

# Goal Setting

Skill Cues ■ Grades 6-12

## STANDARD 6

Students will demonstrate the ability to use goal-setting skills to enhance health.



### Goal-Setting Skill Cues

**Assess** current health (strengths and areas for improvement)

**Identify** an area that you want to work on

**Create** a SMART goal to maintain or improve your health

**Apply** strategies and skills to accomplish the goal

**Record, reflect on, and evaluate** goal progress and outcome



HUMAN KINETICS

From S. Benes and H. Alperin, 2019, *Lesson planning for skills-based health education* (Champaign, IL: Human Kinetics). Reprinted, by permission, from S. Benes and H. Alperin, 2016, *The essentials of teaching health education* (Champaign, IL: Human Kinetics).