**Date:** 3/04/2014  
  
**Activity:** Netball   
  
**My level of effort and engagement today was:** Achieved  
  
**I have placed myself at this level because:**  
I participated in this activity with a good attitude and tried my best to learn the techniques. Even though netball 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 I got to learn and try new things in the sport netball. I enjoyed learning the techniques and using them in a game.   
**Sense of achievement**   
Because I dont usually play this game I was proud of my technique improving throughout each lesson.  
  
**Bearing in mind the criteria in Resource 1: Active Participation Sheet, how could you improve your participation?**

I could of practised my netball techniques so I can make a perfect pass or shot.