

## SHORT TERM GOAL SETTING

### Performance Standard 20C.C

Set a realistic short-term health related personal fitness goal accordingly:

- *Knowledge*: Identify realistic, short term health related fitness goal.
- *Performance*: Reach the fitness goal in one exercise period.
- *Explanation*: Explain goal using health-related fitness terms.

### Procedures

1. *In order to set goals based upon fitness data and develop, implement and monitor an individual fitness improvement plan (20C)*, students should experience sufficient learning opportunities to develop the following:

- Identify a realistic health-related fitness goal.

Note: Provide students with instruction in health-related fitness activities. Explain and discuss health-related fitness terms. Provide sufficient opportunities for students to practice setting and attaining realistic short-term fitness goals. Explain the scoring rubric and show students how to complete the fitness log.

2. Explain the Health Related Fitness Goal Log assignment to the students.
3. Ask the student to record his/her goal on the fitness log.
4. Direct the student to participate in the activity, attempting to reach the fitness goal.
5. Have the student record the results on the fitness log and determine if the goal was met.
6. Complete the rubric on the log following the student's performance.
7. Evaluate each student's performance using the "Short-Term Goal Setting" Rubric as follows:
  - *Knowledge*: Appropriate fitness goal identified.
  - *Performance*: Performed the identified goal in specified time.
  - *Explanation*: Correct terminology used in identification.

Examples of Health-Related Fitness Log:

Health-Related Fitness Goal	Fitness Data	Was the goal reached?	Date
Run for 5 minutes without stopping	Ran for 6 minutes	YES	January 10, 2001

Health-Related Fitness Goal	Fitness Data	Was the goal reached?	Date
Play basketball for 1 hour	Played for one hour	YES	January 15, 2001

Note: Reinforce the concept of developing and monitoring individual fitness by assigning this project as an out-of-class homework project.

### Examples of Student Work

- [Meets](#)
- [Exceeds](#)

### Time Requirements

- One class period

### Resources

- Gymnasium or open space in which to practice health-related fitness activities
- Pencil and a piece of paper to practice writing and recording fitness goals
- Health Related Fitness Goal Log

## SHORT TERM GOAL SETTING

NAME \_\_\_\_\_ DATE \_\_\_\_\_

### Health-Related Fitness Goal Log

- Exceeds = All 3 criteria are present
- Meets = At least 2 criteria are present and **must include the health-related criterion**
- Approaches = One criterion is present or goal **does not include the health related criterion**
- Begins: There are none of the criteria present

Health-Related Fitness Goal	Fitness Data	Was the goal reached?	Date

Is the personal fitness goal?

\_\_\_\_\_ Health-related (not skill related). **Must be present for a score of 2 or 3.**

\_\_\_\_\_ Short-term (can be accomplished in one exercise period)

\_\_\_\_\_ Realistic (attainable)

SCORE \_\_\_\_\_

"Meets"

## Health-Related Fitness Goal Log

Name \_\_\_\_\_

Class 3

- Exceeds:* All 3 criteria are present.  
 *Meets:* At least 2 criteria are present and must include the health-related criterion.  
 *Approaching:* One criterion is present or goal does not include the health related criterion.  
 *Beginning:* There are none of the criteria present.

Health-Related Fitness Goal	Fitness Data	Was the goal reached?	Date
To jump rope for half a minute,	I jumped rope for 8 seconds	No	February 22-2001

Is the personal fitness goal?

- Health-related (not skill related). Must be present for a score of 2 or 3.  
 Short-term (can be accomplished in one exercise period)  
 Realistic (attainable)

SCORE

2

"Exceeds"

### Health-Related Fitness Goal Log

Name \_\_\_\_\_

Class 3

*Exceeds:*

All 3 criteria are present.

*Meets:*

At least 2 criteria are present and must include the health-related criterion.

*Approaching:*

One criterion is present or goal does not include the health related criterion.

*Beginning:*

There are none of the criteria present.

Health-Related Fitness Goal	Fitness Data	Was the goal reached?	Date
To jump rope for 25 seconds	I jumped rope for 25 seconds	yes	Feb. 22, 2001

Is the personal fitness goal?

Health-related (not skill related). Must be present for a score of 2 or 3.

Short-term (can be accomplished in one exercise period)

Realistic (attainable)

SCORE

3