

GYM CLASS STRENGTH



LESSON 4

3.5 Develop personal goals to improve one's performance in physical activities.

Overview: Now that we understand the larger picture around physical activity and societal health, it's time to refocus on individual needs. What are your goals for physical health? How will improving your performance in certain activities help you achieve these goals?

Plan: Combine this lesson with physical activity, beginning with a warmup and moving into a main workout. Your workouts should begin to be centered around the goals you are developing for yourself.

Tips: A journal entry can help clarify your thinking about which goals are important to you, and why.

Outcomes: Write a brief essay, outline a workout plan, or describe in a video your goals and why you chose them.