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! | | |