**Date:** 19/02/2014  
  
**Activity:** unihok  
  
**My level of effort and engagement today was:** merit  
  
**I have placed myself at this level because:**  
i participated in this activity with a good attitude and tried my best to win the game. Even though Unihok is not my strongest sport to play i still had fun.   
  
**Which 2 factors influenced my participation?**  
Factor 1: Fun and enjoyment  
Factor 2:Sense of achievement  
**Explain how and why these factors influenced your participation.**  
**Fun and enjoyment**  
The game was so fun because we were put into different teams, and its fun playing against your mates even though my team lost a few times ive never had so much fun losing cause i know i'll do something to get them back during the game but no that stupid or harmful.  
**Sense of achievement**   
Because i dont usually play this game i fell proud of myself when i block a goal or when the team and i just pass the ball to each other and score a goal.  
  
**Bearing in mind the criteria in Resource 1: Active Participation Sheet, how could you improve your participation?**  
i could of communicated more with team. Like when we had a few minutes to warm up i could of gave an idea of a set play.