

Setting goals in physical education



Length:
45-50 mins

About this lesson

Students will set at least 3 Goals that will assist them in meeting their personal health ambitions as well as physical education and health learning objectives.

Objectives

By the end of this lesson, students will

- Understand how setting goals can help them be more productive
- Set 3 physical-education related Goals in Goals & Plans
- Create a schedule that helps them complete their first goal within a realistic timeframe

Inquiry prompts

- Why is it important to set goals?
- What are my goals for my personal health and fitness?

Before you begin

1. Ensure that you are able to play the [Physical education & health and your future success](#) video. This video is also available in [French](#).
2. Ensure that you can log into your student demo account in Xello.
3. Ensure that students are able to log into their accounts and access **Goals & Plans**.
4. Decide whether to take discussion/brainstorming notes with your class via a slide deck and project for students to view, or on a whiteboard in the physical classroom.

Teaching strategies

- 1 Show students the [Physical education & health and your future success](#) video. This video is also available in [French](#). When the video is over, ask students to give examples of two ways physical education is relevant outside of the classroom.
- 2 Next, have students consider the following question: What are my personal health and fitness goals? Allow students a few minutes to respond to the prompt, then invite a few students to share their goals with the class.
- 3 As a class, decide on one goal to use to practice setting a goal.
- 4 Direct students to log in to their Xello accounts and access **Goals & Plans**.
- 5 Model accessing **My Goals and Plans** under **Goals & Plans**, and click on **Add Goal** next to **Set Personal Goals**.
- 6 Write a title for your goal and select **Health and Fitness** under Step 2, then click **Next**.
- 7 As a class, discuss some tasks for your to-do list in Step 4. Make sure that “Set a schedule for reaching this goal” is included on your to-do list, then



Xello entry point

None—students can dive right in!

Materials required

- [Physical education & health and your future success](#) video. This video is also available in [French](#).
- Computers or tablets with Internet access
- Whiteboard and whiteboard markers (optional)

Artifacts

Students:

- set 3 Goals in Goals and Plans

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click **Set Goal**. Add more tasks to your to-do list as needed.

- 8 As a class, discuss what sort of schedule would be appropriate for reaching this goal. Consider:
 - Class schedules and extracurriculars
 - Home responsibilities
 - How much time daily can reasonably be devoted to reaching this goal
- 9 In a separate document, create a brief schedule for reaching your goal. Show students how to link this document in the **Notes** section.
- 10 Direct students to now create three of their own goals. For each goal, students can create a schedule, and link it as well as any other related documents in the **Notes** section.
- 11 Tell your students when you will be checking in with them about their goals. When students accomplish a goal, they return to it under **Goals & Plans** and click **Mark as Complete**, then reflect on their progress under **What I Learned**.
- 12 Follow-up for educators: Once students have set their goals, review them in your Xello educator tools before facilitating one-on-one check-ins. You can monitor their progress through your Xello educator account:
 - View completed student [Goals](#) on the student's profile page, in the About Student tab.
 - Run [reports](#) to see how many students have set a goal and their progress towards completion.
 - Use [messaging](#) to remind students to mark their goals as complete, reflect on their goals, or update as needed.