



# Assessing Mastery of Goal-Setting Grades 3-5

Students in grades 3-5 will have mastered *Goal-Setting* by demonstrating their ability to showcase the performance indicators identified in Standard 6. Use the student friendly language below to support rubric creation and feedback to students.

**Standard 6:** Students will demonstrate the ability to use goal-setting skills to enhance health.

**6.5.1 Set a personal health goal and track progress toward its achievement.**

- I can identify areas of growth related to my health.
- I can create a SMART health goal.
- I can track my progress for my health goal.

**6.5.2 Identify resources to assist in achieving a personal health goal.**

- I can name supports that help me achieve my goal.
- I can create a plan that helps me achieve my goal.
- I can reflect on a personal health goal.

**ASSESSMENT TOOL #1 (6.5.1)**

Provide students with a scenario for fictionalized individuals. Have students create a SMART goal using the information provided. Once students have written a SMART goal, students identify supports that might be helpful for someone to achieve their SMART goal.

**ASSESSMENT TOOL #2 (6.5.1)**

Students work in small groups, or independently, to create a SMART goal song or dance that showcases the meaning of each letter/word in the acronym. Students should be encouraged to add creativity to their song or dance.

**ASSESSMENT TOOL #3 (6.5.1, 6.5.2)**

Students journal throughout their SMART goal process. Daily journals should note their progress, identified help or support, whether help was used, challenges faced, adjustments to their goals, and achievements should be included. Have students include their thoughts and feelings pertaining to the SMART goal process, as well as their individual progress.

**ASSESSMENT TOOL #4 (6.5.1)**

Have students create a SMART goal tracker for their individual goal. Trackers must include the time period allotted, action steps, and identified checkpoints along the way. Students must provide a marking for each checkpoint that identifies progress, a challenge, or a SMART goal adjustment.



## Content Area Connections

Build content understanding through connections with other courses. Share suggestions with teachers to develop plans for content overlap and student language connections.

Utilize content structures and topics in classrooms to reinforce student understanding and to support ongoing student development. **Goal-Setting** can be used across content areas, and school-wide, as ways for students to identify growth areas and progress through changes. Remind students to create short-term, specific goals to better support their potential success. Include a tracking or monitoring system that allows for regular check-ins throughout an identified period of time. Make sure all staff use the same tracking or monitoring system for consistency.

- Identify Area of Growth
- Create a SMART Goal
- Make a Plan
- Reflect

### SMART Goals:

<b>Specific</b>	<b>S:</b> What do you want to achieve?
<b>Measurable</b>	<b>M:</b> How will you know you have reached your goal? Have students add numbers to their goal here.
<b>Attainable</b>	<b>A:</b> Can you reach this goal with your available skills, knowledge, and resources? Include consideration of the time frame for reaching the SMART goal.
<b>Relevant</b>	<b>R:</b> Is your goal important to you? Does the goal relate to an area you are excited about?
<b>Time-Phased</b>	<b>T:</b> Does the goal have a date to complete it by?

### VOCABULARY REINFORCEMENT:

Utilize the vocabulary words below to reinforce student understanding and to showcase the ability to use words across content areas. For example, an entire grade-level team can decide to teach these words within the specific contexts of their classes to deepen understanding of vocabulary and language use.

*SMART goal, achieve, measurable, attainable, relevant, time-phased, specific, support, improve*



# Resource Bank

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## RMC Health

- [Health Education Skills Models](#)

## National Health Education Standards

- [Standards & Performance Indicators](#)

## Goal Tracking Examples

- <https://lifeandapples.com/blogs/printables/family-goals-printable>
- <https://www.momof6.com/organization/daily-goals-tracking/>
- <https://www.pinterest.com/pin/800444533741655213/?lp=true>