

Design Your Last Month

SELF-DIRECTED LEARNING · GRADE 8 · HEALTH & PHYSICAL EDUCATION

Name: _____

Date: _____

☆ WE ARE LEARNING TO

- We are learning to set a realistic personal fitness goal and design a plan to reach it.
- We are learning to monitor our own progress and adjust when something isn't working (Self-Directed Learning).

☑ SUCCESS CRITERIA

- ☐ I can write a goal that is specific enough to test.
- ☐ I can plan three weekly actions that move me toward the goal.
- ☐ I can name what I will change if the plan isn't working.

✎ WATCH & RECORD

What's one new idea you explored today? Explain your thinking.

I SEE

I HEAR

I WONDER

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✓ BEFORE YOU GO

What's one thing you figured out today?

Where did you use self-directed learning today? Give one example.

Go back to the top. Check the boxes next to what you can do now.