

Healthy Living 1200  
Portfolio Assignment # 5  
Questions for the movie **Gracie**

1. Who was Gracie's older brother? What sport did he play? (2 marks)

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2. What happened to Gracie's older brother? (1 mark)

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3. How did Gracie change after the tragedy? (2 marks)

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4. What goal did Gracie set for herself? How did her father initially respond to this goal? (3 marks)

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5. What obstacles did Gracie have to overcome to achieve her goal? (5 marks)

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6. List all the different types of physical activity that was included as a part of Gracie's training. (3 marks)

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7. List three important life lessons we can learn from a character like Gracie. (3 marks)

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

8. In this movie, explain how physical activity served to bring a family together. (2 marks)

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9. What does this movie teach us about the importance of goal setting, motivation, and determination in bringing about positive change in our lives? (5 marks)

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10. In the end, was all of Gracie's hard work worth it? Why or why not? (4 marks)

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