

# PE PORTFOLIO – PE JOURNAL



## PE related “Journal” Questions.

**Improve your Literacy Skills** through PE-related activities and include your responses in your “PE Journal”. You will then place this information in your “PE Portfolio”.

From the “PE Journal Questions” below, each day select 2 of the PE-related topics/questions listed as choices and then write a short response to the each question.

Write out your responses as if you would when completing an assignment for school. DO NOT write the way that you text. Use complete sentences with correct spelling and punctuation to the best of your ability. This won’t be graded but do the best that you can!

This PE Journal activity will assist you in continuing to develop Literacy Skills through PE activities.

After completing your response, share your response with your parents and family members and have them also respond to the question you selected. You may hear some interesting responses.

Then you write their response in your PE Journal along with your responses.

1. What does this phrase mean to you? “If you don’t have your health, you don’t have ANYTHING!!”
2. The 3 Most Important Keys to Success in ANY Activity are: PRACTICE, PRACTICE, PRACTICE!  
Do you agree or disagree? State your reason.
3. How can Physical Activity and Exercise improve your health?
4. Does Physical Activity and Exercise improve your mental outlook on other things?

5. How can you and your siblings, parents, and other family members all do physical activities or exercises together?

What would be some examples of activities?

6. Why is exercise so important?

7. What are your favorite physical activities to do?

8. What is your favorite activity in PE class? Why?

9. After I get a good workout, I feel...\_\_\_\_\_ Why?

10. What are the reasons why you feel that you don't get enough physical activities?

What are the reasons why you feel that you your family members don't get enough physical activities?

11. List three examples on how you and your family members can do more physical activities together.

12. Is proper nutrition and Healthy Eating very important to your own fitness?

13. What are your Top 3 favorite sports or activities?

14. What are some ways to make exercise even more fun?

15. List your favorite activities to do with your family.