

Name: _____

SENIOR PDHPE GOAL SETTING

When setting goals, follow the 'SMARTER' principle. Goals should be:

S – Goals must be *Specific* and the more specific the better. State your goal in as exact of terms as possible.

M - Targets should be *Measurable*. That which you measure will be treasured, so think about what will be the measurement of your achievement of your goal.

A - Goals should have *Accountability*. Who or what are you accountable to for the goal?

R - Goals must be *Realistic*. Unrealistic goals will lead to discouragement.

T - Targets should be *Time* based. Decide your time-table for completion, and stick to it.

E - *Evaluate* - Your goals are not set in stone and will change from time to time. Constant evaluation of your goals is essential to reaching your goals.

R - Goals should be *Recorded*, in a place where you can look at it every day

GOALS FOR Term 1 2010

Short Term Goals	
•	_____
•	_____
•	_____
•	_____

Long Term Goals	
•	_____
•	_____
•	_____
•	_____

Note: The above goals should reflect your goals for PDHPE for the coming term. This includes 1 assessment: Examination covering Core 1 – Health Priorities in Australia and Core 2 – Factors Affecting Performance

Quote: The reason most people do not achieve more, is because they do not attempt more.