

# 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.