

ZONES OF LEARNING

ASPIRATIONAL ZONE

Not yet – but one day.

I'll need to climb to get here.

Aim • Dream • Prepare • Keep climbing

LEARNING ZONE

This is where I grow.

Trying things that stretch me and figuring them out.

Stretch • Try • Grow • Improve

PERFORMANCE ZONE

Showing what I can do.

Putting my learning into action.

Focus • Show • Apply • Deliver

COMFORT ZONE

Practising what I already know.

Getting smoother. Getting quicker. Locking it in.

Practise • Repeat • Strengthen • Make it stick



Different zones for different purposes