

Name: _____

GCSE PE- Goal setting

X K A P W S N S U S O F N A R A U O R B D V K S
A Y R C O J L P F J H C Z N F G K X N V N H N D
E O Y X H V G Q E D Y I V R L R K X C H U O Z V
P K D Z J I O I X R W S V F V E V F U U O E Z O
V W T H C X E L E R F E V Q I E A Q L E B D U V
V J F X A J U V X N E O D U W D C J G O E V L K
I Y M X O L T O E T R Z R M D V Z T R D M L A E
V H G R H T D K Z D A Y T M Y T N P B X I Z S C
F C H O K J J G O C D R R M A E E Y C P T J N X
L V Y B O Y B J I X H V G Z M N U W W G O P Z J
A W A R F T A T B W Y D B E V W C X L E J A A O
O L C Y C V S I N M P H V W T X D E H W G X J F
G C A R P I S M X P I O E K B Y Z I P I Y W O D
D U C X L U T B F B R E G N Z D T E F X J O N R
I U L A K A R T Q P S I S E N M Q I A E Q J E L
E M E R I M A B M W P F I J P V G Q T J G B K J
K R T L Z P T I I X L S P E C I F I C A G Z N S
M V Y Z Z X E S D M C K M X M S A V J S C G U X
U C B H Q O G S S E R G O R P U Q O K L Z M M W
C J X F N W Y L L D F Z M Q I L Z Q A Q E L A B
K W D G G W G F Q F M O T I V A T I O N U L R Z
V K U J E L B A R U S A E M B Z T J I Q O A N N
C R Z F O L O A E X O F N H T H U C F E Q T Y N
I R N X B F L W T U O G K P H U K I V I M Q I R

IMPROVEMENT
MOTIVATION
STRATEGY
ACHIEVE
GOAL

PERFORMANCE
REALISTIC
PROGRESS
AGREED

MEASURABLE
TIMEBOUND
SPECIFIC
TARGET