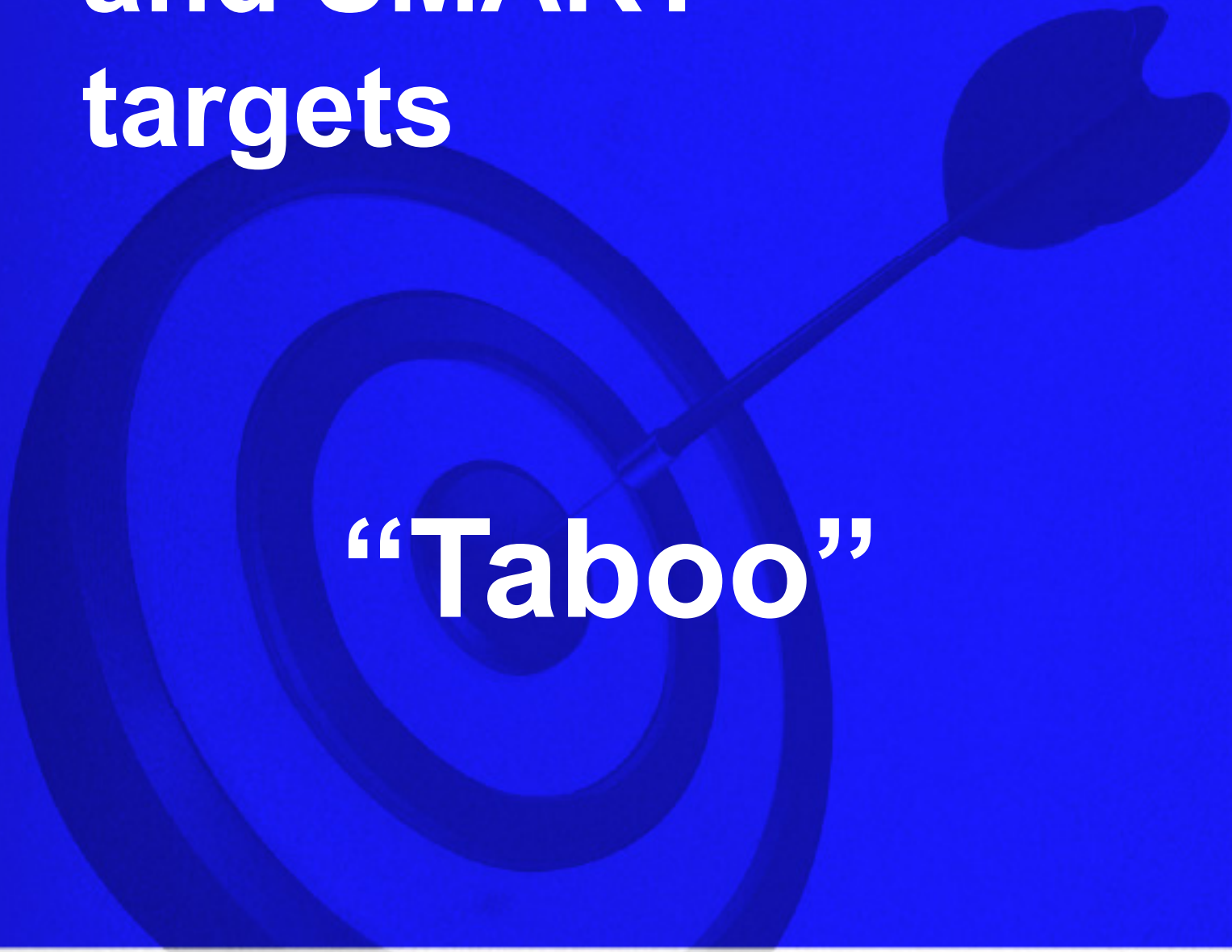


Goal setting and SMART targets

A large, stylized target with concentric circles is centered on the page. An arrow is shown hitting the bullseye. The target and arrow are rendered in a dark blue color against the blue background.

“Taboo”



UNTAMEDED
EDUCATION

“Taboo”

Task Instructions

1. Separate the class into two teams.
2. The first team nominates one “describer” and this person must describe the word on the top card. After each success they move onto the next card. They have one minute each to describe as many words as possible.
3. Rules:
 - They can not say the word or any part of the word.
 - They cannot say any of the taboo words at the bottom of the card.
 - If they say a forbidden word their turn is over and the next team takes their turn. After their minute is over it passes over to the other team.
4. Points are scored for each correct word and the team with the most wins.

Variations/Extensions

1. Introduce a “censor” noise (bell, whistle, squeaky toy) to make it more fun.
2. Limit the number of describing words they can use.
3. Mix it up and tell some students that they must use mime or drawings.

The Learning

1. The process of putting the keywords into a context makes them have a deeper connection to the knowledge.
2. It’s fun and novel and our brains are predisposed to remembering what is different and enjoyable.

“Taboo”

Goal-setting

SMARTER Target Score

Anxiety

Anxious Nervous Control

Motivation

Drive Want Excited

Progress

Better Improve Increase

Specific

Exact Goal SMARTER

Measurable

Ruler Goal SMARTER

Agreed

Accepted Goal SMARTER

Realistic

Easy Hard Goal

Time-Phased

Date Goal SMARTER

Skill

Movement Sport Ability

Muscle Group

Strong Specific Strength

Commitment

Determined Work Hard



“Taboo”

Challenging

Easy Hard Realistic

Recorded

Write Result Pen

Date

Day Calendar Month

Target

Arrow Hit Throw

Improve

Increase Better Progress

Effective

Good Successful Result

Fitness Component

Speed Stamina Strength

Success

Effective Result Good

Achieve

Result Medal Trophy

SMARTER

Goal Clever Target

Control

Angry Anxiety Emotion

Method

Procedure Technique Plan