

Mrs. Harris

CR12

Journal Entry #1

So you've signed up for Community Recreation 12. In all likelihood this will be the last Physical Education class you ever take. Over the next 5 months you'll be participating in both traditional and non-traditional PE activities. You'll be participating in activities both here at the school and out in the community. This is a wonderful class designed to give you the knowledge and skills to stay active and healthy after graduation.

In CR12 there is a real emphasis on student leadership. Students often select the activities we do, organize themselves into teams, and setup/cleanup the equipment. Next year you won't have a teacher doing these things for you so you may as well get use to doing them for yourself! Responsibility is the name of the game. Your level of enjoyment will be dictated both by your own contributions to the class and by those of your classmates.

This class will be as fun as you make, so make it a good one!

In your first journal entry I would like you to respond to the following three questions. These questions are designed to get you thinking about the types of activities you would like to participate in this semester, the kind of skills you'll need to excel in this class, and the outcomes you hope to achieve by the end of the semester.

Question#1

What type of activities would you like to see the class participate in this semester? Remember that we do have some limitations: cost, transportation, safety, equipment, etc. Try to list as many activities as you can think of both here at the school but also in the local community. For those activities that you've done before identify why you enjoyed that particular activity and why you think it would be a good fit for our class.

Question#2

What personal traits do you think you'll need to do well in this class? Remember, things like punctuality, leadership, empathy, sportsmanship, and perseverance will likely be more valuable to you in this class than athleticism. For each trait you identify explain why you think it will be important and try to provide an example.

Question#3

What skills and/or knowledge do you hope to leave this class with at the end of the semester? Remember that our goal is to get you ready for life after school. What will you need to be successful?

There is no minimum word count for this assignment but responses must be thoughtful and complete in order to earn full marks.