

## Goal Setting Obstacles/Austin Hatch/Introduction to Movement

### A. Communicate the Purpose of the Lesson to Students (Objectives and Assessment):

- The purpose of this lesson is to be able to combine SMART goals with WOOP to be able to successfully achieve their goals.

We already learned about what SMART Goals were. Here is an addition to Smart Goals called [WOOP](#) Goals. It is another Acronym used to make sure that your goals are attainable.

#### ■ Wish Outcome Obstacle Plan

- Explain the importance of combining SMART goals with WOOP in order to successfully reach your goals
- Introduce the Morning WOOP [Challenge](#) for the week. The PDF will be in their classroom each morning. This week will go Tuesday-Thursday(B) and Wednesday-Sunday (A)

<https://www.productivitygame.com/wp-content/uploads/2017/06/Rethinking-Positive-Thinking-Challenge-Worksheet-1.pdf>

- We will face obstacles in our lives that will make it difficult to achieve our goals, some will be harder than others but we have to remember what our end goal is. WOOP will help us plan for some of those obstacles.
- Please read this website before you introduce the A Hatch Video. It adds depth to your introduction.

<https://www.pyppewithandy.com/teaching-and-learning-blog/the-austin-hatch-story>

- There will be moments when we are faced with obstacles that never even occurred to us. When I learned of the Austin Hatch story, it helped me to put into better perspective the true power of the human spirit when overcoming seemingly insurmountable odds in our lives. When thinking about our own ability to work through problems, overcome adversity, and demonstrate grit and resilience, we can sometimes fall into a trap of thinking we are helpless. That no matter how hard we try, we cannot be what we set out to be or achieve the goals and dreams we hold close in our hearts.

- Show Austin [Hatch](#) video

- Exit Assignment- Based on the Success, Goal Setting and Obstacles Lessons that we have gone through, write yourself a note for the future. Make sure not to send to your OPRF email. Suggest a parents email or a personal email other than OPRF since they will be gone. Please have them submit their letter to us using the google doc attached in the classroom. Make sure that you copy the letter before you send it and submit it into the assignment in the google classroom.

- <https://www.futureme.org/>

Physical Portion of Class- 5 sets. Follow the video. Timelapse your workout and submit it.

<https://www.youtube.com/watch?v=s6Y1PD0sr8U>

<https://darebee.com/workouts/chase-workout.html>

