

My PE Goals for 1st grade

Student Name: _____

Fitness Goal #1 (cardiovascular, upper body strength, abdominal & flexibility)

Write your Fitness Goal Below

I can take these two steps to reach my goal

Write what you'll do to reach your fitness goals on the lines below

1.

2.

Skill Goal #2 (I can skip, I can learn simple dances, I can bounce and catch a ball with a partner, I can throw a bean bag 15 feet and hit a target , I can balance one foot for 5 sec) & I can tie my shoe on my own without help.

Choose one skill and write on the lines below

I can take these two steps to reach my goal

Write what you'll do to reach your skill goals on the lines below

1.

2.

Life Skill Goal (routines & procedures, effort, cooperation, attentiveness, following directions, teamwork, sportsmanship, appropriate PE attire)

Choose one life skill goal and write it on the lines below

I can take these two steps to reach my goal

Write what you'll do to reach your life skill goals on the lines below

1.

2.

