
Edexcel GCSE PE: 2.2.2 – SMART targets *(long answer question)*

Jessica was inspired by the performance of the women in the England Hockey team at the 2016 Rio Olympics. She is determined to improve her own performance and has decided to set SMART goals as a first step to achieving her long-term goal.
You need to discuss and explain the use of target setting to improve performance.

Write your answer in the space below