

## PE non-participation sheet

Pupil's Name:

Date:

During the PE lesson that you miss, answer the following questions by observing and writing about the activities and tasks that take place during the session.

1. What warm-up activities were done at the beginning of the lesson?

a. Why is a warm up important in PE?

2. What is the class learning about in this lesson? What skills do they need to perform to meet the learning objective?

3. Pick one person to watch (do not indicate their name). Describe what they are doing during the main part of the lesson and focus in on what they did well.

4. Can you describe how your chosen person could improve further in their work?

5. If you were awarding 'Stars of the day' who would you award then to and why?

- a.
- b.
- c.

6. Why is PE important? What ways does PE help you to be a better all-round student?

Pupil's signature \_\_\_\_\_ Teacher's signature \_\_\_\_\_