**SCAFFOLD for DRAFTING PLP > TASK 1 TEACHER RESOURCE *examples of very limited and detailed documentation of a short term personal goal >>>>>***

**Description of assessment**

You are to **produce a DETAILED PLAN** > of the **GOALS** you hope to **achieve** > and **a flow chart** that **clearly outlines** the **STRATEGIES** > that you **intend to undertake** >to **ACHIEVE YOUR GOALS**

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| **PERSONAL GOALS** | **Explanation of CAPABILITY most relevant to goal** | **Detailed description of goal** | **Detailed strategies to achieve goal** | **Time frame to** **achieve goal** |
| **\* Short term**  **goals** | Personal and Social Capability | I want to improve my fitness. | Start a regular fitness plan. | Start now and keep going. |

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| **PERSONAL GOALS** | **Explanation of CAPABILITY most relevant to goal** | **Detailed description of goal** | **Detailed strategies to achieve goal** | **Time frame to** **achieve goal** |
| **\* Short term**  **goals** | **PERSONAL + SOCIAL****Personal skills and abilities** relate to my planning + personal fitness goals.**Attributes of Confidence, self discipline, independence, resilience, initiative and adaptability** will apply as I commit myself to regular exercise and adapt to ways that I can fit exercise into my normal day.**Building links with others** may apply if I go online for support through a social network.**CRITICAL + CREATIVE THINKING****By making informed decisions …**by talking to my doctor  **and monitoring, reviewing and refining my progress**  to maintain a fitness program.**By managing possibilities + courses of action to achieve this goal, and exploring learning directions** related to personal fitness … will develop elements of this capability | To improve my fitness so that I have more stamina.Tone my body + lose 3 kg.Help improve my concentration + overcome the 4pm tired syndrome so that I can focus on HW.Make exercise a normal part of my life to look after my body better. | Start by getting up earlier and walk to 2nd bus stop from home…and get off one stop early.Take the long way out of class at break times.Go up the stairs then down at break times.Walk quickly.Get my parents to support + encourage me.Log book my regime.Selfie now + in 6 months.Get a doctor’s check-up + advice on ideal body weight, heart rate etc.Check out health + fitness web sites.Talk to PE teachers for exercise ideas. | Start walking more now.Add to regime over next week.Aim to be in a regular routine by Summer 2016. |

**SUMMARY >>>> IDENTIFY and EXPLAIN USING EXAMPLES > “Which of the CAPABILITIES will be of MOST VALUE to you to develop throughout your Personal Learning Plan?”**

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