**Date:** 16.5.14  
**Activity:** Tchouk ball

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

**I have placed myself at this level because:**   
I came prepared and ready for the lesson. I tried new ways of throwing the ball into the net. For example I would throw the ball at an angle so it can rebound somewhere and making it harder for the opposition to catch it, instead of throwing at straight on and making it easier for the opposition.

**Which 2 factors influenced my participation?**   
Factor 1: Wellbeing  
Factor 2: challenge  
**Explain how and why these factors influenced your participation.**

Factor #1

I really enjoyed Tchouck ball because ive played it in past years. The factor **wellbeing** influenced my participation a lot because it is a physical game which requires fitness and mental strategy for example I had to read the oppositions play on where and how they were throwing, so I could catch it so they couldn’t get a point.   
  
Factor #2

The factor **challenge** influenced my participation because it had me thinking on where the ball was going to go once I or the opposition threw it. It pushed my limits on reading the play or making a play. For example I had to use my head and throw the ball at an angle so it can rebound into open space.   
  
  
  
**Bearing in mind the criteria in Resource 1: Active Participation Sheet, how could you improve your participation?**  
I could have improved my participation by throwing the ball a bit more complex. For example at a low or high angle with a certain amount of power. I could of tried my very best to get the ball into space.