Answer each question with what you know about Physical Literacy:

1. Physical Literacy is…..

2. Has knowing about physical literacy helped your confidence in gym class?

3. One way that my increased physical literacy has helped to improve our leadership skills is…

4. One way that my increased physical literacy has made me more accountable is..

5. One way that my increased physical literacy has helped my teamwork skills is…

6. Other leadership skills that I have learned are used in physical literacy and physical activity are:

7. Do you find it easier to focus in the classroom after gym class?