

## RM 1–FM: Physical Activity Experiences: Review and Reflect Questionnaire

Name \_\_\_\_\_ Class \_\_\_\_\_ Date \_\_\_\_\_

### Directions/Description

Reflect on and complete the physical activity review below. Each row in the Reflective Questions column has two questions. The first question relates to your Grade 11 physical activity experiences. The second question asks you to think about how you will manage your Grade 12 physical activity experiences.

Reflective Questions	Grade 11	Grade 12
<ul style="list-style-type: none"> <li>▪ What physical activities did you enjoy in Grade 11?</li> <li>▪ What physical activities will you do or would you like to try in Grade 12?</li> </ul>		
<ul style="list-style-type: none"> <li>▪ Where on the Stages of Change continuum were you at the beginning of Grade 11 with respect to physical activity behaviour?</li> <li>▪ Is your starting point different in Grade 12? Why or why not?</li> </ul>		
<ul style="list-style-type: none"> <li>▪ What were your most significant barriers to change in Grade 11?</li> <li>▪ What barriers do you predict you will encounter in Grade 12?</li> </ul>		
<ul style="list-style-type: none"> <li>▪ What were your primary physical activity goals in Grade 11?</li> <li>▪ What are your main physical activity goals in Grade 12?</li> </ul>		
<ul style="list-style-type: none"> <li>▪ What made your last year's physical activity plan successful or not successful?</li> <li>▪ What could make your physical activity plan this year more successful?</li> </ul>		

*Continued*

**RM 1–FM: Physical Activity Experiences:  
Review and Reflect Questionnaire *(Continued)***

Reflective Questions	Grade 11	Grade 12
<ul style="list-style-type: none"> <li>▪ How do you feel your fitness changed through your fitness/activity involvement last year?</li> <li>▪ What aspects of fitness do you want to focus on this year?</li> </ul>		
<ul style="list-style-type: none"> <li>▪ What did you do to stay motivated to be physically active in Grade 11?</li> <li>▪ What motivation strategies will you try in Grade 12?</li> </ul>		
<ul style="list-style-type: none"> <li>▪ How did your values regarding an active lifestyle change in Grade 11?</li> <li>▪ How important will an active lifestyle be for you after graduation?</li> </ul>		
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