

**HSES 320
METHODS OF TEACHING PHYSICAL EDUCATION**

Reflective Exercise

Name:

Date:

Lab:

Peer Observation? _____

Video Data? _____

After reviewing your teaching video, or the data collected by peer observation, answer the following questions:

1. What's worth doing well? Who will benefit by it? How?

2. How can you do it better, or what steps will you take to improve?