Your notes

GCSE PE: revision notes

Goal setting

Contents

1. Why set goals
2. SMART targets
3. Using goals well
4. Key terms
5. Quick questions
6. What to do next

Why set goals

- Goals improve and optimise performance, increase **motivation** and focus, and help performers stick to training.
- **Performance goals** are about personal performance, such as improving your own 5 km time. They are in the performer's control.
- **Outcome goals** are about the result, such as winning a race. They depend on others, so they can be demotivating if missed.

SMART targets

- Specific: clear and linked to the performer's sport, such as "improve my first-serve percentage".
- Measurable: the progress can be measured, such as "from 50% to 60%".
- Achievable: the goal can be reached with effort.
- Realistic: it fits the performer's situation, such as the time and facilities they have.
- **Time-bound**: it has a deadline, such as "by the end of the season".

Using goals well

- Review goals regularly and adjust them if needed.
- Goals that are too easy don't motivate; goals that are too hard lead to failure and lower confidence.

Key terms

SMART	Specific, measurable, achievable, realistic and time-bound.
Performance goal	A goal about the performer's own performance, compared with their previous ones.
Outcome goal	A goal about the result, such as winning.
Motivation	The drive to succeed.

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Time-bound	Having a deadline.

Your notes

Quick questions

Cover the answers and test yourself: remembering is what makes it stick.

1. What does the M in SMART stand for?
2. What does the T in SMART stand for?
3. Which is a performance goal?
4. Which is an outcome goal?
5. Why can outcome goals be demotivating?
6. Which goal is the most SMART?
7. Why set goals?
8. What might happen if a goal is too hard?

Answers

1. Measurable
2. Time-bound
3. Improving my personal best time in the 800 m
4. Winning the league
5. They depend on others, so they may be missed even after a good performance
6. Increase my free-throw success from 60% to 70% by the end of term
7. To increase motivation and focus
8. The performer may fail and lose confidence

What to do next

Practise 10 questions on this topic

Try 4 exam questions, with mark schemes

Read the lesson, one step at a time

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