

MORNING ENERGIZER CAS REFLECTIONS

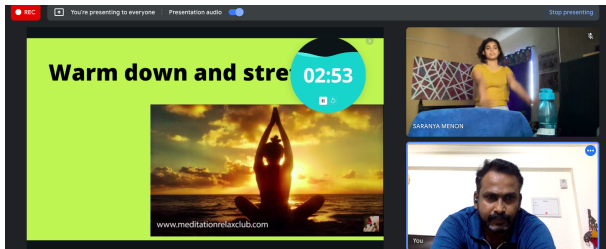

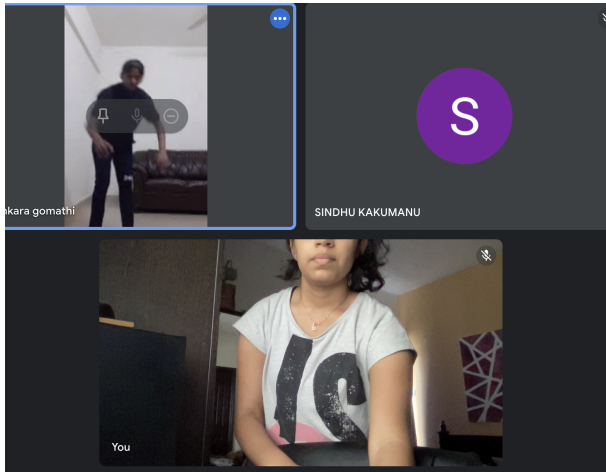
CAS STRANDS: Activity.

LEARNING OUTCOMES:

- ☐ Demonstrate that challenges have been undertaken, developing new skills in the process
- ☐ Show commitment to and perseverance in CAS experiences

TIME DURATION: [Long-term] 2 months.

END GOAL: Become fit and healthy.

DATE	IMAGE	REFLECTION
04.08.21		Today was my first morning energizer session and it was honestly great! I was refreshed and my body felt good. But because I had done exercise after a long time, my legs felt sore but it was still nice overall. Can't wait for more sessions.
06.08.21		I have repeated the same full body workout yesterday and today. It felt great because it made me positive about the entire day. I am still doing only 10 minutes of it, but I will gradually increase the time as more days pass by.
09.08.21		This morning's energizer was conducted by another teacher who I didn't know. She was really nice, and in the middle of the exercises, she motivated us and told us that we can do this. As usual, it was fun, but it was also very tiring this time - I sweated like crazy by the end, perhaps because of using up the entire 30 minutes.