Unit 2-3g L.E.A.D.-Goal Setting

Content Area: **P.E. & Health**
Course(s): **Health 5**
Time Period: **MP2-3**
Length: **Day 1**
Status: **Published**

Essential Questions

- What is a goal?
- What are the steps in the goal-setting model?
- What is the criteria for setting a goal?
- What is a short term personal goal that fits the goal-naming criteria?

Big Ideas

- The ability to set reachable goals builds self-efficacy and a stronger sense of hope for the future.
- Early exposure to the basic elements of setting and reaching goals enhances the development and application of these skills through childhood and into adolescence.
- Children who can and do set reachable goals have a stronger sense of self and make better decisions.

Enduring Understandings

2.2 Integrated Skills

B. Decision-Making and Goal Setting

2.2.6.B.1 Use effective decision-making strategies.

2.2.6.B.4 Apply personal health data and information to support achievement of one's short- and long-term health goals

Resources

- *Too Good for Drugs* Lesson 1: Goal Setting