

READY

Your child is getting to know a new sport, new friends, a new world – and shaping values along the way.

Take some time to brainstorm and develop common goals with your child for their sporting journey.

EVER WONDER WHAT YOUR CHILD'S GOALS ARE AND IF THEY ALIGN WITH YOURS?

Sit with your child to complete the exercise on next 2 pages.

WHAT ARE MY GOALS FOR MY CHILD WHEN HE/SHE PLAYS SPORT?



write or draw the sport/s you play here.



**WHAT ARE MY GOALS
FOR MY CHILD WHEN
HE/SHE PLAYS SPORT?**



RANK YOUR TOP 3 GOALS

- LEARN TO PLAY THE SPORT**
- LEARN TEAMWORK**
- WIN GAMES**
- GAIN SELF-CONFIDENCE**
- LEARN TO DEAL WITH DEFEAT**
- IMPROVE PHYSICAL FITNESS**
- HAVE FUN**
- MAKE FRIENDS**
- OTHERS** Please specify:

Adapted from: Positive Sports Parenting, Jim Thompson (2009)



WHAT ARE
MY GOALS WHEN
I PLAY SPORT?



RANK YOUR TOP 3 GOALS

- LEARN TO PLAY THE SPORT
- LEARN TEAMWORK
- WIN GAMES
- GAIN SELF-CONFIDENCE
- LEARN TO DEAL WITH DEFEAT
- IMPROVE PHYSICAL FITNESS
- HAVE FUN
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- OTHERS Please specify: