

Park Run

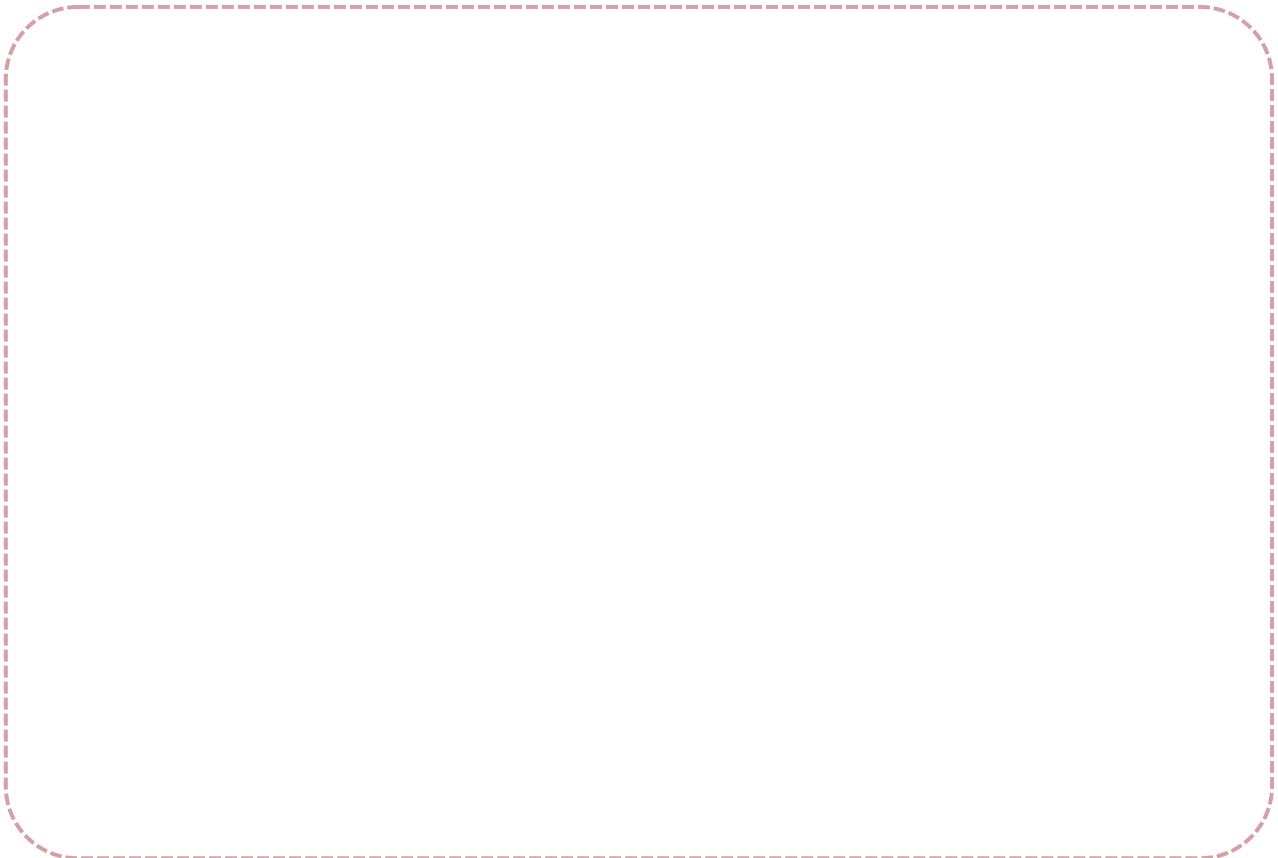
Reflection

Did you participate in Park Run this year and want to collect hours? Answer the questions below to earn ten hours in your *Passport to Learning*.

- 1 Can you share a memorable moment from one of your Parkrun experiences? What made it special?

- 2 Who supports you the most during Parkrun. How does it motivate you?

- 3 Choose a Parkrun you participated in this year. Draw a bird's eye view map of the run showing your route. Use a maps app to help if you need.



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4 What is your favourite part of the Parkrun course, and why does it stand out to you?

5 Think about the different seasons during Parkrun. How does your experience change, and which season is your favourite to run in?

6

1. How would you rate your effort in this year's runs overall?

(Colour in the letter)

A Excellent

B Good

C Okay

7 Explain your answer in at least one sentence. Use the word 'because' in your sentence.

Complete this form and return it to your CU Coordinator to earn up to ten hours in your *Passport to Learning*. **Limit of ten hours per activity per year.**