**Date:** 12/02/2014  
**Activity:** ABL number game

**My level of effort and engagement today was:** merit

**I have placed myself at this level because:**  
i have given myself a merit because i tried my best for my team and i to get to the other side of the court whilst holding onto each other and walking on dots it was a difficult challenge but we conquered it by thinking as a team. i think I could of done more by communicating more.

**Which 2 factors influenced my participation?**   
Factor 1: fun and enjoyment   
Factor 2: challenge  
**Explain how and why these factors influenced your participation.**  
**Fun and enjoyment**   
as the activity was fun we all wanted to to participate in this activity, it influenced me to participate and try my best while having fun.  
the game made me participate due to the fun and enjoyment involved while we also had to think ahead of time to not muck up. The fun of losing has never been funnier.  
**Challenge**  
This factor influenced my participation because I had to work with people that I have never worked with before. This proved to be a challenge because I didn't know how they liked to do things and how they worked with others which made it harder at first but after a couple of attempts at the activity.  
  
  
  
**Bearing in mind the criteria in Resource 1: Active Participation Sheet, how could you improve your participation?**  
Although i participated in this activity i didnt communicate that much through out the activity. I could of at least said an idea for the team to get across, and being more focused on task.