



Benefits of Setting Goals

Learning Objectives

- I can identify the benefits of setting goals.

Teacher Notes

- Please make sure you have music ready to go when the students come in. Also, pause the video accordingly to allow time for students to respond to the questions.

Lesson Steps: Video Outline [3.2f Video](#)

Step 1 Introduction

- The students will follow along with the instructor on the video and have a conversation when presented with the questions on the powerpoint. The teacher will pause the video and take responses from students to understand what they already know about setting goals.

Step 2 Activity

- The teacher will go through the teaching slides with the students, explaining the benefits of goal setting. The students will jog around the gym while the instructor plays music. When the music stops, The students will find a partner and tell them one benefit of setting a goal. Then they will come up with an exercise to do until the music comes back on. Repeat the process until students are able to complete it quickly.

Step 3 Closure

- The students will complete the exit slip and write down the 4 benefits to setting a goal.

Assessments

- Pre-Assessment: The students will show what they know by engaging in conversation with the instructor to answer the questions presented on the screen. The teacher will try and spark a conversation about setting goals and what goes into setting a goal, as well.
- Post-Assessment: The students will complete the exit slip, using it to recall what they learned in the lesson today and writing it down.

Extensions/Connections/Applications

- Extensions: The teacher could have students go through the goal setting process and then analyze the benefits of potentially achieving that goal. This could help students realize what are realistic versus unrealistic goals.



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Disease Prevention/Health Promotion
GR3-HP-3
Third Grade - 3.2f

Resources/References

- https://www.doe.virginia.gov/testing/sol/standards_docs/health/index.shtml

Handout

- see next page



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Name: _____

Locker Room Talk: Exit Slip

Write down the 4 benefits of setting goals below:

- 1.
- 2.
- 3.
- 4.