**Activity: unihok game 3**  
**Date:**

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| **IS1: problem solving** | **IS2: team work** |
| **How did you use the skill?** I used this skill by coming up with set plays for the team. Even though we didn’t do any of them.  **Impact on your team (positive/negative)?** Positive because we beat some teams by a few points. | **How did you use the skill?** By communicating with the team and passing the hockey ball around to gain more ground or get a goal.  **Impact on your team (positive/negative)?** Positive. Because we won some of our games. |

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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. I got to 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. |