



# Educator Guide: Goal-Setting Lesson

## **Recommended for Grades:**

3<sup>rd</sup> Grade

## **Time:**

4 minutes

## **National Health Education Standards:**

This activity aligns with the following National Health Education Standards:

- Standard 1: Use functional health information to support health and well-being of self and others.
- Standard 6: Use a goal-setting process to support health and well-being of self and others.
- Standard 7: Demonstrate practices and behaviors to support health and well-being of self and others.

For more information about the National Health Education Standards, visit the SHAPE America website: [shapeamerica.org](http://shapeamerica.org).

## **Learning Objectives:**

After completing this lesson students will be able to:

1. Identify two trusted adults who can help them set a health-related goal.
2. Set and track a physical activity goal for one week.

## **Lesson Description:**

In this lesson, students learn what a goal is, and different examples of physical activity goals. The characters will share what their goals are, and based on those examples, students will set their own physical activity goal for a week and track their progress using the worksheet found on the next page and in the E-Learning Center.



# Goal-Setting Worksheet

Name: \_\_\_\_\_

Set a physical activity goal to try this week. Some examples could include: Get one hour of physical activity each day this week, or try a new physical activity each day this week. Write down your physical activity goal for the week.

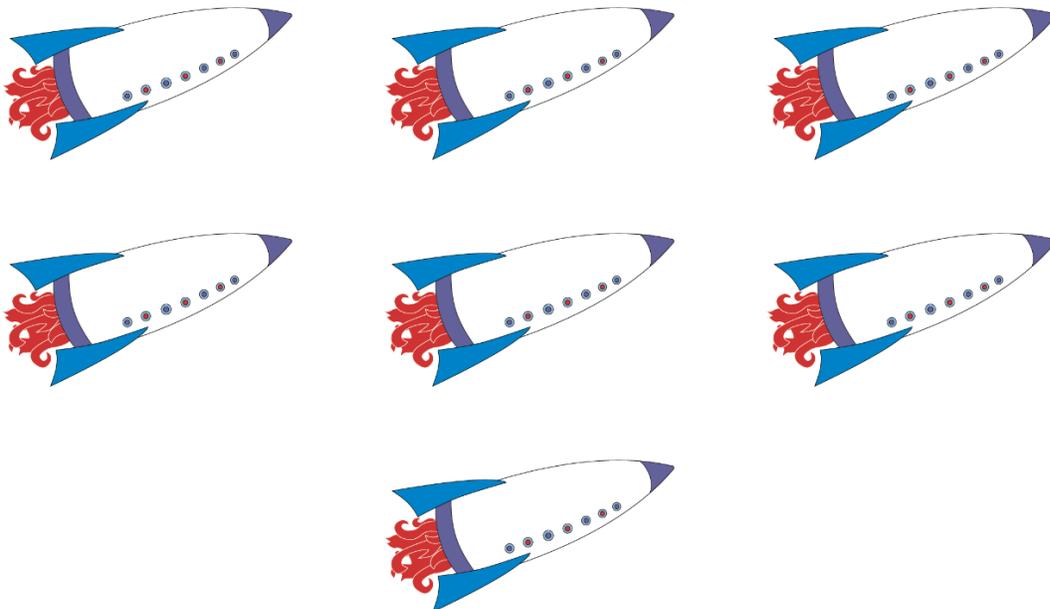
I will \_\_\_\_\_  
\_\_\_\_\_.

Who are two adults that can help you?

1- \_\_\_\_\_

2- \_\_\_\_\_

Cross off one rocket ship each day that you achieve your goal.



**Vocabulary:**

Use the following list of vocabulary as a reference for yourself or your students as you complete the Goal-Setting Lesson. You may choose to use this list in any way that fits your needs.

- Goal – something you decide to do
- Physical activity – an activity that makes your body move a lot

# Supplemental Activity: Family Meals

## **Objectives:**

After completing this activity students will be able to:

- Recognize the importance of family meals.
- Talk with their family about family meals.

## **Materials Needed:**

- Family Meals handout (found on the next page and in the E-Learning Center)

## **Time Required:**

15 minutes

## **Instructions:**

Hold a discussion with students about the importance of eating meals together as a family. This time can be used to talk with each other or share something that happened that day. Even if the whole family cannot eat together, it's important to try to eat with at least one other family member. Maybe dinner isn't an easy time to get everyone together. Make breakfast the family meal then. Eating together as a family improves food choices and family relationships.

Send each student home with a copy of the Family Meals handout, which can be found on the next page and in the E-Learning Center. At the bottom of that handout is a place for families to write down their goal for eating together as a family. Allow students the chance to share those goals with the class, if desired.

# Family Meals

## Families who eat together:

- Have better nutrition
- Have higher self-esteem
- Have a lower risk of depression
- Have lower rates of obesity
- Do better in school

## What you can do:

- Create a space for your family to sit together. This could be a table or other flat surface in your home.
- Turn off the TV during mealtime. This helps family members focus on each other and the food they're eating.
- Make a no cell phone policy at meals. All phones should be kept in another room.
- Connect by talking. Start by saying what the best part of your day was. Ask others to share too.
- Have children help with mealtime tasks when they can. Younger children can set the table, make a salad or help measure ingredients. Older children can cook simple items with an adult watching and helping.
- Make a plan for the days and times to eat family meals. If it is hard to eat dinner together, try lunch on the weekends, or breakfast during the week. If you cannot get the entire family together, choose a time that works for most family members. Answer the questions below to get started.

Currently, how many meals does your family eat together per week? \_\_\_\_\_

Our goal is to eat \_\_\_\_\_ meals together as a family next week.

Check the boxes below for meals below that you will eat together during the week.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast							
Lunch							
Dinner							



# Transcript

## Slide 1

### Goal Setting

## Slide 2

You've probably heard of a goal before. A goal is when you decide what you want to accomplish, and then you try to do it. Sometimes it can be hard to work toward a goal, and you need help! Which adults can help you with your goals? Click on the pictures to find out.

*Parent* - Parents. The adults you live with know you very well. They usually have a pretty good idea of what it will take to help you accomplish your goal.

*Teacher* - Teachers. Your teachers see you every day. They can tell when you're feeling good and when you're feeling bad. They can give you good ideas about getting around obstacles.

*Relatives* - Relatives. Sometimes, it's easier to talk about goals with a relative outside your home. Think about your grandparents, aunts and uncles, or older cousins.

*Doctors* - Doctors. Doctors know a lot about health! So, when you're setting goals that have to do with staying healthy, a doctor can give you great advice.

*Dietitian* - Dietitians. A dietitian is a food expert that knows how food can help or harm your body. A dietitian can talk to you about setting nutrition goals. Dietitians can work in many places, but many work at schools, hospitals or clinics.

*Siblings* - Siblings. If you have older brothers and sisters, they can give you advice about health choices they've made and what choices might be good for you.

### Slide 3

There are plenty of adults who can help you with goals. They can help you get around obstacles and get you on the right track. By now, you may have already set some goals for yourself. Think about how some goals are harder to accomplish than others. Why do you think this is?

Can you set a physical activity goal for this week? Maybe, if there's a type of physical activity that you don't do very often, you could make it your goal to do those activities more. You can use the worksheet to write down how you're doing with your goal. And remember, different people set different goals, even your friends here in outer space. Click their pictures to hear about their goals.

*Sofia* - I'm kind of wondering about martial arts, like tae kwon do. I don't know anything about it, so it might be cool to try it out!

*Carly* - I do a lot of aerobic activities. Maybe it's time to do more everyday activities, like playing baseball or other sports with my friends!

*Jack* - It's true. My room is a mess. I think cleaning it up would be a good way to do more everyday activities. I might even offer to help clean the rest of the house too!

*Zach* - My older brother lifts weights. I think I'm old enough to try it too. I want to try weightlifting to build strong muscles!

### Slide 4

Congratulations! You've finished your outer space travels. Your teacher will give you a few questions to answer, to see how much you've learned. And remember, when you stop to think what your body might need, that's when your health goes to light speed! Good luck, space travelers!

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