



# Lesson Plan: Goal Setting

## Lesson Plan

**LESSON:** Goal Setting

**CURRICULUM CONNECTION:** Goal Setting, Health & Wellness, Writing & Reflection

**GRADE LEVEL:** Middle School (can be adapted for younger or older students)

**TIME:** Approximately 60 min

**CROSS-CURRICULAR LINKS:** Physical Education, Language Arts, Social Studies, Health

*\*Looking for a Girl Guide specific plan? [Please check out this link.](#)*

### LESSON SNAPSHOT

Students will learn about challenges many women and girls face around the world to participate in physical activity and sports. Students will be introduced to the story of The Secret Marathon and The Secret 3K and will be invited to participate. Students will then have an opportunity to think about and set their own goals and develop an action plan of how they can achieve them. Teachers will have the option to provide an extension activity to further reflect on issues of freedom and equality.

### SUCCESS CRITERIA

Students;

- are able to identify some of the challenges facing women around the world as they work towards their goal of running outside.
- Will learn how they can participate in creating safe and inclusive communities through participation in The Secret 3K
- will identify their own personal goals and develop an action plan
- are able to discuss their ideas and work with others
- are able to reflect on issues of equality and freedom

### CURRICULUM EXPECTATIONS

#### Viewing & Interpreting

Extend understanding of visual media by connecting the ideas in them to their own knowledge and experience, to other familiar texts, and to the world around them

#### Speaking

Express personal thoughts and feelings about what has been viewed

#### Writing & Representation

Generate ideas about a potential topic, using a variety of strategies and resources.

#### Writing

Synthesizing ideas into concise goals with clear action steps.



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## MATERIALS/MEDIA:

- White board & white board markers to record student answers during discussion
- “The Secret Marathon Trailer” video ([Link here](#))
- The Secret 3K News Footage” video ([Link here](#))
- The Secret Marathon Message to Students
- Goal Handout
- 3K Training Program

## LESSON DELIVERY

### Setting the Stage:

- Show “The Secret Marathon Trailer” video ([Link here](#)) or the full length film ([Link here](#)) or the Children’s Adaptation ([Link here](#))
- After the video ask students what stood out to them from the video, what did it make them think or feel?
  - Discussion Prompts:
    - What differences are there for women running in Afghanistan versus women running in Canada? What similarities are there? (Teacher can record ideas in a Venn Diagram if desired to show how to arrange information)
    - How were these women treated unfairly?
    - What challenges do you think people everywhere might face when running?
    - Do you think men and women are treated equally in Canada? Why or why not?
  
    - In the film, many of these people set a goal to complete a marathon (42.2 km of running) what would it take to reach this type of goal?
    - Have you ever experienced challenges when trying to reach a goal?
    - If you were coaching any of these runners as they worked towards their goal what would you recommend would help them make sure they reach their goal?
- Show “The Secret 3K News Footage” video ([Link here](#))
  - Share with students about the opportunity to participate in The Secret 3K. (See Message to Students ([Link here](#)))
  - Provide students handout of 3K Training Program
  - Invite students to set a wellness goal and a leadership goal using the handout provided.
    - Wellness Goal Examples:
      - To complete the 3K run/walk
      - to run the entire 3K



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- to maintain positive thoughts while completing the 3K run/walk,
- to make it to the start line of the 3K,
- to complete the 3K run/walk by running for 1 minute and walking for 1 minute alternating,
- to complete the 3K by running for 50 steps and walking for 50 steps alternating.
- Leadership Goal Examples:
  - To make our school more inclusive by sharing stories of positive role models from many gender, race, cultural and diverse backgrounds on our school announcements or bulletin boards.
  - To act inclusively by choosing to partner with new individuals for group projects
  - To act inclusively by inviting others to share lunch with me
  - To encourage my family to participate with me in The Secret 3K
  - To share about The Secret Marathon and the message of equality and being Free to Run with my sports team, youth group or club.
  - To welcome people at the race and encourage them by letting them know they are doing a good job.
- Discuss with students about using S.M.A.R.T. technique when creating a goal in that it should be specific, measurable, achievable, results based and time based. Invite students to fill in the attached handout.
- Discuss with students how they can best ensure they are able to meet their goal and what type of supports would help them to achieve it.
- After completing their two goals, have students share their goal with a classmate.
- Optional Extension Activity: Have students respond to one of the reflection prompts below. The teacher can determine whether the reflection response should be written as a letter, persuasive speech, or visually represented.
  - What does being free to run mean to you?
  - What does equality mean to you?
  - The Secret 3K team often talk about this event as being a way to celebrate the type of future we could have? What would a more equitable future look like to you?



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## Goal Setting

When you set your goals it is important to think about setting goals that are **S.M.A.R.T.**

### **S - Specific**

What do you want to achieve? Eg. General Goal is "I want to be a millionaire" a specific goal is "I want to make \$50,000 a month for the next ten years by creating a new software product". To help you make your goal more specific ask yourself: What do you want to achieve, where, how, when, with whom, why?

### **M - Measurable**

How will you know if you are getting closer to your goal? How can you measure your progress? Is there something you can do each day? Is there a result you will see that will help you know you've made a difference?

### **A - Achievable**

Think about the other responsibilities you have in your life. Ask yourself if you have the time to reach the goal you have set. Are there are other costs related to your goal? Are there certain skills or talents you currently do not have that you would need to develop to reach this goal? Do you think you can complete your goal by the due date? Do you need to create smaller steps leading up to the goal to make it more achievable? Do you need help from someone else, training or coaching to help you reach your goal?

### **R - Relevant**

Does this goal matter to you? Does this goal match your values and beliefs? How will this goal help you reach other life goals you have for yourself?

### **T - Time Based**

When will you accomplish your goal? What is the deadline?



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	Physical Goal	Leadership Goal
What is my goal?		
Does my goal match the S.M.A.R.T. criteria? Explain.  <b>S</b> -Specific <b>M</b> -Measurable <b>A</b> -Achievable <b>R</b> -Relevant <b>T</b> -Time Based		
What smaller steps will I take to reach this goal?		
Who can help me with this goal and how will I ask them for help?		
What might be the most challenging part of this goal and how can I prepare for it?		