

## Race To The Pond Post Race Paper

### Student Task:

*The student will:*

- A. Answer questions #1-9.
- B. All answers must be typed and double-spaced.

### Thinking and Inquiry ( 12 marks)

1. What was your goal/target time? (1 mark)
  
2. What was your actual time? (1 mark)
  
3. Did you achieve your goal time? Why or why not? (2 marks)
  
  
  
  
  
  
  
  
  
  
4. Identify 2 specific changes you would make to **your** training for this years Race To The Pond? (2mks)
  
  
  
  
  
  
  
  
  
  
5. List 3 barriers you had to overcome throughout your training and or race day.  
(3mks)

6. How can running improve other aspects of your life? (3 marks)

**Knowledge and Understanding** (12 marks)

7. Will you continue to train, whether it be to do more races, to stay in shape, or to keep your heart strong? Explain. (2 marks)

8. Congratulations on completing a 3 km or 5 km race! Explain what the quote below means to you. (2 marks)

*"Champions do not become champions when they win the event, but in the hours, weeks, months and years they spend preparing for it. The victorious performance itself is merely the demonstration of their championship character."*

*-- T. Alan Armstrong'*

9. What are your next goals to achieve for a healthy active lifestyle? List and explain 4 healthy lifestyle goals and how you plan to achieve them. (8 marks)

