

PE REFLECTION

The Four Values:

1. Teamwork (All Blacks)
2. Family (Serena Williams)
3. perseverance (Messi)
4. Your choice/ Your perspective (Dansuer, male ballet dancer)

In this unit I learned that values are an important part of life, values express YOU and what's your role, your family supports you, you never give up, and your team will be there with you. Your way of playing, your way of doing encourages you to be a better player/ person.

We can go outside and express everything we have learned, put it all into our lives in the most easy way, practice and understanding. We carry everything we have learned and do something with those skills. I will never give up when I do things, always use my mind and figure things out, and I will always be strong, do things that are extraordinary, do things that challenge me. We use the skills and do things with them, we feel them, and how they can encourage us to play better, no matter what other people can say. Words can never make a difference. We should have the power to be passionate, compassionate and know how life can effect us. Sometimes life can be a challenge.

TEAMWORK: The All Blacks have teamwork, they know how to cooperate with their teammates, they look around, searching the whole field for an open player, and if it's you, you better be ready. You don't want to be the player who dribbles off by themselves and getting the whole entire team in trouble, you don't want to be that person who lets your team down. But when you let your team down, you don't only feel the pain of others, but you also feel the pressure on yourself as well. Your teammates are like your family, they work their tails off just for you to win this game, they trust you and you've got to prove to them that you are something, that you are a part of their team that they can count on. They worship you when you're down, they cheer you on in a way that no other person, no other fan can. They will either treat you as their most strongest player, or they will treat you like the little one and help you improve. Your team is always there with you.

FAMILY: Serena Williams was worshiped by her father. He trained her and helped her on the things she loved, and hoped that one day she would make a difference. And because her family was there for her she was able to do things, there was a little part of

her that gave her confidence, that made her believe, and that little part was love and pride from her family, they supported her, they gave her everything they've got and she knows that she cannot let her family down. She has not only become the most famous women tennis player but also has taken her family too many lengths, she helped her family the way they helped her. She supported her family the way they have helped her. And if it weren't for her family all those years ago, she would have never been the person she is today.

PERSEVERANCE: Messi grew up in a family that loved soccer, they played with him and kept him going, he went to lots of soccer camps and was awesome at soccer. Messi had height issues, no matter what he was always shorter than the other kids, he was sure already that soccer was a part of his life, its a part of the way he lives, and he has gone to many, many lengths to play soccer, he got really really sick and couldn't play, but he didn't give up, he kept going, he kept trying, he had belief in himself and all he has got left is hope, hope for life and hope to play, and with perseverance in his heart he went and kept trying, he kept hoping to live, to play and because of his skills, his belief in himself, he was able to let pride take over him, he had courage to go through everything. And now because of everything he has been through, and everything he has fought over, he has become, the shortest, most talented person on the field.

YOUR PERSPECTIVE: The male ballet dancers have something in them, they have confidence, they were able to fight through everything that was going on, they were able to express themselves and do what they love, they were able to see things in ways that other people couldn't. They were boys, boys can't do ballet! It's only for girls! Well they believed that they could, and without boys doing ballet, there would be no romance, there would be nothing but a bunch of girls swirling around on the top of the stage, there would be no acrobatic movements where the man would hold the woman up and twirl her in the air, or where they would dance, or there would be no dads or brothers that go wild and become evil, there wouldn't even be a story, it would be nothing, the ballet dancers have pride, their the ones who are strong and sturdy, but to become that dancer on stage, you will have to go through a lot. People think girls are the sassy, hangout people when they have actually got something in them, and boys, people think they' the tough sporty big dudes when none of that is true. People make things up that are useless, things that don't matter completely. And no one can let any of that bring you down.

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