

# ENHANCED PE MOVEMENT

♥ Confidence builds connection

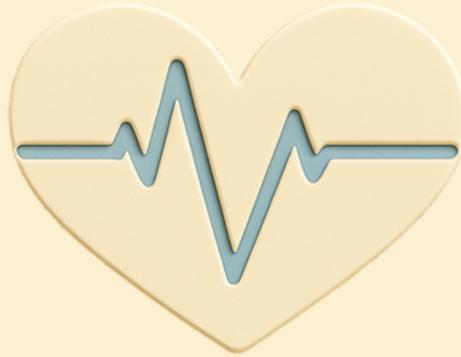
Student Reflection  
Workbook

JUNIOR

**Anthony Caputo**  
*The Heartbeat of Every School*

Name: \_\_\_\_\_

Class: \_\_\_\_\_



# ENHANCED PE MOVEMENT

**Anthony Caputo**  
**2026**



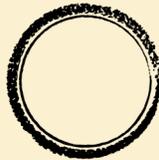
# Movement Passport



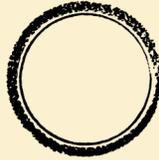
**Hop**



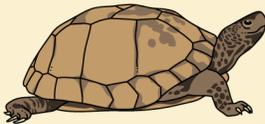
**Gallop**



**Run**



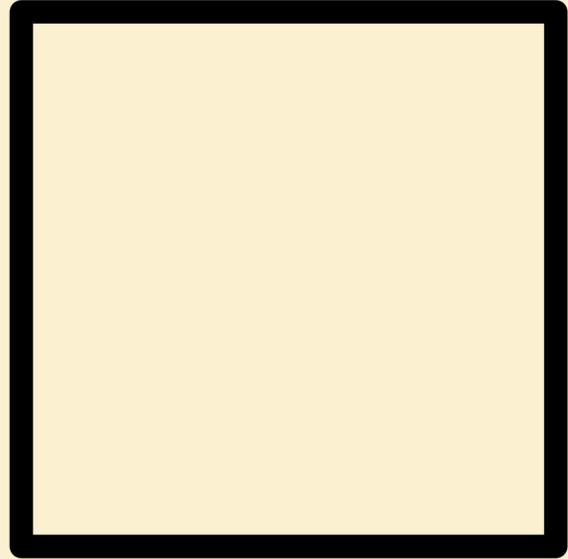
**Side  
Step**



**Walk**



**Jump**



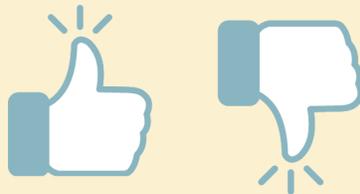
**Draw your Movement  
Passport I.D. picture  
in the box . Color in  
the stamp next to the  
locomotor movement  
once you feel you  
have mastered that  
movement.**



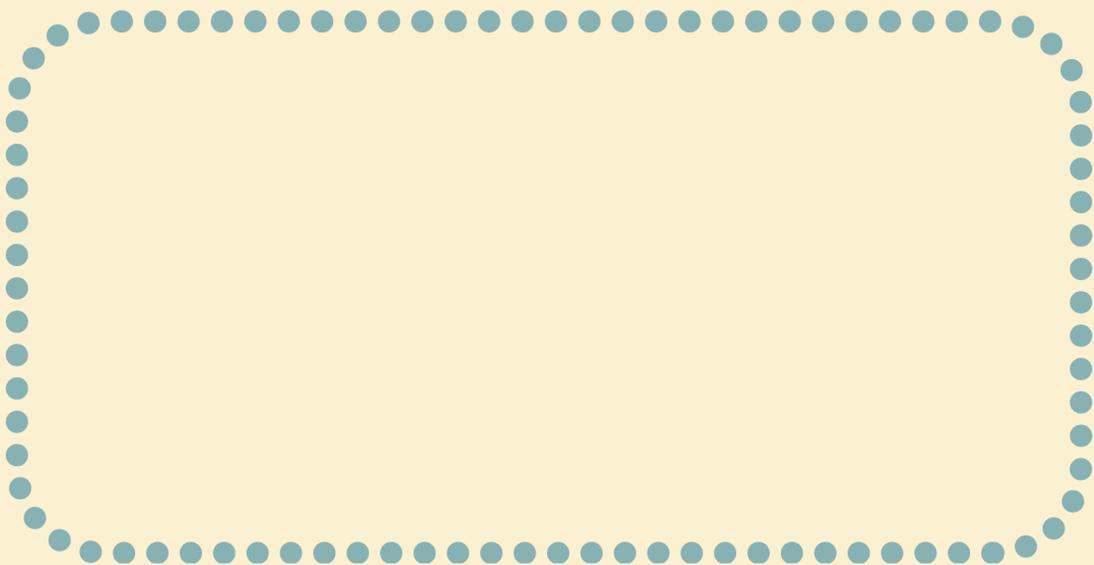
Date: \_\_\_\_\_

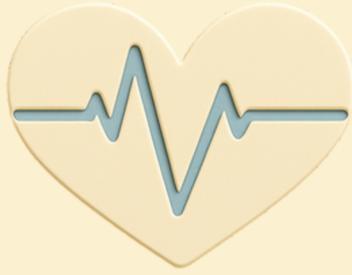
# STUDENT REFLECTION

Color in how you felt after today's game!



Draw your favorite part of the  
activity.





Date: \_\_\_\_\_

# STUDENT REFLECTION

How were you a good teammate today?

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Color in the word that described the best  
quality of your team today.

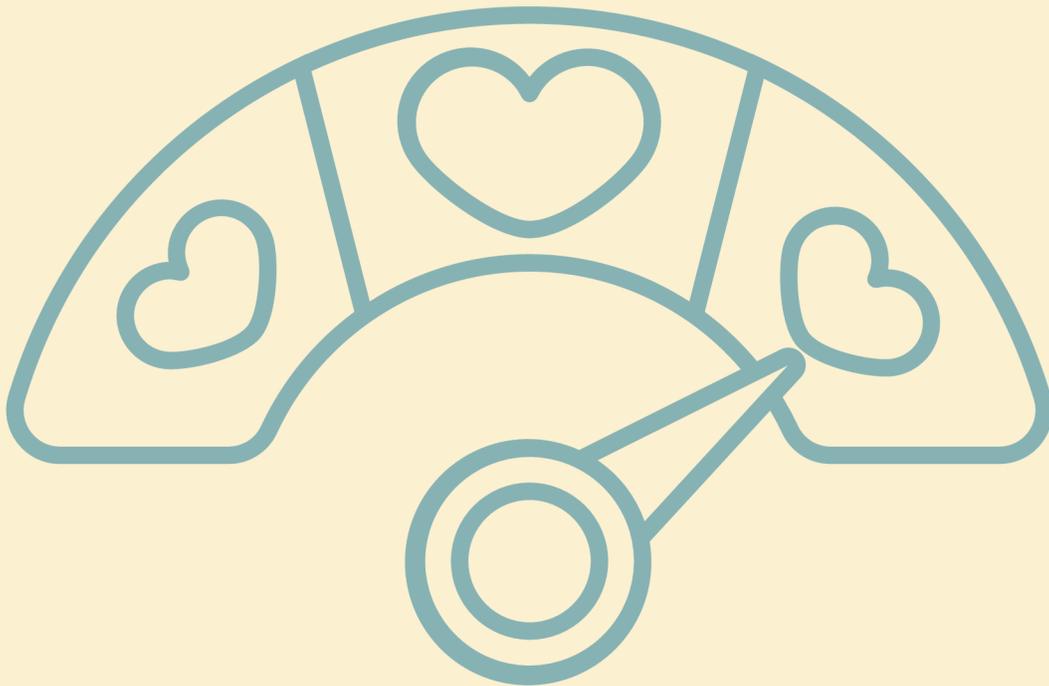
TEAMWORK KINDNESS  
EFFORT



Date: \_\_\_\_\_

# STUDENT REFLECTION

Color in the Heart Meter! How fast was your heart beating during the game today?



**Enhanced PE Movement™**  
**“The Heartbeat of Every School”**