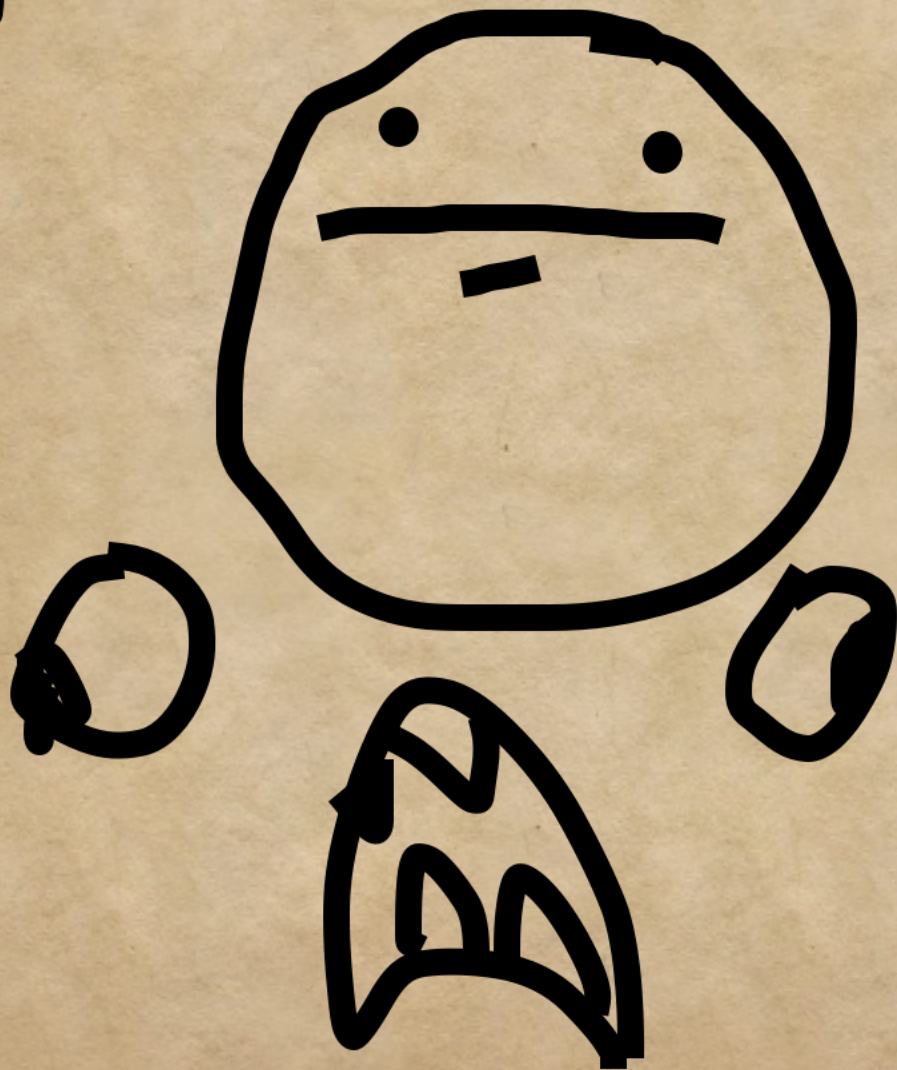


My PE Summative!



I'm sorry mr.David, I cannot find my sheet, so I'm just going to tell you the best results and training things!

Oh no



The events I choose is shot putts, long jumps, and 50M

Shot putt best score:



5.7 M!

Long jump best
score



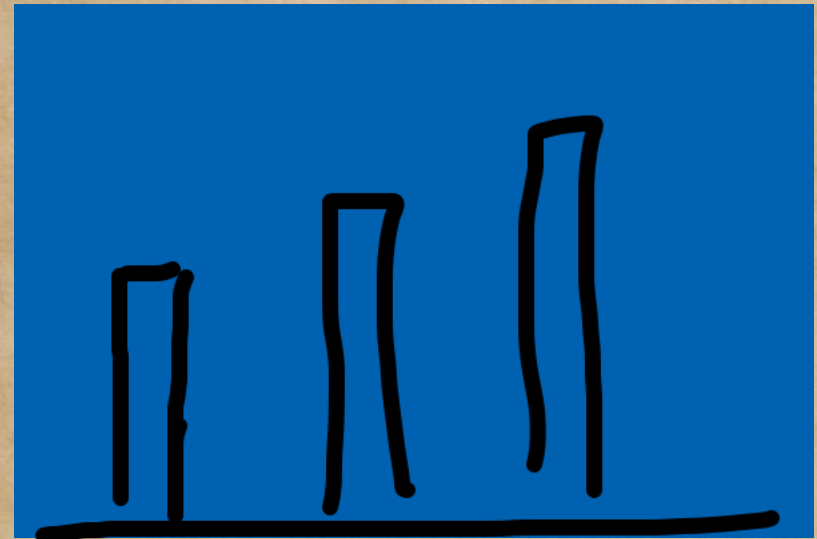
2.7M!!!



50M best score



Alf

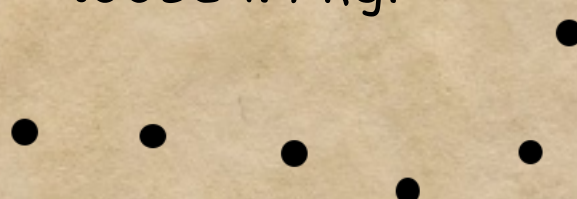


Beginning, I was sick and tired of these, and runs very slow, and shot putt I don't know the trick, also the long jump sucks. After the unit, I have learned the tricks to get better. Example: imagine is a good way to practice.

Which choices
make me improve?

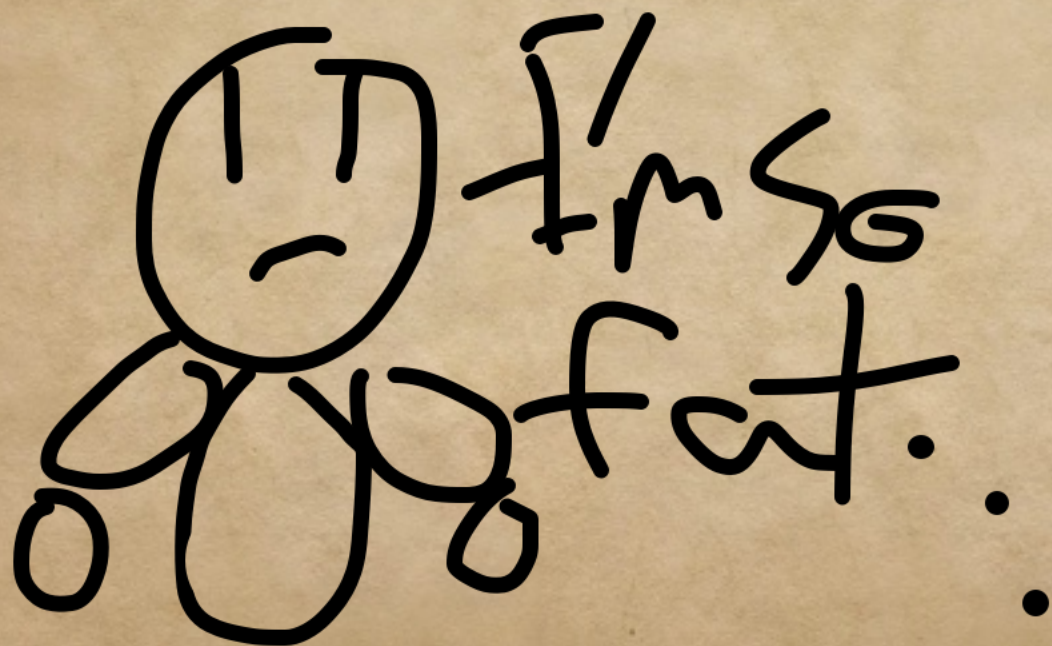
Aaaaaaaa..... I
am trying to loose
weight, and eat
lesser foods (junk
foods) and try to
practice Every
Day. Also I wasn't
just sitting in the
sofa, I have tried
to don't sit that
much.

Also,
congratulate me,
I successfully
loose 1.4 kg!



Adversity!

To me adversity is a very big
challenge that you need to make.
Example, in the Olympic your muscle
fell off, but you need to make the
run, and that's adversity. My
adversity is make me have some
"believe " that I can make it. That's
because I think I'm so fat, and I can't
run that fast. I'm about the slowest
person in my class. What? The way I
beat it? Loose weight and comfort
and relax myself.



My summative is
done!



Thanks for
watching!

