



Grade 8 - HP-1  
Physical Health  
Disease Prevention/  
Health Promotion  
2020 Virginia SOLs

## Grade 8 Sample Lesson Plan: Health Goals

### SOLs

- Assess the health risks of a sedentary lifestyle.
- Assess the health risks of not getting enough sleep. .
- Describe the relationship between healthy behaviors and cognitive performance.
- Determine the benefits of developing and implementing short- and long-term personal and family health and fitness goals that are achievable and purposeful. disease, stroke, and other chronic diseases.
- Evaluate the importance of developing relationships that are positive and promote wellness.
- Create short- and long-term health and fitness SMART goals that are achievable, purposeful, and that support cognitive performance and academic success.
- Evaluate the physical, mental, and social benefits of physical activity.
- Develop practical solutions for removing barriers to physical activity and healthy food choices.
- Identify strategies to increase water intake.
- Create a plan to make healthy food choices, including choosing fruits and vegetables, in a variety of settings.
- Encourage family and peers to choose healthy foods.
- Identify ways for students to develop relationships that are positive, promote wellness, and prevent gang involvement.
- Analyze opportunities for community service.

### Assessment Idea

- Evaluate student completion of the following activities

## References

Students create their own SMART short and long term goals for health and fitness. Specific: *What exactly do you want to accomplish?*

Measurable: *How can you know/prove that you have reached this goal?* Achievable: *Is achieving this realistic? Make sure the goal is challenging but not impossible*

Relevant: *Make sure your goal is something that relates to your interests, needs, and abilities*

Time-Bound: *When will you achieve this goal? Make sure you have a target date for completion.*

Students identify specific steps/activities/behaviors that they can try for a defined period of time (e.g., one day, one week, one month) to achieve the goal.

Students think about potential obstacles to achieving the goal, actions they will take to solve these, and the people that will help them along the way.

Students try out their planned behaviors/activities related to those goals for a one week period. Students document their progress and achievements using a weekly planner or activity log and report on their experience.

Following are student worksheet example from the Colorado Education Initiative.

<http://www.coloradoedinitiative.org/wp-content/uploads/2014/10/GS-6-8-model.pdf> In addition, Chapter 5 of the Body Works Body Basics Booklet included with this lesson on the Health Smart Website provides excellent resources for fitness and health goal setting

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**Handout**

The next page includes a handout for the lesson. The handout is designed for print use only.



# Getting Started with Goal Setting



## Step 1: Identify a Goal

Think about how you can make this goal **specific, measurable, attainable, realistic, and completed on time.** (SMART)

Write your specific goal. \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

My goal is clear? <b>(Specific)</b>	I'll know when I reach my goal. <b>(Measurable)</b>	Is the goal attainable (given knowledge, skills, ability?) <b>(Attainable)</b>	My goal in my reach? <b>(Realistic)</b>	My goal has a time limit. <b>(Time Phased)</b>
How?	How?	How?	How?	How?

What are the benefits to you for reaching this goal? \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Why is this goal important to you? \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Who will you share your goal with for feedback and to help keep you on track?  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

What will you do to celebrate when you reach your goal? \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_



## Step 2: Create an Action Plan

Goal: \_\_\_\_\_

Goal Start Date: \_\_\_\_\_ Goal End Date: \_\_\_\_\_

Steps I Will Use to Reach My Goal: Place a checkmark next to each step once it is completed:

Measurable steps to the goal	Starting and completion dates	What do I need?	Did I achieve it?	Why not? What is my solution?

Who can support me in reaching my goal? \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_



### Step 3: Reflection

Why was this goal important to me? \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Did I reach my goal?    YES    NO

What things did I do that made it possible for me to reach my goal? \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

If I did not reach my goal, why didn't I? \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Did I have to change anything while I was working on my goal? Explain. \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

How did this goal benefit my life? \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_