**DO NOW! 5 MINS**

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| **Personal Skills** | **Technical Skills** | **Performance Skills** |
| **Definition:** **Example:**  | **Definition:** **Example:**  | **Definition:** **Example:**  |

**Skill Audit Examples**

1. Which example would be a Merit, 1 or 2? \_\_\_\_\_\_

Why do you think this? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

1. Fill in the gaps

Posture is a strength because I can stand up tall at the start of an exercise.

This improves my performance because it makes me look \_\_\_\_\_\_\_\_\_\_\_ and it means I \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_. I could improve my posture by engaging my \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ and lengthening \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

**Main Task**

Please use the pages below to complete you skills audit.

Include your name and the title Skills Audit at the top of the page and continue in whichever format you choose. Tables or essay style.

Remember to check your work for spelling errors and understanding before submission.