

# Setting the Bar High: Classroom Lesson Plan

## Lesson Topic:

Setting the Bar High

## Lesson Objective:

Students will be able to explain the importance of goal setting and set at least one impressive goal for themselves.

## Materials:

- Writing utensils
- **Set the Bar High** worksheets, one per student
- Projector or other method to watch the video

## Advanced Preparation:

- Preview the [video](#) before sharing it with your students [3:13].
- Make copies of **Set the Bar High**, one per student.
- Write the quote for the Warm-up Activity on the whiteboard or overhead: "Celebrate what you've accomplished, but raise the bar a little higher each time you succeed." –Mia Hamm

## Warm-up Activity:

1. Read the quote on the whiteboard or overhead aloud.
  - "Celebrate what you've accomplished, but raise the bar a little higher each time you succeed." –Mia Hamm



2. Ask, "What does this quote mean?"
3. Direct students to turn and talk to a partner.
4. Bring the class together to discuss their ideas.
5. Tell students that setting goals is important, but ensuring that they "set the bar high" can help ensure they are always doing their best work and achieving their full potential.

### **View the Video: "Setting the Bar High"**

1. Tell students they will be watching the video titled, "Setting the Bar High".
2. Explain that the video presents role models discussing the importance of always trying your best, surrounding yourself with positive role models, and setting your personal bar high.
3. View the video together. Invite students to formulate questions or comments about the ideas discussed in the video and to be prepared to discuss these after viewing the video.

### **Video Follow-up:**

1. Ask students to offer their questions, comments, reactions, and responses to the video.
2. Pass out the **Set the Bar High** worksheets.
3. Tell students that they will be practicing setting lofty goals, goals that "set the bar high".
4. Allow students time to complete their worksheets. Circulate to assist as necessary.
5. Bring the class together to review student answers.
6. Ask, "Is it possible to set the bar too high or make a goal that is too lofty?"



7. Direct students to turn and talk to a partner.
8. Bring the class together to share their ideas. Emphasize that setting the bar high is important but it is also possible to set the bar too high and create goals that are unrealistic.
9. Give a few examples of goals that might be too ambitious. Some possible examples include:
  - Run a 6-minute mile by the end of the month.
  - Start a multi-million-dollar company before summer vacation begins.
  - Write and publish a 200-page novel over spring break.
10. Ask, "Could you achieve all of these things?"
11. Guide students to understand that these ambitious goals are, in fact, possible, but they would need to achieve many smaller goals first. Achieving big goals takes time!
12. Direct students to review the goals they set on the **Set the Bar High** worksheet. Allow a few minutes for students to revise any goals that are too ambitious.
13. If any students feel comfortable sharing their own goals or how they revised goals that were too ambitious, they can do so at this time.
14. End by reminding students that setting goals is critical to success. But those that always choose to set the bar high ensure they invest their best selves into everything that they do. Encourage students to talk to friends and family about their goals and how they set the bar high for themselves.



### Extension Activities:

1. Have students continue to explore high achievement by researching high-achieving historical and/or public figures. Students can use this research to create timelines of their lives or write biographies focusing on their achievements.
2. Focus on an upcoming extreme endurance-style event such as the Iditarod or the Badwater 135. Have students follow the news about one athlete or team during the competition. Students can research the background of the athlete or team members to discover the types of goals they set and prior experience they used to prepare for the event.
3. Use the "Related Questions to Explore" as discussion springboards or writing prompts to help students further explore goal setting.

### Related Questions to Explore:

- What might happen if you never set the bar high when setting goals?
- Have you ever set the bar too high for yourself? What happened?
- What could you do to help ensure you set the bar high for yourself without setting it too high?
- How can surrounding yourself with positive role models help you achieve your goals?



## Set the Bar High

Read through the scenarios below. Then, write at one regular goal for each scenario and one ambitious goal. Your ambitious goal should “set the bar high”.

1. Annette has a 5-page paper due in English class next Friday. The paper is about her favorite book, *The Phantom Tollbooth*. She hasn’t started yet because she has been so busy practicing basketball.

Regular Goal:

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Ambitious Goal:

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2. Himari just joined an afterschool soccer team. She hasn’t played soccer before, but she is eager to learn. Himari loves running but is a little worried about kicking. She’s never played a sport with kicking before, so she might not be very good at it. Her team’s first game is in two weeks.

Regular Goal:

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Ambitious Goal:

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3. Mahlee enjoys reading. She reads afterschool almost every day for at least an hour. She read over 30 books last year! This year, she wants to try out some different genres and push herself to read even more.

Regular Goal:

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Ambitious Goal:

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Now write some ambitious goals for yourself. You might write goals for any part of your life: personal, school, home, or fun!

My Ambitious Goals



## Ideas for Future Lessons/Activities Related to Setting the Bar High:

1. What Does the Science Say? Challenging Goals and The Power of the Mind
2. A Lifetime of Dedication: The Olympics
3. Historical Focus: No One Believed They Could Do It—Ada Lovelace, Amelia Earhart, and Nellie Bly
4. Setting the Bar High, But Not Too High: Challenging Scenarios for Students to Discuss and Roleplay
5. Mastery, Efficiency, and Discipline: The Language of Achievement
6. Extreme Events and Success: Marathons, Solo-Sailing, and More!
7. What are SMART Goals? Setting Specific, Measurable, Achievable, Relevant, and Timely Goals for Success