mrs. Wilcox. (The share button is Blue in the upper right hand corner)