



Portfolio Entry Template # _____

Student Name: Logan Shaw

Date: 11 Feb

Activity: Tennis

Physical Activity Area: Turf

My level of effort and engagement today (circle below)

Not Achieved

Achieved

Merit

Why have you placed yourself at this level? Give supporting evidence. (Use the criteria from Resource A)

I placed myself at this level because I think that I participated good with my partner and I found it challenging because i am not a tennis player. I thought it was fun which made me enjoy it. When we bet the other team I felt a sense of achievement which made me want to keep playing. It was fun to vs our friends and I found that funny but also challenging.

Circle below which factors influenced your participation today?

Factors that can influence participation:

(add any other factors that were important to you for this activity)

• Hauora / Well-being	• Fun and enjoyment
• Challenge	• Sense of achievement
• Social factors, e.g. able to do physical activity with friends, able to choose my own group	• Aesthetic appeal
• Pushes the body to physical and/or mental limits	• Could go at own pace
• Cost	• Accessibility
• Environmental appreciation	• Technology
• Equipment needed	•

Explain HOW and WHY these factors influenced your participation.

Factor 1: Challenge

I found the game rather challenging as I don't play tennis as a sport and didn't really know the rules or how to use the tennis racket. It was even more challenging when our opponent was a tennis player.

Factor 2: Fun and Enjoyment

I found playing tennis really fun because it was a good laugh when someone hit the ball over the fence, I also enjoyed getting to pair up with my friend for the lesson. I also enjoyed participating in a different sport because it isn't a sport or game that I would normally play.

Factor 3: Sense of achievement

I felt really good when we won a tennis game because it made me feel like I am good at tennis. It was also nice to be able to just play tennis and not be horrible at it and be able to have a fare chance at it.

Bearing in mind the criteria in Resource 1, SO WHAT could you do to improve your future participation?

I think next time I could work on being more supportive and nicer to the other team by say well done or good work or something like that.