

Learning a skill

My skill is _____

Materials I need are _____

How to start: _____

Practice (How? How often? How long?): _____

Self-assessment and progress notes: _____

Improvements: _____

Setbacks: _____

gymnastics

sew on button

trampoline

ice-skate

skateboard

dance

bake cake

ride pony

yo-yo

swim

knit

tie knot

weave

sew

juggle

ride bike

origami

play recorder

skip

judo