

# Setting Personal Goals

## Notes for the Teacher



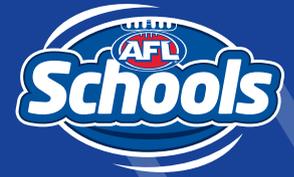
**Goal setting can be a valuable activity to do with your students, particularly at the start of the school year. It is a great way to get to know your students whilst also promoting student agency. It supports students to self-reflect by considering areas that they would like to work on.**

1. Discuss goal setting with your students. Consider allowing your students to 'turn and talk' to think about their ideas before coming together as class to share their thinking.
2. Brainstorm areas that could be focused on, such as: personal, health and fitness, academic and social goals. Encourage students to think about how they can achieve their goals.
2. Drawing on the connection between goal setting and AFL players kicking goals, the students can use the mini footballs as prompts to record their responses.
3. Have students aim to work on all of their goals or choose one to focus on. Recording the goal onto a life-size football, students can place their football on a display board to make a classroom display. The display can support students to monitor their progress.
4. Create the large display and use the set of football posts to create a set of goals. Have students move their ball closer to the goal posts as they get closer to achieving their goal. Re-visit throughout the term and have students reflect on their progress.

### Example of the classroom display



# Learning activity: Setting Personal Goals



Student name



My fitness goal is...

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

My health goal is...

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

My personal goal is...

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

My social goal is...

\_\_\_\_\_

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\_\_\_\_\_

My academic goal is...

\_\_\_\_\_

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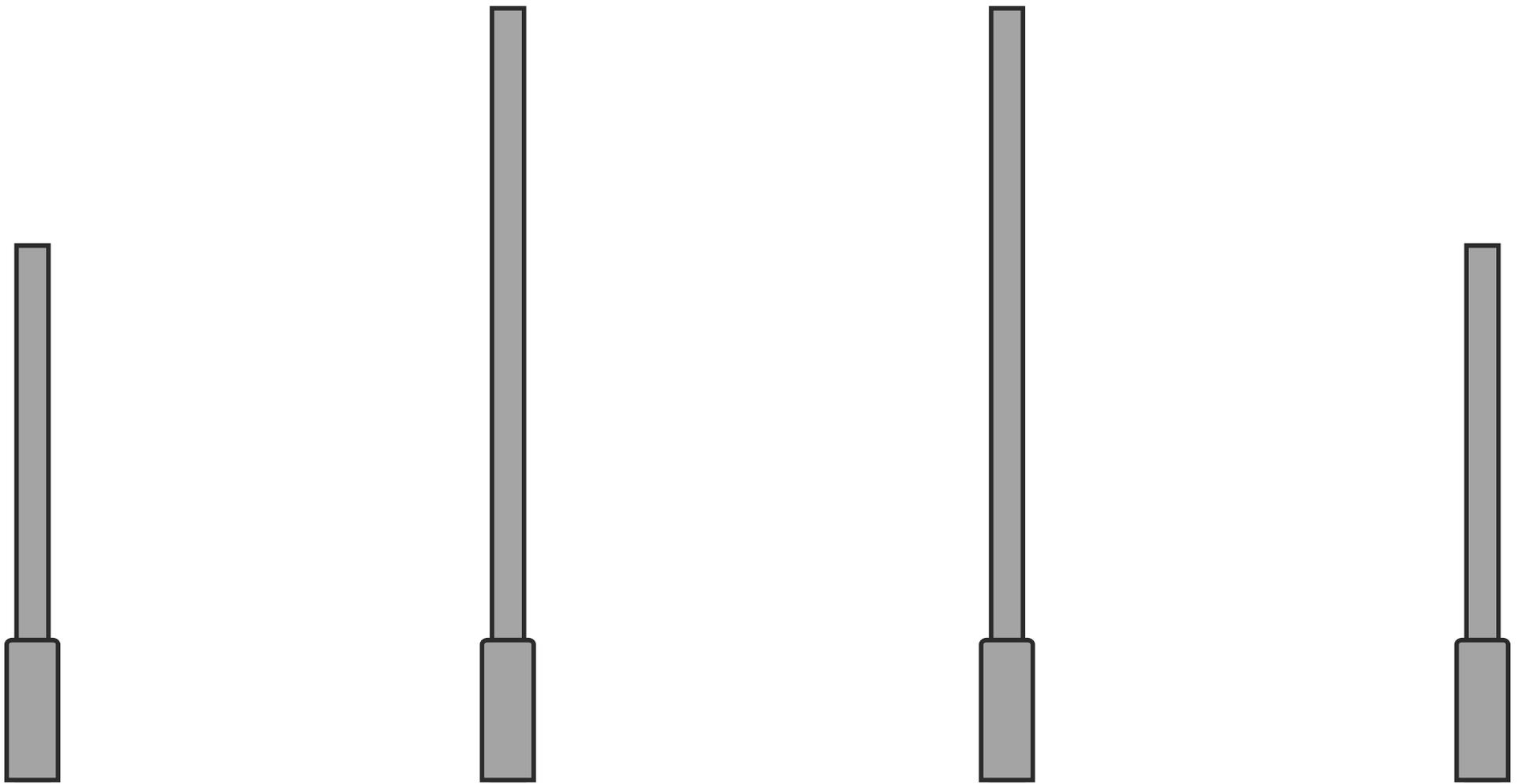
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IN OUR  
CLASS

WE ARE  
KICKING

GOALS!

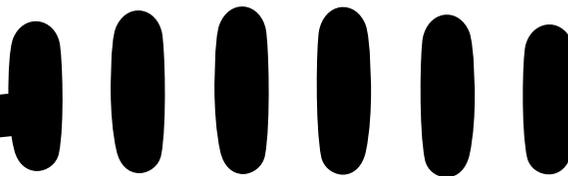


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**Australian Curriculum focus: Personal and Social Capability**

Recommended Levels F-6

**My Goal is . . .**



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