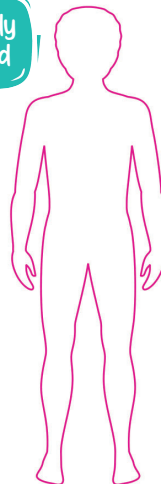


GOAL SETTING CARD

My name is:

Draw a picture of what you were working on in PE today

Circle body parts used



Draw a picture of how you will practise in the next few PE lessons and at home

GOAL SETTING CARD

My name is:

Draw a picture of something you did well in PE



Draw a picture of something you will practise in the next few PE lessons



GOAL SETTING CARD

My name is:

The goal I worked on today was:

How did you do in today's PE lesson?



1

2

3

4

5

6

7

8

9

10



Draw a picture or describe how you will practise in the next few PE lessons

GOAL SETTING CARD

My name is:

Write down some of the skills you have been working on in PE.
Tick the one you want to work on.

	☐
	☐
	☐

When I practise this skill....



I feel happy



I feel motivated



I have more energy



I feel better than when I started



I feel worried and unsure about something



I did not enjoy this activity

Draw a picture to show how you might practise these skills in the next few PE lessons