



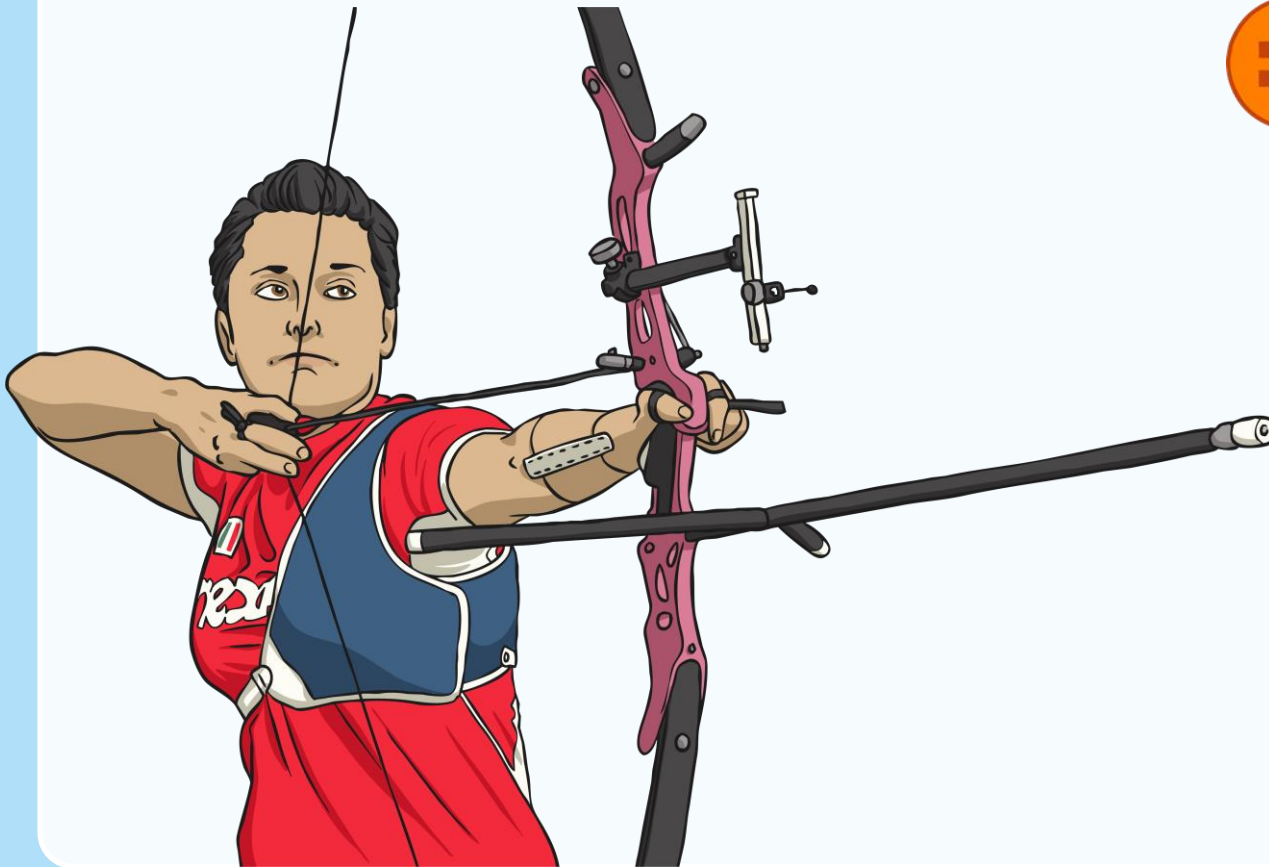
Setting SMART Targets

Breaking down your targets!



Why Use SMART Targets?

Using SMART Targets breaks your aims down, making it easier for you to achieve them!



An Example



I want to
be better
at maths.

Have I succeeded if I know how to add and subtract?

What if I don't know my 8 times table?

How would I know if I have achieved this goal?



A Better Example



Being specific makes it easier to achieve your goals and recognise when you have been successful.



What Does SMART Mean?

Let's look at what each letter stands for...



SMART



S Means Specific

Specific means that that you have to say what you want to do, very clearly.

Remember not “I want to be better at maths” but “I want to improve my 8 times table”.



SSMART

M Means Measurable

Measurable targets tell you exactly what you need to do to succeed.

“I want to be able to run 100 metres faster” is not measurable.

How much faster do I want to be able to go?



SMART

A Means Achievable

An achievable target has to be something you can do.

“I am going to read for 10 minutes every day this week” is probably more achievable for most people.

“I am going to read a novel every week” may not be achievable depending on the length of the novel!



SMART

R Means Relevant

What I'm going to do needs to help me get what I want.

If I want to get fit, finding out about famous footballers won't help. It would be more useful to do some training!



SMART

T is for Timed

If I don't know how much time I have, then I don't know when to take action.

Will you manage your target in a week, a month or within the term?



SMART

So Remember...

Targets must be:

- Specific
- Measurable
- Achievable
- Relevant and
- Timed



SMART

Some Examples Making Targets SMART

Join in more in class

Improve my spelling

Improve my fitness

Put my hand up at least three times in every maths lesson by the end of term

Practise/test key vocabulary in our topic with my friends/family each weekend until the end of term

Work out or train twice a week

Now lets try some of our own!

