

**Unit 3 Task Sheet 4(b)**

**AC4.2: Development planning.**

**Scenario:** Having completed your review, your PE teacher has asked you to produce a personal development plan. This plan must include the areas for improvement that you have identified, the methods you could use to improve these areas, two long term SMART targets and three short term goals that will enable you to reach these long term targets.

Area of Improvement	Possible Methods of Improvement

Long Term SMART Target 1:
Short Term Goal 1:
Short Term Goal 2:
Short Term Goal 3:

Long Term SMART Target 2:
Short Term Goal 1:
Short Term Goal 2:
Short Term Goal 3: