

Physical Activity Record Sheet

Try two new sports or physical activities at least once

My name: _____

What new sports have you tried? Write about them here.

Describe how you felt while taking part in the sport and how you felt afterwards.

Stick a photograph, or draw a sketch, of yourself taking part in the sport.

Stick a photograph, or draw a sketch, of a professional sportsperson who inspires you. Explain why they are an inspiration.

