**Date:** 19/02/2014  
  
**Activity:** Unihok   
  
**My level of effort and engagement today was:** Achieved.

**I have placed myself at this level because:**  
 I came to class early and ready and helped out set up the gear for the activity. I attempted to improve my dribbling throughout the lesson. For example when my team wasn’t playing I would go outside and practice my dribbling on my own.  
  
**Which 2 factors influenced my participation?**  
Factor 1: Fun and enjoyment  
Factor 2: Sense of achievement  
**Explain how and why these factors influenced your participation.**

Factor #1

I really enjoyed Unihok. One of the factors that influenced me in to participating was **fun and enjoyment.** I was having a lot of fun and enjoyment in this activity because I don’t usually play it and every time I did play it I was having fun and enjoyed myself.

Factor #2

Because I wasn’t good at this sport I felt the factor **sense of achievement** when I made it through the oppositions defence with my dribbling because that was the one thing I needed to work and I did by practicing when I wasn’t playing.

**Bearing in mind the criteria in Resource 1: Active Participation Sheet, how could you improve your participation?**  
I could have improved my participation by trying even harder and doing my best playing the activity, and seek to improve my skills. Not just dribbling but other skills.