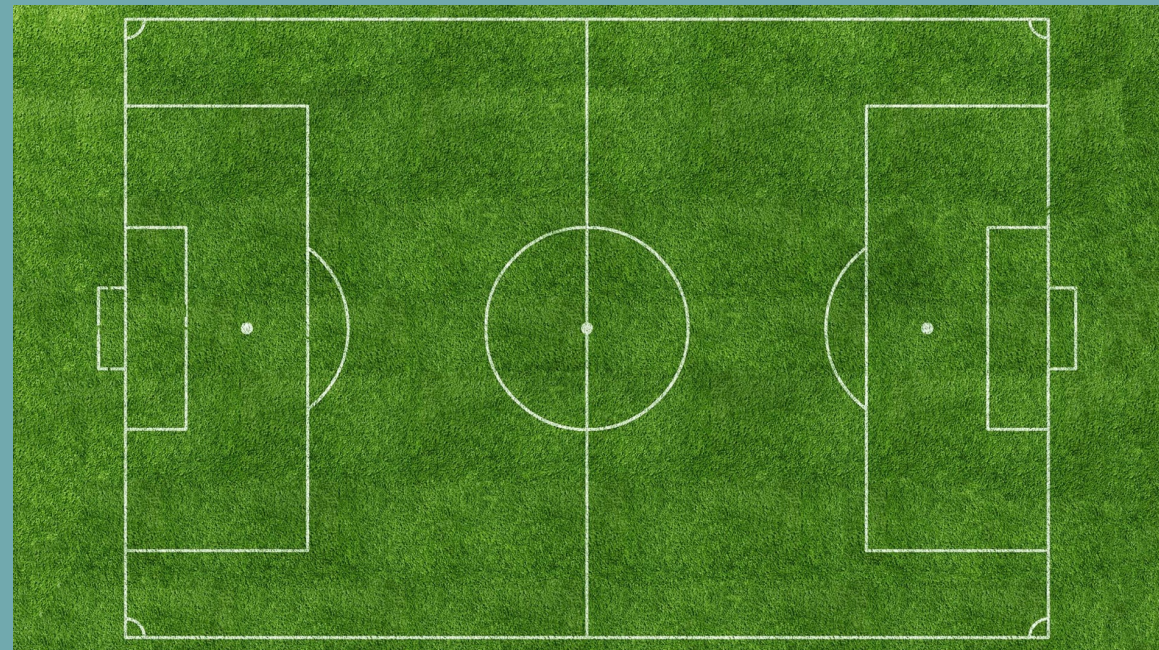


P.E Formative Assessment 3

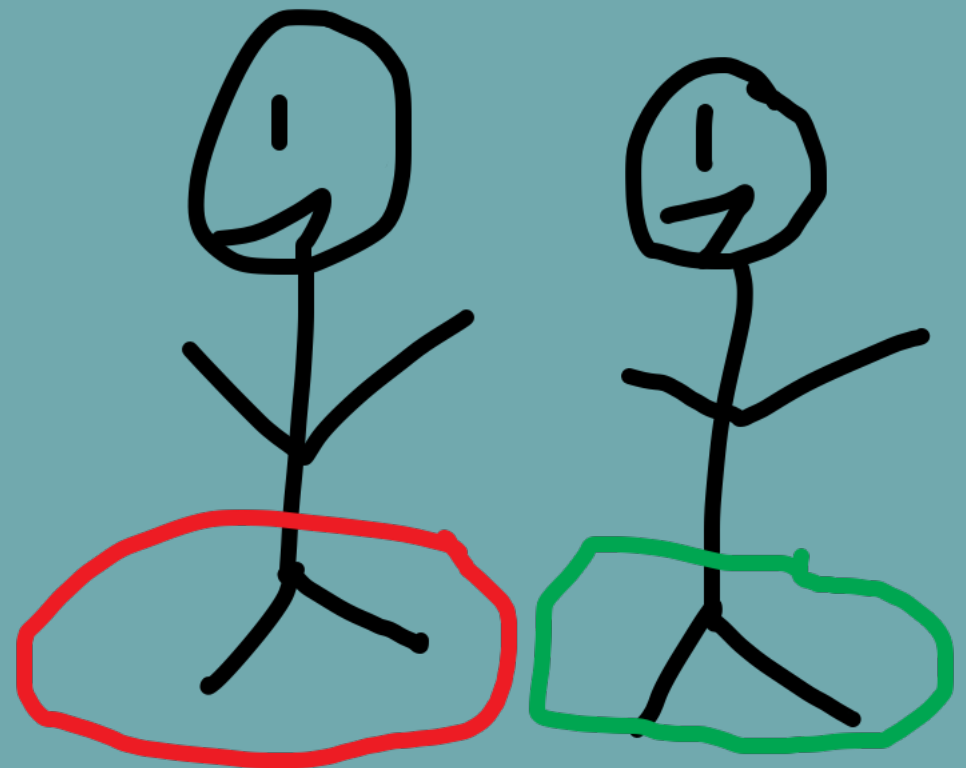
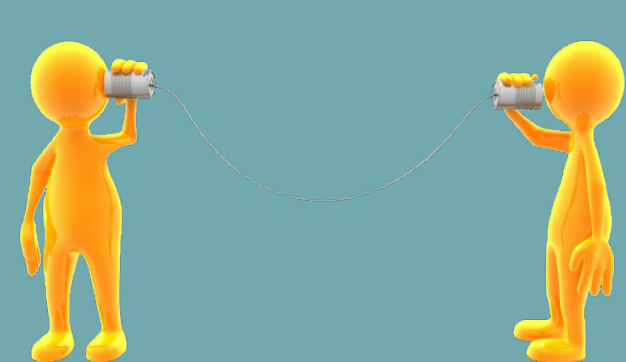


By: Jessica 5B

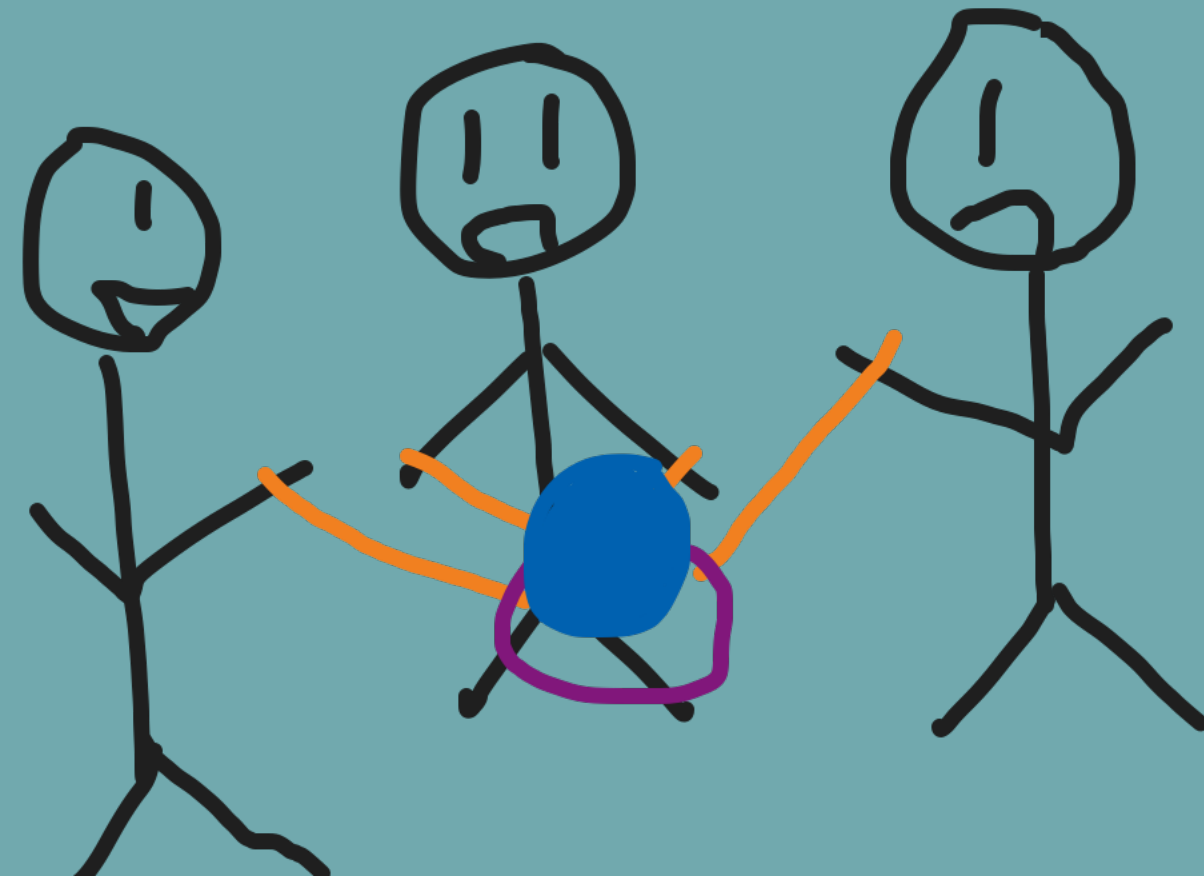
This unit was exploration unit.
And there were 3 key words.

1. Communicate
2. Trust
3. Open- Minded

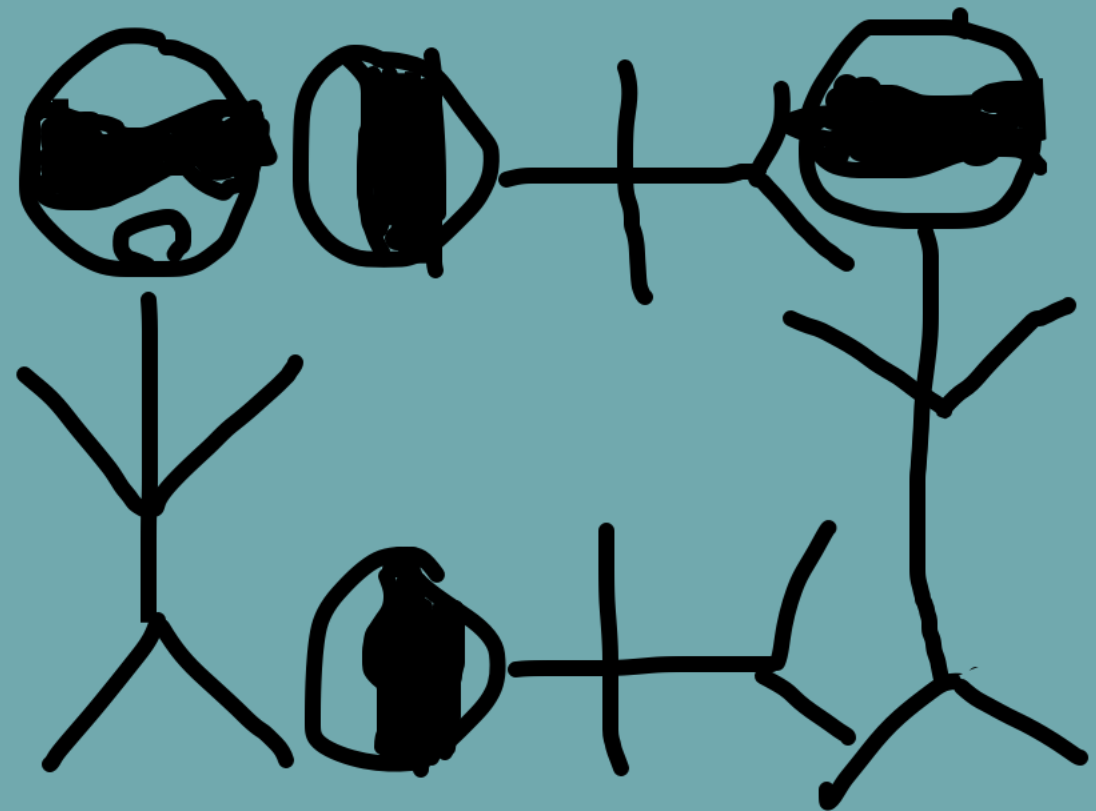
Our first exploration was crossing the river and hula hoop challenge. It was teamwork. We have to communicate each other while we are removing the hula hoop.



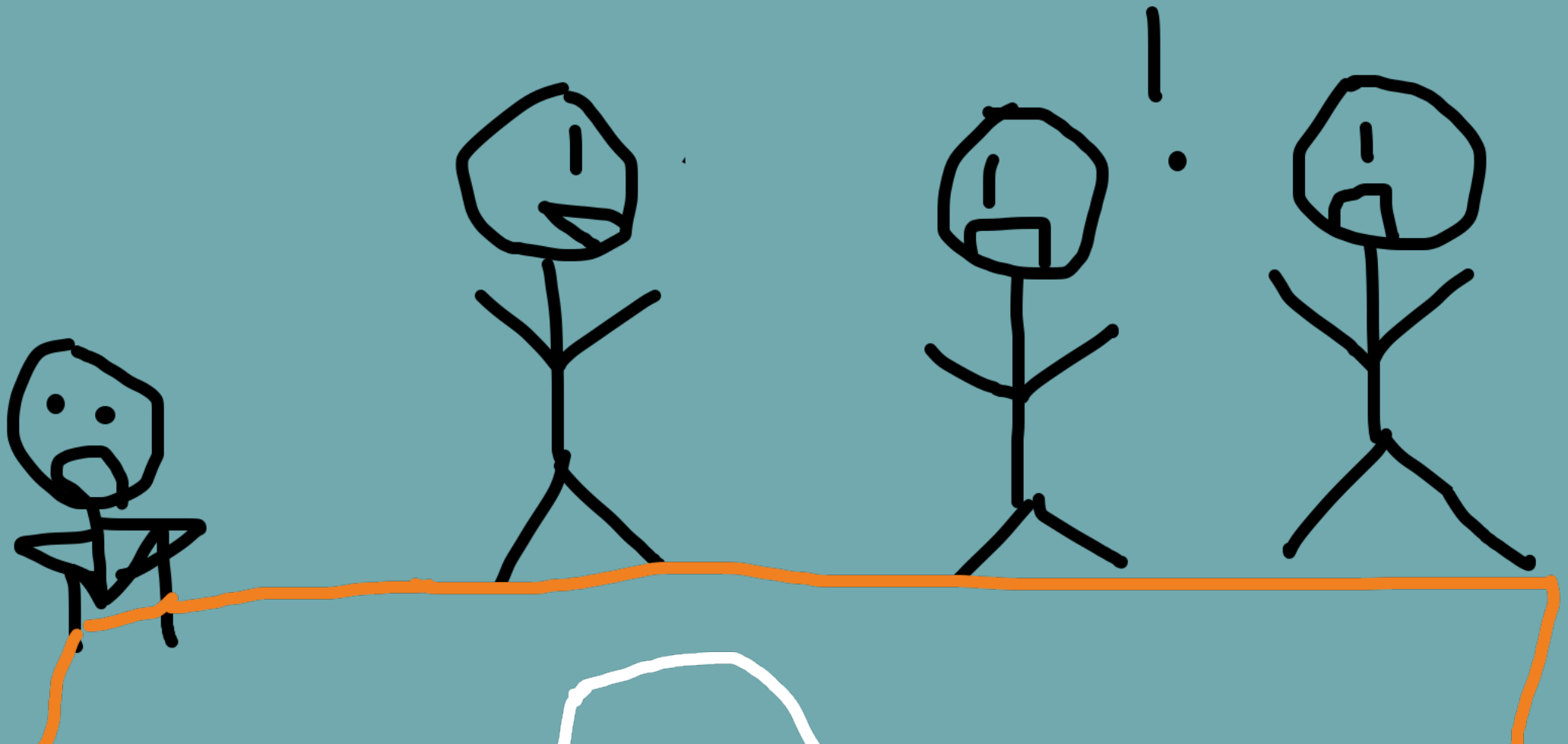
Poison ball challenge was our next challenge. We work by a group. Each person hold each rope and on the middle you need to make sure the ball is not falling. You have to be really careful while your walking. You have to trust each other.



Human square was our next challenge. With having a blindfold on, communicate with our friends to make a square shape. We make a shape with our bodies laying down.



Pac- Man game was our next challenge. This need a great teamwork. The catcher team should catch the other teams. But all people should run on the lines. When the catcher catch the runner, that runner should be sit down. When the other runner saw the sitting person, they can't run across them. But catchers can. All the teams get the chance of catching the other teams. At last, the team that caught the all the other teams the most fast is the winner.



The very last challenge was the rope challenge it's kind of like human square, but using a rope to make a shape. Also having a blindfold on it. And tie the rope to connect.



I think this unit have lots of teamworks. I think teamwork is important.



- THE END -