



Identifying the Steps of Goal Setting

Learning Objectives

- I can identify the steps of setting goals.
- I can set positive health goals.

Teacher Notes

- We hope you enjoy this lesson on setting goals! Pause the video whenever you need to facilitate a conversation on goal setting. Make sure to have exit slips ready to go for the end.

Lesson Steps: Video Outline- [3.1f Video](#)

Step 1 Introduction

- The students will answer the “Pre-game Warm Up” questions in order to facilitate a discussion about setting goals. The purpose of this pre-assessment is to identify what students already know about goal setting and how to monitor goal progress.

Step 2 Activity

- The teacher will show the “Goal Setting Game Plan”. These goals will be used in the learning activity. Then it’s time to “get in the game” by showing the activity video. This video shows students how to play the game.

Step 3 Closure

- The students will complete an exit slip identifying the five steps to achieving goals.

Assessments

- Pre-Assessment: The teacher is going to facilitate a conversation with the students about goal setting and achieving goals. The purpose of this time is to assess what the students already know about goal setting and achieving goals.
- Post-Assessment: The students will complete the “Locker Room Talk” exit slip. The purpose of this activity is to see what the students learned about the steps to setting and achieving goals.

Extensions/Connections/Applications

- Extension: Create their own goal and say how they are going to apply each step to that goal when bouncing the ball back and forth to each other.



Virginia 2021 SOL Edition
Created by: Carly Ward
Disease Prevention/Health Promotion
GR3-HP-2
Third Grade - 3.1f

Resources/References

- https://www.doe.virginia.gov/testing/sol/standards_docs/health/index.shtml

Handout

- See next page.



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Locker Room Talk: Post-Game Review Exit Slip

Great game! Time to cool down with a review! Please write the 5 steps to setting a goal below!

- 1.
- 2.
- 3.
- 4.
- 5.