



Assessing Mastery of Goal-Setting Grades PreK-2

Students in grades PreK-2 will have mastered *Goal-Setting* by demonstrating their ability to showcase the performance indicators identified in Standard 6. Use the student friendly language below to support rubric creation and feedback to students.

Standard 6: Students will demonstrate the ability to use goal-setting skills to enhance health.

6.2.1 Identify a short-term personal health goal and take action toward achieving the goal.

- I can see how I am doing with my health.
- I can identify need for growth with my health.

6.2.2 Identify who can help when assistance is needed to achieve a personal health goal.

- I can name people who can help me reach my goal.

ASSESSMENT TOOL #1 (6.2.1)

Have students work in small groups to develop a creative way to think about *Goal-Setting*. Creative ideas can include songs or dances with the steps of the *Goal-Setting* explained. Students can use examples in their song, dance, or other creative development. Included in this creative assessment, students must share the specifics of what is necessary to create a goal (a topic, specific numbers, and a time frame).

ASSESSMENT TOOL #2 (6.2.2)

Share a goal and story about a fictional person. Have students write, draw, or point to (based on student ability) identified helpers for the specific goal situation. This can be done repeatedly. Students can also write a goal based on a fictional story provided.

ASSESSMENT TOOL #3 (6.2.1, 6.2.2)

Have students write a fictional story about a character in need of setting a goal. The students must provide background that details why this character needs to set a goal, what their goal is, how they will achieve their goal, who/what will be a helpful support, and the success of the goal they set. This story should show that students understand, and can name, the process of *Goal-Setting*. Students can also draw a comic strip to represent their fictional story.



Content Area Connections

Build content understanding through connections with other courses. Share suggestions with teachers to develop plans for content overlap and student language connections.

Utilize content structures and topics in classrooms to reinforce student understanding and to support ongoing student development. *Goal-Setting* can be used across content areas, and school-wide, as ways for students to identify growth areas and progress through changes using the process outlined below. Remind students to create short-term, specific goals to better support their potential success. Include a tracking or monitoring system that allows for regular check-ins across a period of time. Make sure all staff use the same tracking or monitoring system for consistency.

- Identify Need for Growth
- Create a Goal
- Make a Plan

VOCABULARY REINFORCEMENT:

Utilize the vocabulary words below to reinforce student understanding and to showcase the ability to use words across content areas. For example, an entire grade-level team can decide to teach these words within the specific contexts of their classes to deepen understanding of vocabulary and language use.

goal, reach, achieve, success, support, grow, improve

Resource Bank

RMC Health

- [Health Education Skills Models](#)

National Health Education Standards

- [Standards & Performance Indicators](#)