

Target	<i>Specific</i>	Measurable <i>What</i>	Achievable <i>How</i>	Realistic <i>Why</i>	Time-bound <i>When</i>	Professional Standard
1. Develop my knowledge on teaching strategies.	I will research and use 3 new teaching strategies: field trip, discussion and case study.	When a new strategy is used, I will gather feedback and write a personal reflection on how effective it was.	While on placement, when trusted to lead future lessons.	The more teaching strategies I am comfortable with, the better I will be at adapting to learner behaviour.	30/11/2025	Demonstrate commitment to learners, their learning, safety and well-being
2. Improve my digital literacy to enhance teaching.	Use 2 new digital tools: Padlet, and Mentimeter during a lesson I lead on placement.	- When I use a new digital tool, I will gather feedback from the students to garner its usefulness. - I will write a reflection on how well I	While on placement, when trusted to lead future lessons.	- I want to keep up with technology to ensure that I am utilising effective methods for teaching and assessment. - It's a personal goal of mine to improve	01/12/2025	Develop and implement effective policies and strategies to support the delivery of effective learning, teaching and assessment

		used the tool and evaluate future development with the digital tool.		my digital skills for employability.		
3. Develop my public speaking ability and classroom presence.	- I will watch 5 videos that discuss public speaking techniques. - I will implement at least 2 techniques that I learn for my practice.	- I will record myself at least once for reflection. - I will gather feedback where possible. - I will observe the outcomes of tasks I assign. Giving an insight to the clarity I gave.	On placement and in class.	This will support my ability to deliver effective teaching, especially for ESL learners and those with ALN.	By the next time I teach on placement (yet to be decided by placement at the time of action plan creation, which is 09/10/2025).	Critically reflect on own values, knowledge and skills to improve learning and leadership
4. Build a reflective practice for problem solving.	After any lesson I lead or a full day of placement, I will spend 10-minutes	I will have a minimum of 2 reflections per week, after 6 weeks I should have 12	On placement while observing and teaching.	This will develop my knowledge on resolving a variety of problems which will	21/11/2025	Maintain and update knowledge of policies and strategies

	writing a reflection with a focus on problems that occurred.	reflections and enough data to generate a variety of solutions to common or uncommon problems that occur during teaching.		support my professional practice.		relevant to my sector
5. Find an appropriate solution to manage my nervous fidgeting.	• Learn what the behaviours are exactly (watch a video or read a book). • Learn why I manifest the behaviours (keep a journal). • Learn how I can manage these behaviours to limit distraction	• I will focus on 1 method of managing my fidgeting behaviour at a time and keep a journal reflecting on its effectiveness for me. • After all 3 methods have been tested, review reflections and proceed	• Implement any methods or tools during any time I require them, be that during lesson, teaching, placement or in my personal life.	• Finding a healthy method for managing my nerves will ensure that I remain in control of my behaviours to avoid causing unconscious distraction to my students or others.	• By the next time I teach on placement (yet to be decided by placement at the time of action plan creation, which is 09/10/2025). • Long-term. I may require a variety of methods or fidget tools to for different circumstances which will	• Demonstrate effective strategic leadership and governance

	by finding 3 different methods of coping (watch a video or read a book). • Experiment with the 3 methods found to ascertain the effectiveness for me.	with 1 or more that were the most effective.			take time to ascertain.	
6. Develop Digital skills for employment.	• Use the free courses provided through university. • Complete 2 courses per month.	• Keep a checklist and review at the end of each month if I have completed my goal of 2 courses per month.	• Twice a month I will either come into university early before class/ placement or stay later after class/ placement to complete	• I want to improve my digital skills for employability as I have identified that my digital literacy is not something I have kept up to date, making my skill level insufficient for the level of	• Long-term.	• Maintain and update knowledge of policies and strategies relevant to my sector

			the courses.	technology that is being used in the workplace.		
--	--	--	-----------------	--	--	--