



Personal Fitness Virtual Learning

SMART Goal Setting

April 6th, 2020



7/8th Grade Personal Fitness
Lesson: [April 6th 2020]

Learning Target:

Students will be able to analyze technique of selected exercises
and track a personal activity log

S4.M1 Accepts responsibility for improving one's own levels of
physical activity and fitness

Essential Question:

What is the difference between a short term and long term goal?

Background: This is a review lesson from Personal Fitness semester one

- **Students will complete a workout designed for home**
- **Students will create goals related to the workout (short term) and goals for the future (long term)**

Let's Get Started:

1. Follow this warm-up to get started!!
 - [Dynamic Warm Up](#)

Practice #1

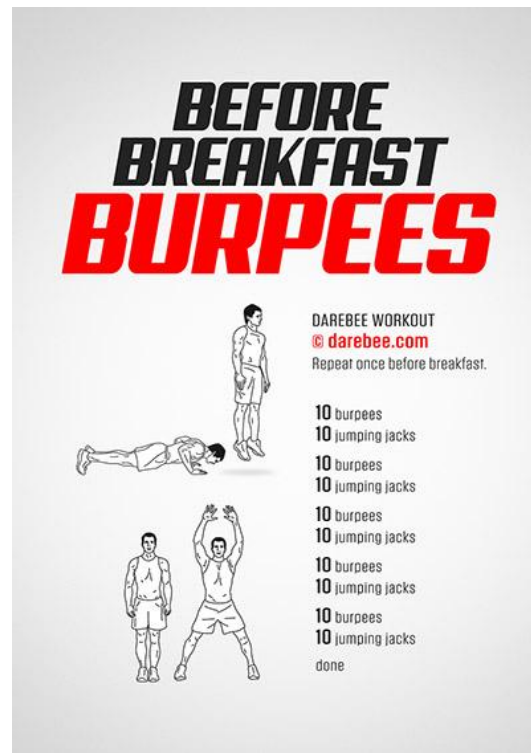
- Goals should follow SMART in order to be reliable
 - Specific
 - Measurable
 - Attainable
 - Realistic
 - Timely
- Is this goal following SMART?
 - I will do push-ups
- Here is the goal following SMART
 - I will do 10 push-ups in 20 seconds while focusing on the 3 major expectations and record my work in the activity log

Practice #2

- There are two types of goals; long term and short term
- Long term goals typically range from 3 weeks to 6 months where short term goals range from 2 days to 2 weeks.
- Compare the goals to determine which ones are long term and which ones are short term
 - I will complete all of the sit-ups in today's workout while focusing on the 3 major expectations and complete the workout in 30 minutes
 - I will complete a 10 minute workout everyday for month focusing on lower body strengthen

Practice on your own:

- Write on a piece of paper a short term goal for today's workout. Look at the examples to help guide you in making a goal that follows SMART **AND** short term goal expectations.
- Complete the workout:
 - Complete 5 sets of:
 - 10 burpees
 - 10 jumping jacks
 - Take a 2 minute break between each set



MORE Practice on your own:

1. Click on the link to update/start an activity log
2. [Daily Activity Log](#)
3. Make a copy of the spreadsheet in order to edit it
4. Reflection question: What does SMART mean and what is the difference between long and short term goals?

Self Check:

Go tell someone in your home your answers.



1. Was this lesson?

- easy,
- just right
- hard

2. Find a workout to complete with someone in your house

Additional Resources:

- [Burpee Video](#)