



1: rap sheet

teacher's notes

- 1) The main aim of this rap sheet is to help the teacher get to know students at the start of semester.
- 2) Like the rest, this worksheet is meant to be a fun activity. Consequently, some of the activities (such as personality type & totem) don't have any great cosmic significance.
- 3) It is worth sorting out with students early on is whether trips that run beyond the normal school day (e.g. overnight, week-end or late-returning trips) will affect their job or sporting commitments. (You may need to write a letter to employers, etc.)
- 4) It may also be worth talking to students about the fitness demands of particular planned activities, & the desirability of personal fitness programs. (See worksheet 4: personal health & fitness.)
- 5) Take note of students' fears. Often their fears will be unrealistic, or based on a misunderstanding about the nature of an activity. But they could also be indicative of a phobia.
- 6) It might be interesting at the end of the course to revisit stated goals & fears, & ascertain the extent to which they were realised (& whether there were any unexpected outcomes).