

DATE _____

NAME _____

A good goal should be SMART (Specific, Measurable, Attainable, Relevant, Time frame)

Year PE Goal: _____

Possible things that might work:

- Gym strip
- Cardio-vascular endurance/
running time
- Muscular strength/
push-ups or crunches
- Group game participation/effort
- Leadership qualities/ability
- Use of equipment/properly
- PE safe behavior
- Unit target heart rate
- Following of instructions

Date _____ Progress update _____

Date _____ Progress update _____

Date _____ Progress update _____

Did you achieve your year goal? _____ Evidence _____

Student Self-Assessment Comments: _____

EE	FM	ME	MOD	MM	NYM
	G	S	N		

Teacher Assessment Feedback: _____

EE	FM	ME	MOD	MM	NYM
	G	S	N		