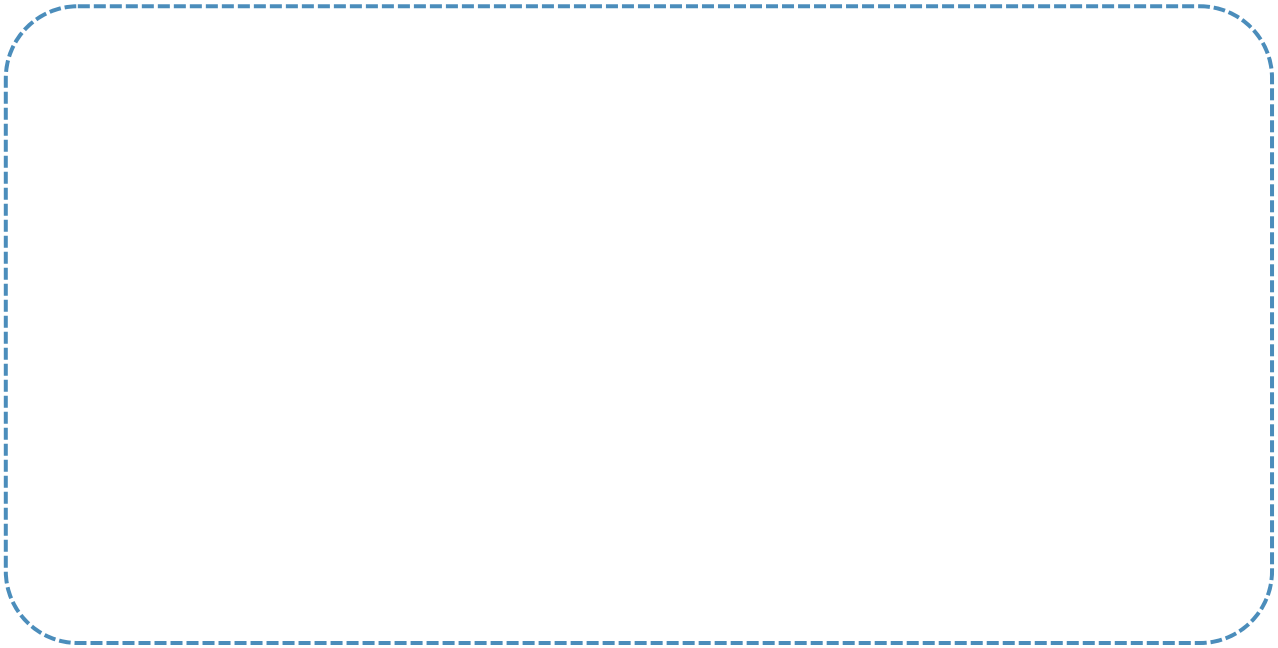


Swimming

Reflection

Did you attend a swimming club this year and want to collect hours? Answer the questions below to earn ten hours in your *Passport to Learning*.

1 Draw a picture of you doing your favourite swimming stroke



2 What is the swimming stroke you are showing? Explain the technique of the stroke.

3 Describe a swimming goal you set for yourself. Did you achieve it, and how did it make you feel?

4 How challenging did you find swimming lessons this year?
(Colour in the letter)

A Very
challenging

B Just right

C Too easy

Swimming

Reflection

5

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

6

How do you feel before a swimming race or activity? What helps you get excited and ready for the swim?

7

Complete a T-Chart to explain what a great training session looks like to you and what a distracted training session looks like where you just don't feel like you're at your best. Use dot points.

A great training session...

A distracted training session...

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.**