



Reflection Questions

Looking over your answers to questions 1 to 6, think about the following:

For the questions for which you responded “never” or “rarely”:

- Would incorporating physical activity for that purpose support or further your educational goals? Why or why not?
- What prevents you from incorporating classroom physical activity in this manner?
- What questions do you have?

For the questions for which you responded “always” or “sometimes”:

- What has contributed to your success?
- How might you continue to further this practice?
- How can you support others to do the same?

How can you move your answers up the scale—that is, from “never” to “rarely,” from “rarely” to “sometimes,” or from “sometimes” to “always”? What types of supports do you need to meet this goal (for example, new activities, professional development, or support in planning)?

NOTES: