

## GOAL SETTING

*'Deciding on something you want, planning how to get it, and then working towards the objective'*

*Teachers' Notes: Goal setting is not wishing or dreaming. It is something that people progressively work towards. It is a process, not something decided on a whim. By teaching children about goal setting, you are giving them a head start – because those that start ahead; stay ahead.*

This lesson is best delivered in a classroom. The teacher will need access to the internet and the London 2012 website to play a video.

### Learning Outcomes:

- Students will learn about writing goals and what it takes to achieve them
- Students will learn about why athletes set goals

Type:	Activities:	Comments:
Video	Using the London 2012 Get Set website ( <a href="http://getset.london2012.com">http://getset.london2012.com</a> ) click on Heroes / Shelly Woods / Shelly Woods video If you do not have access to the Get Set Programme, you can find a transcript of Shelly's video in Worksheet 7.	
Discussion	<p>The following list of questions can be used for discussion:</p> <ul style="list-style-type: none"> <li>• What type of goals do you think Shelly has set to have achieved so much?</li> <li>• What kind of work do you think Shelly has had to put into her training?</li> <li>• What do you think Shelly has had to give up to achieve her goals?</li> <li>• Is Shelly an inspiration to you?</li> <li>• Can you think of a time when you have worked really hard and sacrificed to achieve something?</li> <li>• How did it make you feel?</li> <li>• Can you think of something you would like to achieve by the end of the school year?</li> <li>• What would you have to do to achieve that goal?</li> <li>• What are you willing to give up?</li> <li>• Who else is involved with your achievement of this goal?</li> <li>• Why would this goal be worth the time and work to achieve?</li> </ul> <p>When pupils have decided on a goal, have them complete the Worksheet.</p>	<i>This activity can either be completed as questions for students to answer in their workbooks or as a class discussion.</i>
<b>WORK THAT CAN BE SUBMITTED:</b>		
Students are to design a poster or a collage about goal setting and how people feel when they achieve their goals.		