

## Skills to Go BIG! Transition Programme

### Lesson Plan: Setting Goals

	<b>Session:</b> Setting goals	<b>Year Group:</b> Year 6/ Year7
<b>Area of Learning:</b>	<p><b>Learning Objective:</b> I will start to set myself small goals to help me in my first year of high school.</p> <p><b>Success Criteria:</b> Understand how setting goals will help the transition. Set small goals. Make sure achievable goals</p>	<p><b>By the end of the session the children will have:</b> Started to think about small goals to set throughout their first year of high school.</p> <p><b>Some children will have also:</b> Started to achieve these goals and potentially set themselves more challenging goals</p>
	<b>Progression of Learning and Teaching: Key Teaching Points.</b>	
<b>Introduction:</b>  5 mins	<p>Introduce the children to goal setting. If the children have experience of SMART goal setting, reinforce this knowledge. How do we set goals? Why do we set goals? How will setting goals help us in high school? Ask children to contribute their ideas. Model a well-set goal that is achievable and model a goal which will be difficult to achieve.</p>	<p><b>Resources:</b> Goal pathway worksheet Plain paper Pens/pencils</p>
<b>Activities:</b>  5 mins   10 mins	<p>Hand out the worksheets to the children, if they prefer, they can use plan paper to create their path. Model on the board a path, and how to look at setting out the goals, work on some ideas as a class. (for example)</p> <ul style="list-style-type: none"> <li>- By October half term, I will know my timetable.</li> <li>- By Christmas, I will know my way around the school and won't need my map anymore.</li> </ul> <p>Children to start completing the worksheet, some children may struggle to think more long term, remind them this is ok and the sheet has been designed as something they can add to.</p>	<p><b>Key Questions:</b> How do we set goals? Why do we set goals? How will setting goals help us in high school? What goals do you think will help us at high school?</p> <p><b>Key Vocabulary:</b> Goals, high school, SMART, Transition,</p>
<b>Plenary:</b>  3 mins	<p>Ask children to contribute their ideas, what have they started to set as their goals. This can be done in small groups or the whole class.</p>	<p><b>Differentiation:</b> Allow children to set goals suitable for them, remind children everyone will set different goals. If possible other adult support for those who need further support.</p>