**PE Journal Expectations**

1. You will write everyday in a small Notebook a 1 paragraph (5-8 sentences) reflection on what we did in class (Common Core Activity).
2. You will answer the following questions (complete sentences):
3. **What skills, concepts, rules, and game did you learn in class do today?**
4. **Rate your performance during warm-up, skills, and activity. 1-5 (5 being the highest). Why? (be specific)**
5. **What strengths/improvements do you feel you need to do for the next class?**
6. The Reflection **will be written daily** and will be checked every 2 weeks as part of your grade. You will do this after you dress out and return to the Auxiliary Gym waiting for the dismissal bell.
7. **If you are absent (for any reason-excused or unexcused) you will complete a 3 paragraph typed summary of a research article on the activity (i.e. Basketball) that we are participating in that day. You will have 5 school days to turn it in to Coach Montgomery. Once it is graded you will place it in your warm-up section on the day you were absent.**
* **It will count for your missed dress-out and participation pts. If you fail to turn it in within 5 days it will result in a 0**