

SMART TARGETS ACTIVITY SHEET

PICK A SKILL YOU WOULD LIKE TO LEARN OR IMPROVE UPON AND CREATE YOUR SMART TARGETS.

- Keepy-uppies (footballs on feet or knees, or a ball with a racket)
- Hula hooping
- Ball bouncing
- Push-ups/Sit-ups/Squat thrusts
- A dance move
- Dodging
- Balancing/Hand-stands/Head-stands
- Making or improving a shot e.g. tennis serve, goal-scoring, etc.

SPECIFIC

e.g. I will improve my personal best when shooting baskets in basketball.

MEASURABLE

e.g. When shooting from the free throw line, I will score 4/10 shots.

ACHIEVABLE

e.g. I can already do 2/10 so this is totally within reach.

REALISTIC

e.g. I can achieve my goal by practicing my shooting at least twice a week.

TIME-BOUND

e.g. I will achieve this by the end of term.