

Maroon Outdoor Education Centre
Goal Setting
Core Learning



Goals are plans that I make to help me achieve my hopes and dreams.

The following knowledge and skills should be taught in any program that focuses on **Goal Setting**:

Upper Primary

How to set a goal:

1. What is my goal?

- Write down what I want to achieve.

2. What do I need to do?

- Write down the small steps I need to take to reach my goal.
- Set out a time line for my goal and each of the small steps.
- Read through my goal and check my time line regularly.

3. What do I need to learn?

- Write down the things that I will need to learn along the way.

4. Who can help me?

- Find someone that can teach me or show me the things I need to learn.
- Tell someone I trust about what I am doing.

- ❖ Keep feeling positive.
- ❖ Don't let other people put you off.
- ❖ Believe you can do it.
- ❖ Don't stress.
- ❖ Learn to relax so that you have the energy to work through the steps.

Essential Learning Alignment

Health and Physical Education (Years 7 & 9): PD3

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Secondary

Setting SMART goals:

Specific – A specific goal is clear and identifies exactly what you want to achieve in positive terms.

- ❖ Is my goal specific or general?
- ❖ Is my goal positive or negative?

Measurable – When you check your progress, you stay on track and you are more likely to reach your goal.

- ❖ Have I identified the small steps that will lead me to my goal?
- ❖ Will I know when I have reached these small steps and my goal?

Attainable – You can reach your goal when you plan your steps and establish a time frame that allows you to carry out those steps.

- ❖ Have I established a time frame for those small steps?
- ❖ Do I have everything I need to achieve my goal?
- ❖ Have I identified the things I need to learn and the people that can help me?

Realistic – A goal can be both high and realistic; you are the only one who can decide just how high your goal should be.

- ❖ Am I reaching too high or not high enough?

Time Bound – A goal must have a deadline so that there is incentive to finish.

- ❖ Have I set a deadline?

- ❖ Stay positive.
- ❖ Don't let other people put you off.
- ❖ Believe you can do it.
- ❖ Don't stress.
- ❖ Learn to relax so that you have the energy to work through the steps.

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