**Date:** 25/06/2014  
  
**Activity:** Volleyball   
  
**My level of effort and engagement today was:** Achieved  
  
**I have placed myself at this level because:**

I came ready and prepared to class. I was average at volleyball but I had to work on my dig. For example I got a ball and just started digging it. Then I challenged myself by trying to control the dig and getting it to where it needs to go.  
  
  
**Which 2 factors influenced my participation?**

**Factor 1:** challenge

**Factor 2:** own pace   
  
**Explain how and why these factors influenced your participation.**

Factor #1

I really enjoyed volleyball but after my crucial injury I found it very hard to play the sport because I could hardly jump or bend my knee properly. The factor **challenge** influenced my participation in the activity. Because I couldn’t jump or bend my knee properly I challenged myself into finding easier ways to get to the ball or set up. For example I stayed at the front so I could set up my team mate for the spike.

Factor #2

I couldn’t do anything but set the ball so I set my **own pace** by making it a goal for myself to set the ball accurate and give the spiker enough time to decide where to spike it.

**Bearing in mind the criteria in Resource 1: Active Participation Sheet, how could you improve your participation?**

I really couldn’t do much because of my injury but I did try my best to contribute to the team.