

Personal Health Goal

Grades: K-2

National Health Education Standard (NHES) Standard 6.2.1: Identify a short-term personal health goal and take action toward achieving the goal.

National Health Education Standard 6.2.2: Identify who can help when assistance is needed to achieve a personal health goal.

Objective: Students will devise a plan to achieve a personal health goal through the use of a health behavior contract. They will identify a person who can help them to achieve this goal.

Materials: Templates 6.2.1 Health Behavior Inventory and 6.2.1 Health Behavior Contract

Procedures:

1. The teacher will introduce the concept of developing a personal goal. The students can share some of the goals they have had in their lives and whether or not they were able to achieve these goals.
2. The teacher will then specify that the students are to choose a personal goal that pertains to health. While there are many goals to choose from, the students will limit their choices to the goals listed in Template 6.2.1 Health Behavior Inventory. (This will simplify the process and allow the students to engage in discussion with their peers who may choose the same goals.)
3. The teacher will pass out this handout and go over each goal choice as a group.
4. The students will mark the goal they choose.
5. The teacher will then pass out the Health Behavior Contract specific to their goal. (Note: There are three versions of this contract.)
6. The teacher will give the students instructions to fill out their contract at the end of each day.

Closure: They should take out their contract at the beginning of the next week. At this time they will determine whether or not they achieved their goal. They look at what they wrote for each day and draw a happy face or sad face for each day. They will turn these in to the teacher. The teacher can make the final determination whether

Connections to Other Subjects: English Language-Arts

Extensions for Gifted: These students may want to determine their own way of achieving each goal other than the suggestions given.

Adaptations for Learning Disabled: These students may want to choose a partner with the same goal to work with.

