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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 C10.1.9 D | Glencoe Health TextbookSlidesNotes |
| **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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