Lesson Plan 13

Content Area: P.E.- Cross Country Skiing

Setting Goals!

**Time Estimate:** 60 minutes

**Summary:** Kids will learn the basics of setting goals and create a goal journal and training log

**Goals/Objectives:**

Athletes will be able to:

* write appropriate goals
* record their activity for the day
* reflect on their goals

**Assessment:** Meet with students individually to go over goals and see if they have written appropriate ones.

**Equipment/Tools/Terrain:**

Notebook with various graphic organizers depending on age group

**Get the Jitters Out:**

Run two laps of the gym, do 10 jumping jacks, and take a seat

**Instructional Input**:

Start by sharing a story of an athlete who set a goal and accomplished it by setting many smaller goals day to day. Why did they set the smaller goals? What makes a good goal? Discuss things like measurable, outcome vs. process oriented, realistic, resources needed, and recording goals as good aspects to consider when creating goals. Share a goal writing graphic organizer that is age appropriate. Under the “Coaching” tab there is a “goal setting” tab that has much more information that should be used.

**Modeling:** Share one of your own goals and fill out the goal sheet accordingly. It is important to demonstrate confidence in sharing your goals.

**Guided Practice:** Have the class brainstorm a goal for the whole class, maybe it is an AK State standard or a goal written in one of these lesson plans. Put it on the top of the goal sheet. Then go through the sheet creating all the smaller goals needed to get there. If there is a large group, break up into smaller groups and have the kids brainstorm together to create the rest of the goals needed. Then have them share the goals with the rest of the class. With all the smaller goals written up, go through as a class and decide which ones are best and why. Then finish the class’s goal sheet and post it on the wall.

**Independent/Group Practice and Differentiation:**

Each student should have a notebook to be used for reflection, goal writing, and an activity log. Give students a graphic organizer to work with. Have each student spend time creating their own goals. This should be independent and thoughtful, taking an adequate amount of time for students to do this. Students should meet independently with you to go over their goals, both to see if they grasp the goal setting concept and to make sure you know what they hope to get out of cross country skiing.

Play a game of tag at the end since this is cross country ski practice after all! Get those hearts pumping!

**Wrap Up**

What makes a good goal? How big should goals be? How many goals should you have? What helps you accomplish your goals?

**Grades K-2**

**Standard F**   
Value physical activity for health, enjoyment, challenge, self-expression, and/or social interaction:  
  
1.    Celebrate personal successes and achievements as well as those of others.

**Grades 3-5**

**Standard F**   
Value physical activity for health, enjoyment, challenge, self-expression, and/or social interaction:  
  
1.    Develop self-confidence and a positive self-image in physical activity settings.  
  
2.    Choose motivators (e.g., music, friends) that will enhance fun and enjoyment in a physical activity setting.  
  
3.    Participate in physical activities which will allow students to set and achieve individual and team goals.

**Grades 6-8**

**Standard F**  
Value physical activity for health, enjoyment, challenge, self-expression, and/or social interaction:  
  
1.    Identify several reasons why participation in physical activities is enjoyable and desirable.  
  
2.    Reflect on reasons for choosing to participate in selected physical activities (e.g., health, challenge, self-expression, social interaction, personal goal).  
  
3.    Enjoy working alone or with others in a sport or physical activity to achieve a goal.

**Grades 9-12**

**Standard F:**   
Value physical activity for health, enjoyment, challenge, self-expression, and/or social interaction:  
  
1.    Enjoy the challenge of working hard and the satisfaction of improving skills.  
  
2.    Seek personally challenging experiences in physical activity opportunities.