

# GCE PHYSICAL EDUCATION

## PE2 UNIT GUIDE

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*Content Title: Smart Target Principles*

### Key points

- Benefits of goal setting
- Use of SMART to set targets
- How to create short and long term goals

### TARGET (GOAL) SETTING can affect performance by:

- Directing attention ensuring that learning is focused.
- Regulating the amount of effort that is put into a given task – practice is planned and structured.
- Ensuring that effort is sustained until the goal is reached.
- Motivating individuals to develop a variety of strategies to reach their goals.
- Providing specific evaluation and feedback.

Goal setting can help to alleviate anxiety and stress and increase confidence.

All goals should follow the SMART target principles:

**S** – specific to the situation and the performer

**M** – measurable: there should be a way of monitoring progress in achievement of the goal

**A** – agreed: they should be negotiated between the performer and coach

**R** – realistic: they should be achievable

**T** – time-phased: there must be some identified time-span for the achievement of the goal.

## Practical Application/Explanation

- Goal setting should start with identification of a person's long-term goal e.g. to represent their country in the next world championships which are to be held in 12 month's time, or to achieve a rating of 3.1 in tennis.
- This can then be broken down into an intermediate/medium-term goal (e.g. to play in sufficient competitions that give opportunities to play against players with better ratings), and short-term goals (e.g. to improve the second serve as that is an area of weakness) all of which lead to the achievement of the long term goal.
- Targets/goals must be reviewed regularly.

### Top Tips:

The main problem when answering questions on goal setting is that the goals are often very vague and not always measurable e.g. to become a better goal kicker next season. In order to gain marks, the goal must be clear e.g. in tennis, to achieve a success rate of 65% for my 1<sup>st</sup> serves over the course of the tournament. This fits all the criteria of the SMART principle.



### Exam Style Questions

1 (i) Identify a **specific** target from your chosen sporting activity and explain how you would apply SMART factors to make the setting of this target effective. [3]

(ii) What are the benefits of goal setting in developing sporting performance? [4]

Answers