**Date:** 8/08/2014  
  
**Activity:**  Touch rugby  
  
**My level of effort and engagement today was:** Merit   
  
**I have placed myself at this level because:**

I came to class ready and hyped to play touch because its one of the sports I grew up playing. I challenged myself by reading the oppositions play so I could make it easier for my team. For example I would play like im new to the sport and see how they react. Then once I can read how they play I use it against them.

**Which 2 factors influenced my participation?**

**Factor 1:** Challenge

**Factor 2:** Fun and enjoyment  
  
**Explain how and why these factors influenced your participation.**

Factor #1

.I love touch. Its one of my favourite sports to play, and the factor **challenge** influenced me to participate and try help out the team to get a win. I found it challenging because it was a new sport to most of the team so I had to take the leadership role and teach them how to play or give them a sense of what its like.

Factor #2

I always have fun and enjoy myself when I play touch rugby. Which is the 2nd factor **fun and enjoyment.** It influences my participation because once I get into the game I have so much fun and enjoyment if im winning or losing the game.  
  
**Bearing in mind the criteria in Resource 1: Active Participation Sheet, how could you improve your participation?**

I could of improved my leadership skills and develop my success and the experiences of others by teaching them a few pointers. This would get me even more participated in to the sport and it I would of made other students want to participate in the sport.