



Gaming Concepts

FUNDAMENTALS

SAMPLE



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LEVEL 1: QUEST ACCEPTED -- Players and coaches will discuss how to play as a team, rules for play, and ways to win the game.

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Unit 1, Lesson 5:

Goal-Setting and Decision-Making Skills (Day 1)

Lesson Overview: Most video games of today aren't one-time play and win games. Players level up and the more they play the higher their ranking. By setting goals, players not only measure their practiced improvement, but setting goals also helps players to monitor as well as limit or increase playing time according to goal success.

Content Standards Addressed:

- Standard 9: Goal-Setting and Decision-Making
- Standard 10: Active Participation

Materials Needed:

- [Why the Secret of Success is Setting the Right Goals](#)
(11:51 min.)

Directions: This lesson is designed to be taught over two days.

Day 1: (30 min.)

- Watch the TED Talk video [Why the Secret of Success is Setting the Right Goals](#).
- Discuss how setting goals not only helps achievement, but it also helps with time management and focus.
- Assign small groups and ask students to discuss the following questions below. Allow students 5-7 minutes to discuss. At that time, ask for volunteers to share answers:
 - What are some of your goals in life? What is your WHY for these goals?
 - Do we ever fall into the trap of making other people's goals our own goals? How?
 - How likely are you to achieve a goal if you don't connect with it personally?
 - How can you establish goals in school that motivate you, even when you may not like the class or activity?
- **Now, make a transition with the following statement:** *"In order to meet goals, we have to manage the time in our day. That requires the life skill of time management. This is especially true if we have more than one goal to work toward."*
 - What are some good strategies that you or other students have used to meet more than one goal in the same week?
 - Wrap up with: How do daily decisions sometimes support or sabotage our big life goals?

DAILY PRACTICE:

Active Participation: 20 min.

Portfolio Reflection: 10 min.

Unit 1, Lesson 5:

Goal-Setting and Decision-Making Skills (Day 2)

Lesson Overview: Most video games of today aren't one-time play and win games. Players level up and the more they play the higher their ranking. By setting goals, players not only measure their practiced improvement, but setting goals also helps players to monitor as well as limit or increase playing time according to goal success.

Content Standards Addressed:


- Standard 9: Goal-Setting and Decision-Making
- Standard 10: Active Participation

Materials Needed:

- [SMART Goal Setting \(Handout\)](#)
- Article: [10 Tips for Setting Successful Goals with Students](#)
- [Goals Brainstorming Worksheet \(Handout\)](#)
- 1 notecard for each member of the class

Directions: This lesson is designed to be taught over two days.

Day 2: (30 min.)

-  Read over the attached [SMART Goal Setting \(Handout\)](#) with students.
- Have students read over the article [10 Tips for Setting Successful Goals with Students](#).
- Have students fill out the [Goals Brainstorming Worksheet \(Handout\)](#).
- Have the students either transfer the three goals onto the “Weekly Goals” portion at the bottom of their *Exercise and Nutrition Log* in their portfolios, or they can come up with three different goals.
- Give students a notecard. Have students write their top gaming goal on the notecard. (This can be nutrition, physical, or from the game itself.)
- Make a bulletin board of the students’ goals so that they can be viewed every day.

Specific Content Discussed	Mental Health Moment (Pairs with specific content)	Mental Health Determinant Promoted
1. SMART Goal Setting	1. Goals often include WHAT do I need and HOW do I get there, but they lack personal value without a WHY. Ex: School may seem like hoops to jump through. It’s because you have not attached a “Why” 2. Managing multiple needs requires PRIORITIZING multiple needs. Discuss how daily decisions support or sabotage your passions.	1. Self-esteem, Life Skills, Self-efficacy

DAILY PRACTICE:

Active Participation: 30 min.

Portfolio Reflection: 10 min.

Find Out More!

Gaming Concepts Fundamentals is one of five resource bundles that can fit either semester or year long courses for STEM or CTE elective classes. They can also be scaled easily for after-school programs or integrated into existing classes.

The vertically aligned, STEM.org accredited and California A-G (suitable for B) approved series integrates esports with digital citizenship, college and career readiness, and mental wellness using integrated Mental Health Moments lessons.



Want to talk more about Gaming Concepts?

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generationesports.com/schedule-a-call

