1) **Summarize the skills or knowledge you learnt in the course.**
   ● The article should show your understandings in the course content, such as key points and the use of the particular skills / strategies.
2) **Reflection on the experience of the PE course**
   ● It should include but not limited to the experience during the lessons, the interaction with teachers /classmates, the change in your exercise habit, etc. Which part of the course do you think is the best and why?

Criteria (Total 80%)	Point Scale				
	Below Expectation (1)	Approaches Expectations (2)	Meets Expectations (3)	Very Good (4)	Excellent (5)
Depth of Reflection (30%)	> Little reflective content, attempt to address the reflection topic > Low level of reflection e.g. limited to general description of what can or should be learnt from reflection, limited very general or comment or insight is given > No relevant evidence provided	> Some reflective content, attempt to address the reflection topic > Medium level of reflection > No relevant evidence provided	> Able to address the reflection topic > Adequate degree of observations and/or insight is demonstrated > Some reflection and/or self-awareness, e.g. clarify thoughts, consider to make plan, make connections to past experience, few relevant evidences provided, etc.	> Partially address the reflection topic > Accurate observations and/or insight is demonstrated > Many reflection and/or self-awareness, e.g. clarify thoughts, consider to make plan, make connections to past experience, some relevant evidences provided, etc.	> Clearly address the reflection topic > Demonstration of sophisticated observation, high degree of insight and/or how the inner world has been affected. > Deep reflection and/or self-awareness, e.g. clarify thoughts, enhance believe, explore concepts, consider to take action, suggest future changes or with social/global perspective and strong relevant evidences provided, etc.
Skill Analysis (30%)	> Lacks analysis or evaluation of the issues and events beyond stating accurate, relevant facts partially > No relevant evidence provided	> Lacks analysis or evaluation of the issues and events beyond stating accurate, relevant facts > No relevant evidence provided	> Analyzes or evaluates issues and events, but not in any depth, few relevant evidences provided	> Analyzes or evaluates issues and events, in a certain depth with some relevant evidences provided	> Analyzes, evaluates, compares, and/or contrasts issues and events with depth and strong relevant evidences provided
Overall Presentation (20%)	Unsatisfactory	Fair	Good	Very Good	Excellent