



Lesson Plan- Week of September 13, 2004

Student Goal Setting

This activity can be used for almost any age group, and is a good way to start the school year with a class. Students will learn a lot about each other as they discuss various personal goals and what it takes to achieve them. In addition, they can help each other during the year to remember and work toward their individual goals, creating a sense of community.

Materials: Attached worksheet and pen or pencil.

Procedure: Begin by discussing the Olympics which have just taken place. Ask the following questions: (It is great if you have any videotaped interviews with the athletes where they discuss their training and vision).

1. What type of goals must the athletes have set to have achieved so much?
2. What kind of work did they have to put into their training?
3. What did they have to give up?
4. When have you really worked hard and sacrificed to achieve something?
5. How did it make you feel?
6. What is something you would like to achieve by the end of the school year? (This does not have to be a school related goal. It can be related to relationships, mental, emotional or physical health, hobbies or activities, or service to others. It would be good to have students think about goals in several areas before deciding on one.)
7. What would you have to do to achieve the goal?
8. What are you willing to give up?
9. Who else is involved with your achievement of this goal?
10. Why would this goal be worth the time and work to achieve?

When students have decided on a goal, have them complete the attached worksheet.

Extensions:

1. Have students make a more detailed drawing of themselves achieving the goal.
2. Have students collect magazine pictures of other people achieving the same type of goal and make a classroom collage, labeling different goals.
3. Role play the moment in the future when the goal will be reached. Students may write a short skit dramatizing the wonderful moment when they will know they have achieved their goals. They may work in groups to enact the moment, experiencing the approval or applause they will enjoy after their hard work.
4. Complete more than one goal sheet, perhaps in different areas of students' lives.

My Personal Goal for 2004-2005

Today's Date: _____

Date I expect to achieve my goal: _____

My name is _____ and I am ready to:

This is what I am ready to **DO** to achieve my goal:

This is what I am willing to **GIVE UP** to achieve my goal:

This is a picture of **ME** when I have achieved my goal:



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