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| **Lesson Plan** | **Class:**  **Health 9** | | **Date:** 9/15 |
| **Topic:** Setting Goals | | | |
| **Learning Objectives** | | **Standards** | **Materials** |
| The Student Will Be Able To:  \*Define the following key terms (Goals, Short Term Goal, Long Term Goal)  \*Identify the 5 parts to an effective S.M.A.R.T. Goals | | PA Standard:  10.1.9 C  10.1.9 D | Glencoe Health Textbook  Slides  Notes |
| **Introduction** ❏ **Discussion Question**  ❏ Media ❏ Activate Prior Knowledge | | | **Strategies**   * ~~Think/Pair/Share~~ * Graphic Organizer * PBL * ~~Tech Integration~~ * Gamification * Task Cards * Peer Teaching * Self Assessment * Growth Mindset * Other: |
| Bell Ringer asking what a current goal each student has. | | |
| **Activities** ❏ Whole Group ❏ Small Group ❏ Cooperative Learning ❏ Centers | | |
| \*Slideshow covering Chapter 2Lesson 2  \*In class project on setting effective goals using a S.M.A.R.T. Goal to get it set up | | |
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| **Evaluation** ❏ **Observation** ❏ Worksheet ❏ Test ❏ Project ❏ Presentation ❏ Published Work ❏ Rubric | | | |
| S.M.A.R.T Goal worksheet | | | |
| **Differentiation** | | | |
| *Enrichment* |  | *Accomodations* |  |
| S.M.A.R.T Goal worksheet, students will select a goal and show how they plan to meet this goal effectively through 5 parts. |  | \*Preferential Seating  \*Small Group and/or One on One Assistance  \*Extended time for work completion |  |

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