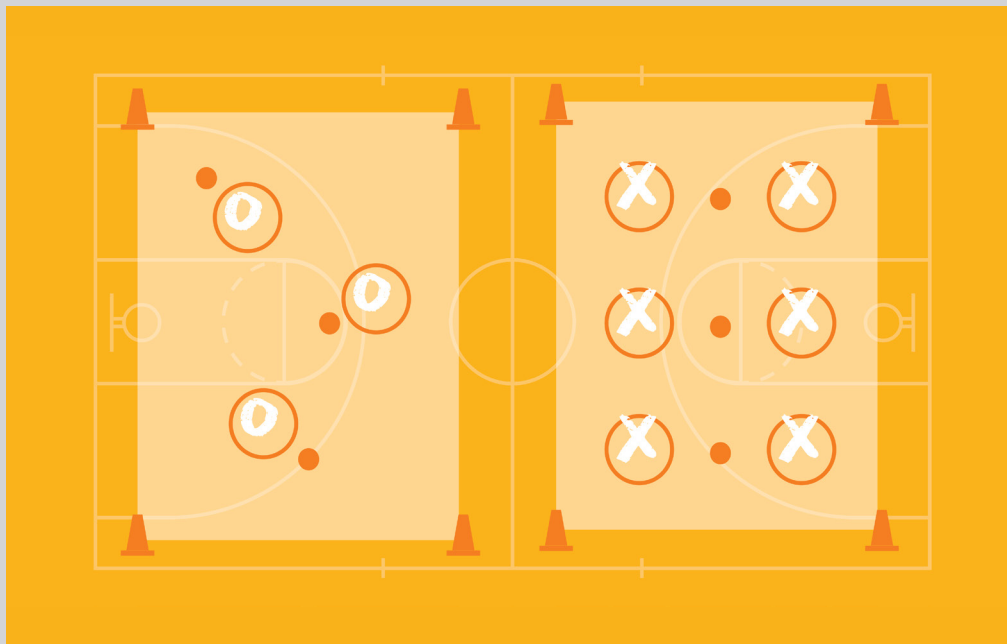


# GOTTA GOAL



## GAME SET UP:



## PE STANDARDS:

- Standard 1: Develops a variety of motor skills
- Standard 2: Applies knowledge related to movement and fitness concepts
- Standard 3: Develops social skills through movement

## MATERIALS:

- Balls of Various Sizes
- Hula Hoops
- Goal Poster

## OVERVIEW:

Learn about setting short-term goals during a throwing and catching activity.

1. Each learner practices catching a variety of balls. Learners stand inside a hula hoop while throwing and catching individually.
2. After practicing, pair learners in a separate space. Learners stand in the hula hoop and bounce-pass the ball to their partner. After several exchanges, change to a different ball. Encourage supportive communication between partners to improve passing skills.
3. Decide upon a time for each activity and explain to learners that they are to keep a count of how many balls they catch.
4. At the end of the allotted time, pause to discuss goal setting. Ask:
  - a. How many times did you catch a ball?
  - b. How many different types of balls did you catch?
  - c. What is your plan to be able to catch more balls when we repeat the activity? (I will [describe technique] to catch more balls. Making a plan is important to setting and achieving goals!)
5. After Activity 2, revisit the goal-setting discussion. Highlight that setting a goal requires a plan; without a plan, it's just a wish!

# GOTTA GOAL

DIFFICULTY: ● ● ○



Scan here for the full PE lesson plan!

## BEFORE THE GAME:

**The number one thing you need to know is to achieve a goal, you need a plan!**

Learners will solve riddles about recharge, mood, food, or move.

- Your body and brain need 9-12 hours of sleep each night to go, grow, and know. (recharge)
- Be active many times, in many ways, and in many places throughout the day. (move)
- This is fuel for your body and brain. (food)
- All feelings are okay. (mood)

## REFLECTION AFTER THE GAME:

Q: What is the difference between a goal and a wish?

A: Goals have a plan.

Q: What is a goal for your next recess? How will you do it?

A: Learners describe their plan.

Q: Explain why it is important to make a plan for your goals.

A: You are more likely to reach your goal if you make a plan.

## MODIFICATIONS:

### Seated Exercise

- Encourage seated learners to try catching the ball with one hand or using a net or basket if they have limited hand mobility.

### Sensory Modifications

- Provide verbal cues to guide the learners. Partners can clap or say “pass” to indicate when they are ready to catch.

Find more modifications at

**[fit.sanfordhealth.org](https://fit.sanfordhealth.org)**.

