



COMMON TRAINING INSTRUCTIONAL GUIDE



SECTION 2

EO M104.02 – DEVELOP A PERSONAL ACTIVITY PLAN

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|-------------|--------|
| Total Time: | 30 min |
|-------------|--------|

INTRODUCTION

PRE-LESSON INSTRUCTIONS

A complete list of resources needed for the instruction of this EO is located at Chapter 2 of the QSP. Specific uses for said stores are identified throughout the Instructional Guide, within the teaching point for which they are required.

The instructor shall review the lesson content, and become familiar with the material prior to instruction of this lesson.

PRE-LESSON ASSIGNMENT

N/A.

APPROACH

For TP1 and TP2, the interactive lecture method was chosen as it allows the instructor to make a semi-formal presentation of the material where the cadets can participate by asking or responding to questions and commenting on the material. For this lesson, this method is most effective as it matches well the taxonomic level of the material and is age-appropriate by virtue of its participatory nature.

The practical activity in TP3 will verify the cadets' understanding of the material and will allow them to apply the knowledge acquired during the lesson. The cadets will complete the exercise under direction and supervision.

REVIEW

N/A.

OBJECTIVES

By the end of this lesson, the cadet will be expected to develop a personal activity plan.

IMPORTANCE

One of the aims of the air cadet program is physical fitness. In order to help the cadets achieve success in physical fitness, it is important to teach them how to set personal fitness goals and create an activity plan to help them achieve those goals.

Teaching Point 1**Explain How To Develop Goals**

Time: 8 min

Method: Interactive Lecture

DEFINITION OF A GOAL

The *Canadian Oxford Dictionary* defines a goal as the object of an ambition or effort, an aim.

SHORT- AND LONG-TERM GOALS

Short-term goals are smaller goals that work towards a long-term goal. For example, if your long-term goal was to run for 3 kilometres (km) in six months, a reasonable short-term goal would be to run for 1 kilometre in two months.

INDIVIDUAL AND TEAM GOALS

An individual can work towards achieving a goal, or a team can work towards achieving a common goal.

An individual goal is an aim or an ambition that one person strives to achieve. An individual goal is designed around the individual's abilities and personal expectations.

A team goal is an aim or ambition that a group of people work towards together to achieve. An example of a team goal could be walking across their province. The team would make a commitment to walk a predetermined amount of kilometres in a certain period of time. The team would keep track how many kilometres they have walked on their own and record their progress together on a map. As soon as the kilometres add up to the correct amount, the team has reached their goal.

HOW TO DEVELOP GOALS

Cadets should set a specific goal to work toward. The acronym SMART is a tool the cadets may find useful. The "S" of SMART stands for specific: the aim of the goal must be precisely defined. "M" stands for measurement: identify a standard with which to assess achievement. "A" stands for achievable: ensure needed resources are accessible for accomplishing the goal. "R" stands for relevant: ensure the goal is worthwhile for the cadet. "T" is for timing which represents the completion date of the goal. Ask the following questions to the cadets to help elicit SMART goals:

Specific. What specific activity can you do to help you reach your goal? Your goal should be concise and focused on one specific outcome (your goal cannot be too vague).

Measurable. How will you measure the achievement of the goal? What will you feel when the goal is achieved?

Achievable. What might hinder you as you progress toward the goal? What resources can you call upon?

Relevant. What will you get out of this?

Timing. When will you achieve this goal? What will be your first step?

CONFIRMATION OF TEACHING POINT 1

QUESTIONS

- Q1. What is the difference between short- and long-term goals?
- Q2. Explain individual and team goals.
- Q3. What does "SMART" stand for?

ANTICIPATED ANSWERS

- A1. Short-term goals are smaller goals that work towards a long-term goal.
- A2. An individual can work towards achieving a goal, or a team can work towards achieving a common goal.
- A3. Specific, Measurable, Achievable, Relevant, Timing.

Teaching Point 2**Explain How To Create a Personal Activity Plan**

Time: 8 min

Method: Interactive Lecture

CREATE AN ACTIVITY PLAN

Getting started is the hardest part. Creating an activity plan will help the cadet maintain focus and succeed at achieving set goals. An activity plan should meet the following criteria:

Activities That Will Help Achieve Set Goals. It is important to choose activities that will help the cadet achieve the goal(s) they have set for themselves. For instance, if the goal is to improve cardiovascular fitness, an appropriate activity would be one that builds up cardio stamina, e.g. start off running for one minute, then walking for one minute, and try working up to running for 10 minutes.

Moderate Activities and Vigorous Activities. Moderate activities would include activities like brisk walking, skating and biking. Vigorous activities would include running, weight training, basketball or soccer.

Fitting Your Lifestyle. Cadets should participate in activities at least once a week that fit their lifestyle. Activities that do not fit into their lifestyle will be difficult to carry out.

Simple Activities. Choosing simple activities that can be done with little planning will most likely carry the best results. When activities require a great deal of planning, it can become more of a chore than an activity or may become too difficult to follow through with.

CONFIRMATION OF TEACHING POINT 2**QUESTIONS**

- Q1. What are the two types of activities to choose from?
- Q2. What things should be considered when creating an activity plan?

ANTICIPATED ANSWERS

- A1. Vigorous and moderate activities.
- A2. Consider simple activities that will fit your lifestyle, and that will help achieve the goals that you have set for yourself.

Teaching Point 3**Have Cadets Create an Activity Plan**

Time: 9 min

Method: Individual Activity

CREATE AN ACTIVITY PLAN

Allow the cadets time to create their activity plans. This is to be done on an individual basis. An example of an activity plan is located in Annex A.



Allow the cadets to take their plan home to work on it further if desired. It is not mandatory that it be completed during this period.

END OF LESSON CONFIRMATION

End of lesson confirmation will take place as the cadets create their activity plans.

CONCLUSION

HOMEWORK/READING/PRACTICE

Cadets may take their plan home to work on it further if desired, as it is not mandatory that it be completed during this period.

METHOD OF EVALUATION

There is no formal assessment of this EO.

CLOSING STATEMENT

One of the aims of the air cadet program is physical fitness. In order to help the cadets achieve success in physical fitness, it is important to teach them how to set personal fitness goals and create an activity plan to help them achieve those goals.

INSTRUCTOR NOTES/REMARKS

N/A.

REFERENCES

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- C1-011 (ISBN 0-662-32899) Minister of Health (2002). *Canada's Physical Activity Guide to Healthy Active Living* [Brochure].