

Unit 3: Goal Setting

Content Area: **Unified Arts**
Course(s): **Health 5**
Time Period: **September**
Length: **10 Days**
Status: **Published**

Unit Summary

Students will learn what SMART goals are and what each letter means. They will then also be able to create their own goals keeping in mind SMART.

Standards

HE.3-5.2.1.5.PGD.1	Identify effective personal health strategies and behaviors that reduce illness, prevent injuries, and maintain or enhance one's wellness (e.g., adequate sleep, balanced nutrition, ergonomics, regular physical activity).
HE.3-5.2.2.5.PF.4	Develop a short term and/or a long-term health-related fitness goal (e.g., cardiorespiratory endurance 'heart & lungs', muscular strength, muscular endurance, flexibility, body composition, nutrition) to evaluate personal health.

Student Learning Objectives

Students will learn that:

- setting goals is an essential tool when developing and planning for the future.
- their goals need to be specific, realistic, important, and with a time frame.
- not every goal will be met on schedule because there may be roadblocks/challenges to overcome.

Essential Questions

- What is the difference between a short and long term goal?
- Why is it important to start goal setting and re-evaluate your goals?
- How do we establish personal goals with tangible success criteria and strategize on how to anticipate and address roadblocks.

Enduring Understandings

The students will understand that:

- setting goals is an essential tool when developing and planning for the future.
- their goals need to be specific, realistic, important, and with a time frame.
- not every goal will be met on schedule because there may be roadblocks/challenges to overcome.

Application

Students will be able to independently use their learning to keep and make long term goals.

Skills

Students will be skilled at:

- differentiating between long term and short term goals.
- developing a health related goal that is specific, realistic, and important.
- strategizing on how to anticipate and address roadblocks.