
Questions to Practice Interpreting and Analysing

Students can use the following questions when demonstrating their learning as they are learning to Interpret and Analyse.

What do your fitness assessment results tell you about your strengths and areas to keep working on?

What are some of the common elements of field hockey, rugby and lacrosse?

Are there any patterns in your heart rate during participation and during recovery?

How many different ways can you throw the ball to your partner? Which way worked best?

What information from your fitness portfolio can you use to set your goal?