

My Training Log

Time: 10 minutes a day for 2 weeks

You need

- ☐ Notebook and pencil
- ☐ A timer
- ☐ Space to move safely

Steps

- 1** Pick one skill, such as skipping or throw and catch.
- 2** Test it: how many can you do in 1 minute? Write it down as day 1.
- 3** Practise for 10 minutes each day for a week.
- 4** Test again on day 7 and draw a bar chart of day 1 and day 7.

Safety: Warm up first, and stop if anything hurts.

Before you start: what do I think will happen?

My observations

Table 1. My training log

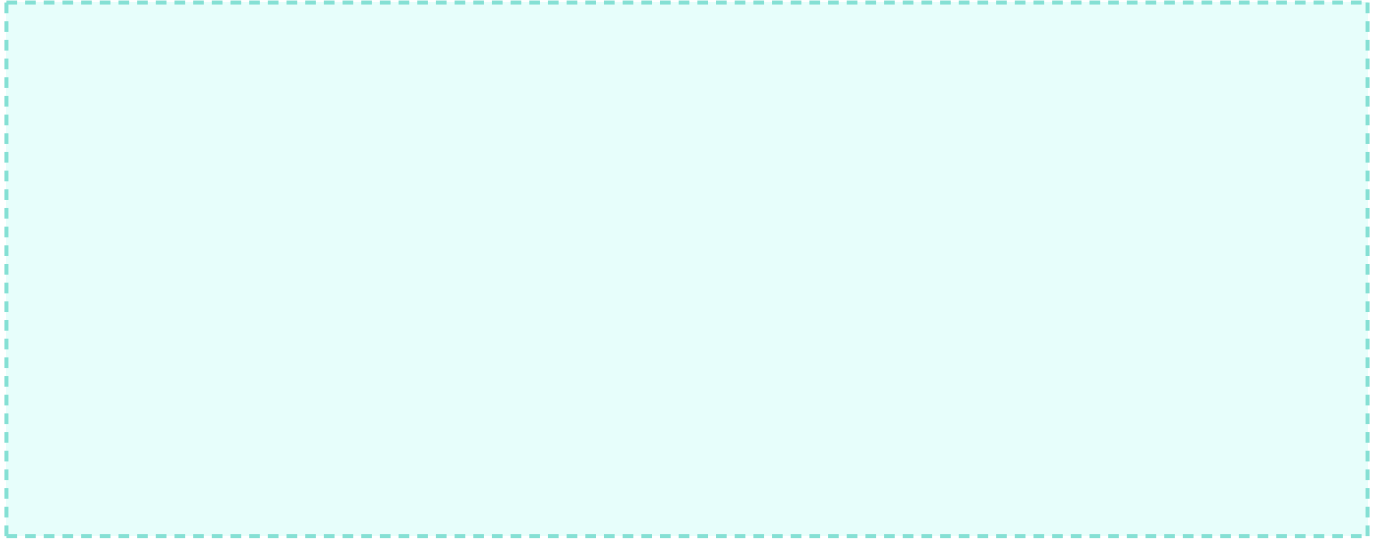
Day	Date	Minutes practised	How many in 1 minute	How I felt
Day 1 (test)				
Day 2				
Day 3				
Day 4				
Day 5				
Day 6				
Day 7 (test)				

Think about it

How much did you improve?

What helped you keep going on days you felt like stopping?

Draw or stick your work here



Name: _____ Date: _____

Jobspark · Ask a grown-up to help whenever you need.