



PE Virtual Learning

# Creating Fitness Goals

May 11th, 2020



## 6th Grade PE

Lesson: May 11th, 2020

### **Objective/Learning Target:**

I will be able to set fitness goals.

LT4.11- I can record/analyze personal activity log results.

### **NAPSE:**

Identifies and uses appropriate strategies to self-reinforce positive fitness behaviors, such as positive self talk. (S4.M2.6)



## Essential Question:

How do I correctly set fitness goals for myself?



## Warm-Ups

1. Push-ups x 10 (Do modified on your knees if needed)
  - a. 10 Second Break
2. Sit-ups x 15
  - a. 10 Second Break
3. Air Squats x 15--Video: [Air squats](#)
  - a. 10 Second Break
4. Jog around your house 2 times.



Practice:

Get a piece of paper and pencil for this activity.

Watch this video on how setting fitness goals helps you stay focused and achieve more in the future.

Video: [Setting SMART Fitness Goals](#)

As you watch it, write down three aspects of setting goals you didn't know.

Here is another article on fitness goals.

Video: [Setting Fitness Goals](#)



## Practice:

You will be setting SMART goals to help you with goal setting. Remember S is Specific, M is Measurable, A is Achievable, R is realistic, and T is Timely. Once you have set these goals, you will write them down on a piece of paper so you can see them everyday. Put those goals in a spot you will see every day so you are reminded of them.

On the next slide I will have an example of how your goal setting should look.



## Practice:

S - I will do 10 pushups every day for one month.

M- If you cannot do 10 push-ups at a time begin with 5 and do one more each day.

A- Starting with 5 and then doing 1 more each day.

R- Doing 10 pushups everyday.

T- Doing them everyday for a month.



## Self Assessment:

How well were you able to set smart goals?

How many different goals did you set?

What did you struggle with and what did you do well with?

If you could do it again, what would you do differently?