

4.2

Goal Setting



See pages 88-9



well done. please complete
my remedial work.

Learning Objectives



To describe the difference between performance and outcome goals



Recall the five parts of a SMART target



Outline performance and outcome goals and SMART targets for a particular sports performer.



4.1 Skill and ability	
Start of the lesson	End of the lesson
1. What is a performance goal? no current knowledge	personal goal doesn't compare to others, concerned about personal progress
2. What is an outcome goal? no current knowledge	judged by the end result, often involves being compared to others. Cool
3. Outline the five parts of a SMART target. <i>Step 7</i> no current knowledge	Specific, measurable, accepted, realistic, time-bound
4. What does 'Specific' mean in terms of a SMART target? <i>Step 7</i> no current knowledge	The target must be specific to the demands of the sport
Start of the lesson: DOWNLOAD BAR 	End of the lesson (Actual %): DOWNLOAD BAR



Look at the image of a marathon run. There are many different people with completely different goals... how many different goals can you identify? Write them below. Can you try to categorise them into two main categories?

-complete it - no matter the time
-beat previous score
Cool





Goal Setting

- ✓ Progress in sport is determined by a sports performer's levels of motivation.
- ✓ At times, it can be quite difficult to maintain our motivation.
- ✓ This is why sports performers will set themselves goals
- ✓ And coaches will also look to set goals!

Task 1: Look at the pictures of the sports performers below. With a partner, discuss the goals they may have set themselves, or have been set by their coaches.



- play well as a team ✓
- win match ✓
- move up in the league ✓
- make transfers ✓



- win point ✓
- make shot unable to return ✓
- avoid injury ✓



- beat personal best ✓
- get in top 3 (medal) ✓
- steady landing ✓
- jump before the line ✓

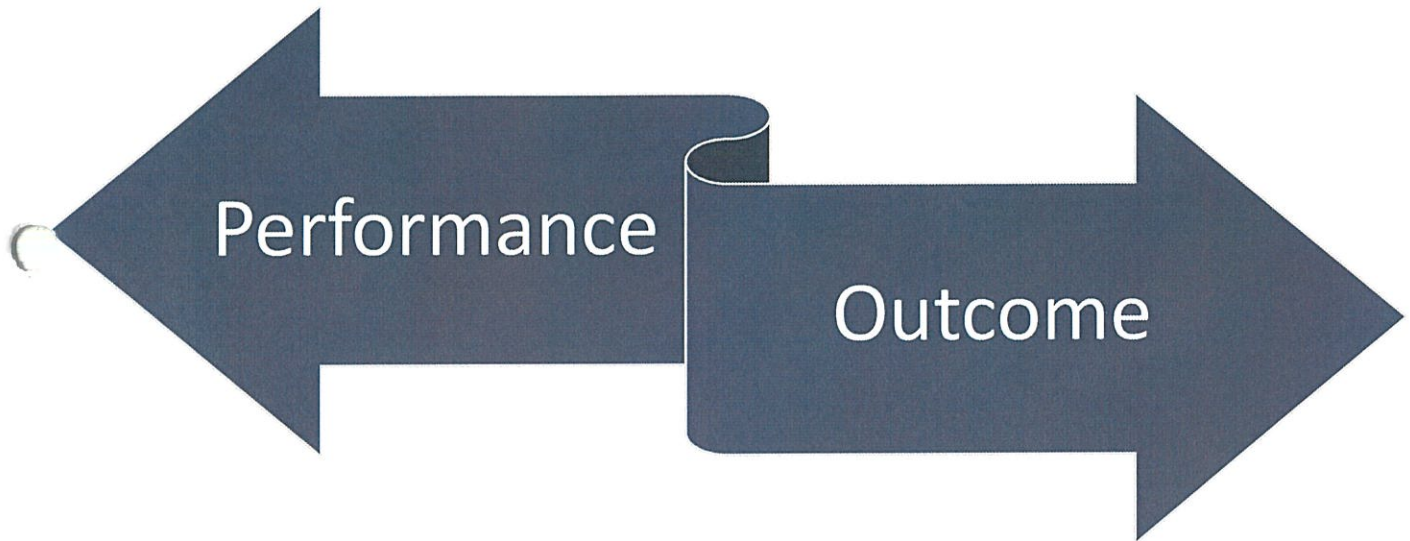
4.2

Types of goals



See page 88

There are two types of goal we need to consider;



Performance	Outcome
Does not involve a comparison to others	Judged by the end result
Compare themselves to past achievement	This will usually involve a comparison
They will also <i>be concerned about personal progress</i>	Standards may not be important
e.g. to improve PB in 100m sprint	The outcome matters

4.2

Types of goals



See page 88

Task 1: Look at the following list of goals, try to identify performance goals and outcome goals.



4.2

Types of goals



See page 88

Task 3: Read p88 of the text.

Explain why performance goals are more appropriate for beginners than outcome goals.

Performance goals are more important because it means the performers aren't comparing themselves to other people and only competing with themselves. This can be demotivating if comparing themselves to other people as it can be unrealistic.

Task 3: Now highlight the key words and phrases in your answer and, in a different colour, add annotations around the outside to explain or define each key word or phrase in the box below.

-comparing- similarities and differences between 2 things/people ✓
Demotivating - makes you lose confidence and lose enjoyment in the sport and ~~you~~ might make you decrease your goals ✓
-unrealistic- its hard to compare yourself to someone at a very high standard because you won't be near their level.



4.2

Types of goals



See page 88

Task 4: Look at the question and answer below. Highlight the key words and phrases in the answer and then write seven bullet points that could appear on a mark scheme for this answer.

Question: Explain why performance goals are more appropriate for beginners than outcome goals.

Can you complete his in the spaces between your bullet points

Performance goals are personal goals that are set based on a performer's past achievements or aspirations for the future. They do not involve the performer comparing themselves to others. Setting out to beat a personal best in a sprint or a distance race is an example of a performance goal.

An outcome goal is focused on the end result. Outcome goals involve the performer comparing themselves to others. Winning a squash tournament or placing second in a 400 metre freestyle swimming race are examples of outcome goals. Because successfully achieving outcome goals depends on the failure of others they can be very hard to control. This means they can be unrealistic.

Failing to achieve goals can be demotivating. As a result, performance goals, which are easier to control and can be more realistic than outcome goals, are more appropriate for beginners.

- performance goals are personal goals ^{at} They are adapted to fit the performer ^{get a certain amount of}
- performer's past achievements or aspirations ^{intensity per game} for the future
- can be more realistic than outcome goals. They are personalised so fit your own goals & criteria
- outcome depends on failure of others ^{rely on} others as if you throw the ball well its up to the other ^{self person to}
- outcome is focussed on the end result ^{catch it} ~~it~~ depends on the final score
- performance goals are more realistic appropriate for beginners they may not also receive the
- ~~score~~ outcome



Goals should be set by applying the principles of SMART targets to ensure they increase motivation, reduce anxiety and help the performer improve or optimise their performance.

Fill each letter with words, phrases, images and examples to illustrate the principles of SMART targets. Make the page as visual as possible to help you remember.

Revision technique: visual presentation

Presenting information visually, inside a particular shape and using colour and images alongside key words and phrases, can help your memory.

Do you like this technique? Does it work for you? 😞 😐 😊

The targets must be specific to the demands of sport/muscles used or movements used.

SPECIFIC

It must be possible to measure whether the target has been made.

MEASURABLE

ACCEPTED

The target must be accepted by the performer and others involved in training and competition such as the performer's coach.

REALISTIC

The target must actually be possible to complete.

TIME - BOUND

target is set over a period of time so they can tell if it's been achieved.

SMART targets should be reviewed because it makes it easier for the performer to understand what they are aiming for. Also makes it feel more of an accomplishment when they achieve their goal.

Excellent work Sel.



1. What is the difference between a performance and outcome goal?

(2 marks)

A performance goal is an achievement that individual want to achieve and it is personal to you. However, an outcome goals are focused on a result. For example winning a match.

2. Complete the table below. What performance and outcome goals could be set for the badminton beginner and elite javelin thrower?

(4 marks)

A complete beginner playing badminton against a more experienced player	Performance goal keeping a rally going. Return serve	Outcome goal for a very low level performer, winning a game.
An elite level javelin thrower performing at the Olympic Games	Performance goal getting beating your personal best	Outcome goal winning a gold medal

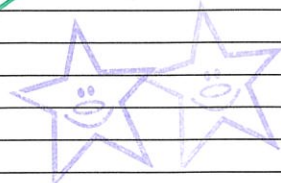
3. Choose one of the sports or physical activities that you will be assessed on for the practical component of the GCSE PE course and set yourself two performance and two outcome goals. Use the SMART target-setting technique to help you set appropriate goals

Football, Netball, Table Tennis, Badminton, Handball, Athletics

(4 marks)

The performance goals could be to score over 10 goals per quarter. Another performance goal would be to complete successful passes into the circle as a mid-court player.

One outcome would be winning the match. Another outcome goal is having a large goal difference at the end of the match.



well done!