**Personal and Social Responsibility Goals**

**in Sport Education**

***Goal 1: Respect for the rights and feelings of others***

***Sub goals***

* Maintain self-control in all situations during team practice and games.
* Respect and value everyone’s right to fully participate fully in games.
* Respect and value the need for and right to peaceful resolutions of conflict that may arise.

***Goal 2: Participate and make a good effort***

***Sub goals***

* Learn what effort means in practice and competition.
* Be willing to try new things, such as new roles and new positions.
* Develop an optimistic, yet realistic sense of personal success in each activity.

***Goal 3: Become self-directed***

***Sub goals***

* Stay on task independent of teacher supervision and coach supervision.
* Learn techniques and tactics for each activity.
* Plan for your own improvement and evaluate progress.
* Work to successfully fulfill assigned team role.
* Learn to work toward seasonal and yearly goals.

***Goal 4: Care for and be sensitive to the well-being of others***

***Sub goals***

* Improve interpersonal skills with teammates and opponents.
* Help others when the need arises, both teammates and opponents.
* Contribute to the goals of the team and class.
* Be sensitive to teammates and opponents and express that appropriately.

***Goal 5: Be aware of and practice these skills outside of class***

***Sub goals***

* Practice these skills in other sport and physical activity settings.
* Generalize the skills to non-activity settings such as home and work.

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