

# AN OVERVIEW OF GOAL SETTING

## ESSENTIALS OF GOAL SETTING

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An important step in becoming a Champion is **setting goals**. We grow as students, athletes and persons by setting goals and striving to achieve them. For athletes, goals should fit into 4 categories:

### Physical Goals

Include specific skills you want to develop in a sport/activity

### Mental Goals

Have to do with things such as attitude, focus, effort and confidence

### Sportsmanship (Moral) Goals

Goals that help to make you a good moral person

### Spiritual Goals

Goals that help you to grow closer to God and live a good, Christian life



In order to develop mastery, Champions set **SMART** goals. This simple word helps us to remember 5 important elements of a good goal:

**S** is for Specific - a single, simple goal versus a combination of goals, specifying an expected result.

**M** is for Measurable - goals should be individually created and measured by one's own standards, not in comparison to others (mastery!)

**A** is for Action-oriented - ask yourself and your teacher/coach/parent what actions need to be taken to reach your goal

**R** is for Realistic - Focus on things that are under your control and that you can accomplish

**T** is for Time-oriented and Trackable - Give goals an end-time, such as a current semester or season. It's best to track your progress as you strive to achieve your goals.

# AN OVERVIEW OF PHYSICAL LITERACY

## WHAT DOES IT MEAN TO BE PHYSICALLY LITERATE?

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### Physical Literacy

Dr. Margaret Whitehead is recognized by many as the leading authority in the field of physical literacy. She defines physical literacy as "the motivation, confidence, physical competence, understanding and knowledge to



maintain physical activity at an individually appropriate level, throughout life." Basically, it's **developing fundamental movement and sports skills so that you can grow healthy and strong**, then keep those healthy habits for your entire life. These skills range from the games you play in your P.E. class to learning to swim, as well as things like gymnastics and even walking, sliding or skating on ice and snow. It may not seem like learning to dance or swim will have lifelong benefits, but these activities are really important to helping your whole body grow and develop.

### Why Physical Activity is So Important

While you may be physically active through sports, playing with friends, or your weekly P.E. classes, fewer people are continuing physical activity once they leave school. Up to 35% of American adults are inactive, which can lead to serious health problems. Activities like video games or watching TV may be fun and can be just fine in small doses, but when they replace physical activity it can be dangerous to your health. Nearly 70% of American adults are either overweight or obese. Learning the importance of physical activity at a young age and developing good physical habits is important to staying healthy your entire life! In addition to physical benefits, there are also a number of other benefits to being physically literate. These include higher self-esteem, more self-confidence, and more positive relationships with others. When you learn to move and develop good habits, you can live a happier, healthier life!