

*Theme:*

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## Working in teams

*Topic 2:*

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# Developing and achieving goals

*Goal:*

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To understand the importance of setting realistic targets and goals.

*Scoring:*

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*Score by...*

- a) Understanding what goal setting means for an individual.
- b) Understanding what goal setting means for a team.
- c) Having an idea of how to monitor progress on the way to achieving your goal.

# Developing and achieving goals

## Lesson plan

### Warm-up:

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Watch the video clip 'Setting Targets' and/or talk about ambition, how it is important to be ambitious and to set ourselves targets, but also to be realistic in what we think that we can achieve.

### 1st Half:

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a) Ask the class to consider their own footballing targets, these might simply be; to enjoy the game, to make friends or to get some exercise or they might be more serious; to achieve a certain level of performance.

b) Get the class to write down:

- Why do they play football?
- What do they want to achieve and how do they think they might achieve it?
- How they might measure their progress?

c) In groups discuss each other's aims and how you might measure how well you are achieving.

### Half-Time

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Discuss with the children the results of the first half. Cover:

- Why it is that we play football?
- What we are trying to achieve?
- How we might go about achieving it?

### 2nd Half

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a) Split the class into groups of around four children.

b) Each group is a team. Between them they have to decide what their aims are for their team, not just for themselves. They then have to work out for themselves how they want to achieve their aims.

c) Each group should present their aims and their ideas back to the class.

