

## Physical and Health Education – Goal Setting

<b>Curriculum:</b> Physical and Health Education	<b>Learning Goals:</b> -Identify, apply, and reflect on strategies to pursue personal healthy-living goals.
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<b>Materials</b>
-Weekly Health Journal (OR blank piece of paper) -Pencil -One Step at a Time – Goal Achieving Video <a href="https://www.youtube.com/watch?v=8cCiabSJ9fg">https://www.youtube.com/watch?v=8cCiabSJ9fg</a>

<b>Activities</b>

-Watch <a href="https://www.youtube.com/watch?v=8cCiabSJ9fg">One Step at a Time – Goal Achieving Video</a>
-Brainstorm a list of things that you would like to achieve before the end of the school year. Use a web, mind map, make a list, or use any format you want to create your brainstorm.
-Pick one of these goals to focus on. Write that goal down in your Weekly Health Journal.
-Set a time frame for achieving this goal. Is this realistic? Did you leave yourself enough time to take small steps?
-What small steps will you have to take to work on that goal? List the small steps
<b>Extension:</b>
-Write down one previous goal you set for yourself. Did you achieve this goal? Why or why not? What did you do to try to achieve the goal? What could you have done better?