

Prepare for Class

Grade Level: High School

Activity: Goal Setting

<p>Introduction</p>	<p>This activity will support students in developing goals to improve their performance in physical activity.</p> <p>Standard 3.5 Develop personal goals to improve one's performance in physical activity.</p>
<p>Description</p>	<p>Students will set goals using the SMART framework.</p>
<p>How to Introduce the Activity to Students</p>	<p>Tell students that they should take a moment to think about what they would like to improve. Maybe they want to improve their mile time or they want to learn a new dance to perform on their own.</p> <p>Then, explain/introduce the SMART method for framing goals:</p> <p>Specific = What exactly do you want to accomplish? Identify a very specific goal that you have for some area of physical activity (behavioral or performance).</p> <p>Measurable = How will you establish if you've met the goal?</p> <p>Action-Oriented = What are you going to do?</p> <p>Realistic = Is the goal achievable for you?</p> <p>Timeline = When will you meet your goal and when will you re-evaluate to see if you've met the goal?</p> <p>Let students know that this SMART approach eliminates generalities and guesswork, it sets a clear timeline and is easier to track progress or miss any milestones.</p>
<p>Directions for the Activity to Share with Students</p>	<p>Walk and talk for 8 mins with a partner... Think and share a goal to improve one's physical activity.</p> <p>After the 8 min walk, take a worksheet and fill it out. This should take you about 15 minutes. Share your completed worksheet with your partner and ask for feedback.</p> <p>Did you miss any of the SMART pieces? When you are finished, turn the worksheet into the teacher.</p>
<p>Feedback to Share with Students</p>	<p>A few questions that you can ask students as they are preparing their SMART Goals/working on their worksheets.</p> <p>S: Specific What needs to be accomplished? Who is responsible for it? What steps need to be taken to achieve it?</p> <p>M: Measurable: Can you quantify or put numbers to your outcome?</p> <p>A: Action-Oriented: Is it possible to reframe your goal so it only depends on you and not others? What factors may prevent you from accomplishing your goal?</p> <p>continues on next page</p>

	<p>R: Realistic: Why is achieving this goal important to you? What effect will achieving your goal have on your life or on others?</p> <p>T: Timeline: If your goal is particularly large, try breaking it down into smaller goals with appropriate incremental deadlines.</p>
<p>How to do Closure with Students</p>	<p>Bring all students back together 5 minutes before class is over. Ask students if anyone would like to share their goals.</p> <p>Ask if using the SMART framework was helpful and why or why not.</p> <p>Here you can review again and let students know that goals are individual and using the SMART framework can help set them up for success. Remind them that the SMART goal method helps them be organized and gives them the sense of direction to reach their goals.</p>
<p>Notes for the Guest Teacher</p>	<p>You can view this video yourself and also share it with students if technology is available:</p> <p>https://youtu.be/i0QfCZjASX8</p>

Take to Class Version

<p>Introduction</p>	<p>This activity will support you in developing goals to improve your performance in physical activity, from the standard that says you will Develop personal goals to improve one's performance in physical activity.</p>
<p>Description</p>	<p>Students will set goals using the SMART framework.</p>
<p>Introduce the Activity</p>	<p>Tell students that they should take a moment to think about what they would like to improve. Maybe they want to improve their mile time or they want to learn a new dance to perform on their own.</p> <p>Explain/introduce the SMART method for framing goals:</p> <p>Specific = What exactly do you want to accomplish? Identify a very specific goal that you have for some area of physical activity (behavioral or performance). Measurable = How will you establish if you've met the goal? Action-Oriented = What are you going to do? Realistic = Is the goal achievable for you? Timeline = When will you meet your goal and when will you re-evaluate to see if you've met the goal?</p> <p>Tell students that this SMART approach eliminates generalities and guesswork, it sets a clear timeline and is easier to track progress or miss any milestones.</p>
<p>Give Directions for the Activity</p>	<p>Walk and talk for 8 mins with a partner...</p> <p>Think and share a goal to improve one's physical activity.</p> <p>After the 8 min walk, take a worksheet and fill it out. This should take you about 15 minutes.</p> <p>Share your completed worksheet with your partner and ask for feedback. Did you miss any of the SMART pieces?</p> <p>When you are finished, turn the worksheet into the teacher.</p>
<p>Feedback for Students</p>	<p>A few questions that you can ask students as they are preparing their SMART Goals/working on their worksheets.</p> <p>S: Specific What needs to be accomplished? Who is responsible for it? What steps need to be taken to achieve it?</p> <p>M: Measurable: Can you quantify or put numbers to your outcome?</p> <p>A: Action-Oriented: Is it possible to reframe your goal so it only depends on you and not others? What factors may prevent you from accomplishing your goal?</p> <p>R: Realistic: Why is achieving this goal important to you? What effect will achieving your goal have on your life or on others?</p> <p>T: Timeline: If your goal is particularly large, try breaking it down into smaller goals with appropriate incremental deadlines.</p>

Closure	<p>Bring all students back together 5 minutes before class is over.</p> <p>Ask students if anyone would like to share their goals.</p> <p>Ask if using the SMART framework was helpful and why or why not.</p> <p>Review again and let students know that goals are individual and using the SMART framework can help set them up for success.</p> <p>Remind them that the SMART goal method helps them be organized and gives them the sense of direction to reach their goals.</p>
Notes for the Teacher	<p>You can view yourself and share with students the following link if technology is available: https://youtu.be/i0QfCZjASX</p>