

## Unit 2 Task Sheet 7(a)

**AC4.1:** Set appropriate targets to achieve long term goals for an individual.

**Scenario:** You have been asked by your coach to look at your current performance level and set yourself a long term goal and a number of short term SMART targets that will help you achieve this long term goal.

With reference to a sporting activity of your choice, set yourself a long term goal and four short term SMART targets that will help you achieve your long term goal.

### Long Term Goal

### Short Term SMART Targets

1.

2.

3.

4.