

Home recording sheet

Arrows

Date	Time spent	Comments

Summary of goals

Tick the box when these goals for arrows are achieved

Goal 1	Read the arrow chart, calling each arrow's direction and simultaneously moving your hands in the same direction, for the whole chart	
Goal 2	Read the arrow chart, calling each arrow's direction and simultaneously moving your hands, for the whole chart in time to a beat set at 1.0sec	
Goal 3	Read the arrow chart, calling and moving hands opposite to the direction of each arrow in time to a beat at 1.0sec	
Goal 4	Correctly read the arrow chart, calling same but moving hands in the opposite direction for each arrow in time to a beat	
Goal 5	Correctly read the arrow chart, calling opposite but move hands in the same direction as each arrow in time to a beat	
Goal 6	Read the arrow chart, alternating between same and opposite, in time to a beat set at 1.0sec	