VCE Physical Education

Unit 2 Reflective Folio – sample template

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| Participant: | Goal: |
| Day/Date: | Time: | Venue: | Weather: |
| Session details |  |
| Frequency: |  |
| Intensity: |  |
| Time: |  |
| Type: Form of physical activity: |  |
| Reflection:* Barriers
* Enablers
* Benefits
 |  |

Sample entry

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| --- | --- |
| Participant: Jane Citizen | Goal: Meet the physical activity guidelines for adults |
| Day/Date: Wednesday | Time: 5pm | Venue: Local area | Weather: Cold but dry |
| Session details | 30-minute walk |
| Frequency: | Daily |
| Intensity: | Brisk pace – moderate intensity |
| Time: | 30 minutes |
| Type: Form of physical activity: | Continuous exercise |
| Reflection:* Barriers
* Enablers
* Benefits
 | I enjoyed the walk today, although it was cold (barrier) had arranged to meet a friend (enabler) and this made the time go quickly. I found I was able to walk briskly and still have a conversation with my friend. The social aspect made the exercise more enjoyable. I felt really good after the walk, energised and clear headed! |