

# Goal Setting

## Learning Outcomes:

- Must:** know what SMART Goals are (C)
- Should:** apply SMART Goals to a practical situation (B)
- Could:** be able to answer a 6 mark exam question correctly (A)

SO THAT: I can answer a 6 mark exam question

**EXAM QUESTION (6 Marks)**  
 Sabrina is inspired by performers in the run up to the London 2012 Olympic and Paralympic Games, and is determined to improve her performance. She decides to set SMART targets as a first step to achieving her long-term goal.  
 Discuss the use of target setting to improve performance. You must make reference to examples in your answer.

Write your answer here:

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### STARTER:

Can you match each component of a balanced diet to its correct definition?

<b>Carbohydrates</b>	Aids the digestive system.
<b>Protein</b>	Stored in the body as Glycogen and converts to Glucose to provide energy.
<b>Fats</b>	Needed for rehydration.
<b>Water</b>	Needed for muscle growth and repair.
<b>Minerals</b>	Provides energy but should only be taken in small quantities, as it is difficult to burn off.
<b>Fibre</b>	Needed for bone growth and strong teeth.
<b>Vitamins</b>	Prevents illness and disease



### BALE MADRID



When Gareth Bale signed for Real Madrid for a world record £80 million a lot of pressure was put on him to make an immediate impact. Using SMART Goals, explain how he may have gone about setting his goals for the season.

S \_\_\_\_\_ :

M \_\_\_\_\_ :

A \_\_\_\_\_ :

R \_\_\_\_\_ :

T \_\_\_\_\_ :

### EXTENSION TASK

List the 6 methods of training below:

- |    |    |
|----|----|
| 1) | 4) |
| 2) | 5) |
| 3) | 6) |



Can you describe each Method of Training and state an advantage of it?

- 1)
- 2)
- 3)
- 4)
- 5)
- 6)



## Goal Setting

<b>S</b>	
<b>M</b>	
<b>A</b>	
<b>R</b>	
<b>T</b>	

