
Questions to Help Students Practice Reflecting

The following are examples of questions that can be used to support student learning in the Reflect component (Adapted from Ontario Ministry of Education, 2015a; Ontario Ministry of Education, 2015b).

What Was Learned and What Could be Done Differently

- What could have been done differently when you threw the ball?
- How do you maintain control of the ball when you are moving in a zigzag pattern down the field? Does this change when your speed changes?
- How do you need to adjust your position when receiving a pass on the move?
- Working in your small group, consider what rule you could change in this activity to make it more or less challenging.
- What should you consider when making any decision?

Planning Next Steps

- If someone does something that makes you feel very angry, what can you do to manage your anger?
- Once you strike a ball in cricket what is your strategy to get to the base quickly?
- With \$20 a week, what choices do you make to budget your lunch?

Transfer Learning to New Situation

- What can you do to eat healthy during a busy day?
- How do you know if you need help with dealing with your feelings?
- What might you think about when you see a professional athlete drinking an energy drink in a commercial?
- How can you promote the benefits of healthy eating and active living at school?
- What are some ways of protecting your safety when using a computer at home or in a public place?

Thinking About Thinking

- When working in groups, what have you found helpful in making your group function well?
- How does knowing yourself help you to make healthy decisions when you are in a relationship?
- In the next ten minutes, you will have the opportunity to go to three different fitness stations. Think about what stations you will choose to use.
- What is a physical activity that you like to do or a skill that you like to practise? What is it in these games or skills that you particularly like?