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|  | YEAR 10 PHYSICAL & HEALTH EDUCATION | |  |  |
|  |  | **Goal Setting ASSIGNMENT** |  |
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| **KEY CONCEPT** | **RELATED CONCEPTS** | **GLOBAL CONTEXT** |
| **Change** | **Choice**  Perspective | Scientific and Technical Innovation |

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| **STATEMENT OF INQUIRY** |
| Application and evaluation of scientific principles assists in the creation of effective targeted fitness programs. |

Q1) Considering your fitness create a goal and develop and justify each component of the “SMART” acronym.

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| KEYWORDS | ***Develop:*** *Bring out the capabilities or possibilities of; bring to a more advanced or effective state*  ***Justify:*** *Give valid reasons or evidence to support an answer or conclusion.* |

Develop and Justify a “SMART” goal

**Specific**

I want to strengthen the muscles in my right calf and foot to allow me to walk.

**Measurable**

This goal will be achieved if I am able to use my right leg to push of while walking

**Achievable**

This goal is achieve able within the given time limit because all I will need to do is complete simple stretches and exercises over a short period of time.

**Relevant**

This goal is relevant as it will be vital for me to recover from my broken leg and all the muscle I lost during the immobile period.

**Time-bound**

For this assignment the timeframe is week six of Summer Term

This goal is achieve able within the given time limit because all I will need to do is complete simple stretches and exercises over a short period of time.

Q2) Describe the strategies that you will use, to help you achieve your goal.

I will use a stationary bike to minimize to risk of me falling off and hurting my recovering leg and to exercise the same muscles that are required for walking Before each exercise I will stretch my legs and other required muscles to make sure I don’t damage them.

Q3) Analyse and evaluate the effectiveness of your program. Consider your training sessions, strategies and the results achieved in your response.

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| KEYWORDS | ***Analyse:*** *Break down in order to bring out the essential elements or structure. To identify parts and relationships, and to interpret information to reach conclusions.*  ***Evaluate:*** *Assess the implications and limitations; make judgments about the ideas, works, solutions or methods in relation to selected criteria.* |

Type your answer here