



By Alexander 5B

PE

Formative  
Assessment



We learn that we need to practice hard to be the best class, and never give up. I remembered that we had watched a video that is about a person who was running in a race with other people, and she fell down on the track and fell far behind with the others. I think that really hurts, but she doesn't give up, she stand up again and went back racing with the others, soon she catch up with them and be the first one. So this is an example of never give up.



NEVER  
NEVER  
NEVER  
GIVE  
UP.



NEVER  
GIVE  
UP  
WITHOUT  
A  
FIGHT





5 key points of 50m: 1. You need to get up and starts running like a race car when the teacher says Go. 2. In the first 10m you has to put your head down to get less air resistance. 3. In the first 20m, you has to lean forwards so you can get faster. 4. In 20 to 50m, you let your body up and run as fast as you can. 5. Use your muscles and run in a strait line.



5 key points of discus: 1. You use your back and your hips to turn with the hands so it will be farther. 2. You throw it flat like an UFO. 3. Let it to touch the ground flat. 4. Don't just use your hand, use your whole body to throw it. 5. Discus doesn't need to use a lot of muscles, it need high skills.



5 key points of long jump: 1. You first need to run slow and then run fast. 2. You run with big steps. 3. Don't get too far and then run or you will get tired when you need to jump. 4. You you use your two legs to jump together and try to reach as far as you can. 5. After you landed on the sand, get of from the sides to teacher will mark you footsteps.

