

YOUR WINTER PROGRESS TRACKER



Winter can be full of movement wins – big and small! Use this tracker to notice the progress your child makes each week. You don't need scores or tests, just your honest observations and a few minutes to reflect.

Tick boxes, jot down notes or use stickers to make it fun. Celebrate effort as much as achievement.

How to use your tracker

- Pick three or four activities from your Winter Play Pack each week.
- After each play session, chat with your child about how it felt – easier, harder or about the same?
- Record a few quick notes in the table below.
- At the end of winter, look back and see how far they've come!

Week	Activities we tried	Balance	Stamina	Confidence	Comments or highlights
Week 1		☐ needs help ☐ improving ☐ steady	☐ tires quickly ☐ improving ☐ lasting longer	☐ unsure ☐ starting to try ☐ feeling proud	
Week 2		☐ needs help ☐ improving ☐ steady	☐ tires quickly ☐ improving ☐ lasting longer	☐ unsure ☐ starting to try ☐ feeling proud	
Week 3		☐ needs help ☐ improving ☐ steady	☐ tires quickly ☐ improving ☐ lasting longer	☐ unsure ☐ starting to try ☐ feeling proud	
Week 4		☐ needs help ☐ improving ☐ steady	☐ tires quickly ☐ improving ☐ lasting longer	☐ unsure ☐ starting to try ☐ feeling proud	
Week 5		☐ needs help ☐ improving ☐ steady	☐ tires quickly ☐ improving ☐ lasting longer	☐ unsure ☐ starting to try ☐ feeling proud	
Week 6		☐ needs help ☐ improving ☐ steady	☐ tires quickly ☐ improving ☐ lasting longer	☐ unsure ☐ starting to try ☐ feeling proud	



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