**PE 9 Year End 2020 Self Evaluation in COVID-19 Era.**  **Name: Annabelle Ingelman**

Consider the following areas of student growth

How have the last 3 months during the coronavirus pandemic impacted your physical, social and mental well-being? Use the above core competencies to help with your analysis and reflections.

The last three months during the coronavirus pandemic have impacted my well-being in many different ways. Although I didn’t have the opportunity to do P.E. in school, I actually feel physically stronger than I did before. Since my extracurricular activities are cancelled, I am spending a lot more time at home, giving me more time to exercise. I used Creative Thinking to find ways to do exercise at home. I now notice myself feeling more active, and I enjoy doing exercise more than I used to. Before the pandemic, I didn’t really like doing a lot of exercise because it felt kind of like a chore. But after the past few months, exercising more often has helped me to realize that I liked working out because it makes me feel good. I do online workouts often, walk my dog almost every day, and use a splits training app on my phone. I have been using this app since March when the pandemic began, and I am still continuing with the workouts today! I can definitely see improvement in my flexibility and I am so glad that I pushed myself to continue the program for so long. This relates to the Personal Awareness and Responsibility competency, because I knew that exercising would be good for me, so I was determined to keep going even when I didn’t always want to. This taught me an incredible amount of motivation, and showed me that I can achieve the goals I set my mind to.

Socially I feel pretty good, because I still talk to my friends and relatives often. Although I wish I could see people in person, having a conversation online still makes me happy. These things both help with my Social Responsibility, as I am building stronger connections with my family and friends. I have more time to have longer conversations with relatives, which helps me to engage more often with them and create stronger relationships. Doing group projects online has positively impacted my well-being, because I can talk to classmates that I can’t see in person. This relates to the Communication competency, because I am connecting and collaborating with other people. Online school has actually been a great experience for me, because I have learned and used many important skills that could also help me later in life. I learned to stay more on top of my work, manage my time efficiently, and motivate myself to get things done.

Mentally I feel good as well, because I have been using the Critical and Creative Thinking competencies often. I have found new ways to spend my time at home and come up with fun ideas of things to do. Although the coronavirus has had many sad effects on the world, I would say that it pushed me to think outside the box and create new, interesting ways to do things. I really enjoy cooking, so I have spent a lot of time baking in my kitchen, as well as making meals for my family. This keeps me creative and gives me something to enjoy in my spare time. At the start of the coronavirus, I was worried because I thought I would get bored and have nothing to do at home for such a long time. But I have actually found it really nice, because I can relax without always being super busy. I realized that it is nice to have nothing scheduled and just be calm for a while. I have also had more time to have conversations with relatives that I don’t normally get a chance to talk to very often. This is a nice opportunity for me to use the Communication Core Competency, and also keep me mentally happy at the same time.

Moving forward, what changes do you hope to make with respect to communication, creative and critical thinking, as well as social and personal responsibility in the new “normal”.

Moving forward, I hope to make some changes in my communication and social responsibility. I can do this by thinking about the amount of time I spend talking to my older relatives. I know it can be very lonely living alone, especially in these times. In the future I will keep my communication better by contacting them more often to check in. Throughout the past few months, I have organized weekly calls with some of my friends to make sure we keep in touch. Throughout the next few months, I want to keep this up and make sure I continue talking to them often. This way I can keep a strong connection with my friends, so that we will still be close even when we can’t see each other.

Although there are a lot of sad things happening right now, I feel that this time off has also been a gift of time that I wouldn’t normally have. Moving forward, I want to make this time at home more positive by finishing old projects or learning things I didn’t have a chance to do before. I hope to use this time wisely and not waste it, so that after the virus is over I can look back and remember the things I did. Some of my plans for the summer have been cancelled because of the coronavirus, so I want to make sure that I use Creative and Critical Thinking to come up with some new ideas of things to do. I hope to use my time in ways I didn’t think I could, and push myself to be more inventive. In the new “normal” I also hope to spend more time with my family, and continue being physically active. Since I have been exercising more often lately, I want to keep it that way so I stay in good shape. Overall, if I continue with these things I can stay healthy, as well as positively impact my well-being. In the future, I want to be able to look back at this time and remember the good things that happened because of it!