**Physical Education Goals**

Goals are action specific, time limited and measureable. (What exactly will you do, what time frame, how will you know if you meet your goal).

Goals need to be set or accepted by the individual required to meet them. (Make it personal, important to you.)

Goals need to be challenging but realistic. They need to be achievable.

Goals are written. (Write it down.)

The individual responsible for achieving them refers to goals often. (Revisit your goals list often.)

Short-term goals are developed to assist in meeting long term goals.

For example; Long Term Goal: 1.To improve physical fitness.

Short Term Goals: a. To run 20 minutes everyday.

b. To stretch 10 minutes everyday

c. To do 30 sit ups everyday.

Reflections on the goal in required following final evaluation before a new goal is formulated. (How did you do? What should you change? Why?)

Set three specific goals (short and long term) you have for yourself in this class…

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