
Exit Card

Students can use the following Exit Card when consolidating their daily learning as they are learning to Interpret and Analyse.

Exit Card

Compare and contrast the first and second time you ran a distance of 2.2 km. For example, consider heart rate, time, weather, how you felt, sleep, hydration, and so on.

What does the information from your tracking sheets tell you about your progress so far?

How does your analysis compare to the goal you set?