

---

## 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?