**Activity: Tchoukball game 1**  
**Date:**

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| **IS1: problem solving** | **IS2: team work** |
| **How did you use the skill?** I used this skill by communicating to the team. And getting into space so I can try get a point for the team.  **Impact on your team (positive/negative)?** Positive. We got a lot of points because everyone got into space and communicated. | **How did you use the skill?** By communicating with the team and passing the ball around to the team members that were in space.  **Impact on your team (positive/negative)?** Positive. Because we won most of our games. We had a few rules added so there for we had to talk more and get into space as fast as we could. |

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| **SM1: time management** | **SM2: motivation** |
| **How did you utilise this strategy?** By getting changed quickly and help set up the game and getting into our teams quickly that we were selected to be in by the teacher. **How did the use of the strategy impact your own development (positive/negative?**  Positive because. I got more time to set up the equipment and get more game time. | **How did you utilise this strategy?**I motivated myself by not giving up when we were losing.  **How did the use of the strategy impact your own development (positive/negative)?** By keeping calm. And think about the game. This was positive because we made some comebacks when my team was losing. |