

My PE Goals for 5th 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 serve a tennis or volleyball, I can play a modified team sport, I can hit a moving target, & I can learn a complex dance)

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 (follow 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.

