

HEART & SOLE Version 1 LEARNING GOALS

Fall 2018 Greenville County Schools

Sites Running on Monday & Wednesday or Tuesdays & Thursdays

SEPT 12 & 13: PARENT ORIENTATION MEETING AT TIME/SITE/LOCATION OF DAUGHTER'S SESSION

- To learn the program, meet the coaches, Q & A

SEPT. 19 & 20 LESSON 1: YOU ARE HERE – BIG IDEA: BECOMING A TEAM TAKES TIME, EFFORT AND SUPPORT

- Meet each other and get familiar with Heart & Sole.
- Establish basic expectations for your Heart & Sole Team.
- Assess current level of physical ability related to running/jogging/walking.

SEPT. 24 & 25 LESSON 2: MY GIRL WHEEL – BIG IDEA: SELF-AWARENESS CAN HELP US GROW

- Increase self-awareness through the Girl Wheel.
- Understand that growth is a process.
- Identify areas of confidence and challenge.

SEPT. 26 & 27 LESSON 3: REACHING MY GOALS – BIG IDEA: MAKING PLANS HELPS US REACH OUR GOALS

- Identify a personal goal and make a plan to achieve it.
- Understand the importance of specificity in goal setting.
- Set and record the first lap goal.

OCT. 1 & 2 LESSON 4: MAKING CONNECTIONS – BIG IDEA: OUR SIMILARITIES & UNIQUENESS MAKE US A STRONG TEAM

Registration Closes 10/2

- Collaborate to solve a problem.
- Make connections with teammates.
- Understand that similarities and uniqueness give you strength.

OCT. 3 & 4 LESSON 5: OVERCOMING OBSTACLES – BIG IDEA: WE CAN USE OUR STRENGTHS & SUPPORTS TO OVERCOME OBSTACLES

- Define strengths/supports and potential obstacles.
- Identify personal obstacles and strengths and supports
- Understand how to use strengths and supports to overcome obstacles.

OCT. 8 & 9 LESSON 6: PRESS PAUSE – BIG IDEA: PRESSING PAUSE CAN HELP US KNOW HOW TO BEST MOVE FORWARD

- Understand that pressing pause is an important skill for life.
- Identify situations where pressing pause might be challenging or useful.
- Understand and apply different pause strategies.
- Practice interval training.

OCT. 10 & 11 LESSON 7: STRONG – BIG IDEA: A HEALTHY SELF-CONFIDENCE MAKES US STRONGER

- Explore beliefs about self-confidence.
- Challenge and revise beliefs about self-confidence.
- Learn strategies for developing healthy self-confidence.
- Identify areas of strength.

OCT. 15 & 16 LESSON 8: CHALLENGE & STRENGTH – BIG IDEA: CHALLENGES BUILD STRENGTH & STRENGTH BUILDS CONFIDENCE

- Set challenging but realistic goals.
- Engage in challenges that build confidence.
- Connect with images of challenge and strength.

OCT. 17 & 18 LESSON 9: OTHER PEOPLE'S WHEELS – BIG IDEA: WE ALL FACE CHALLENGES

- Develop empathy skills.
- Become aware of other people's Wheels.
- Propose ways to help others who are struggling.

OFF: 10/22- 10/22 Prof Dev't Day

OCT. 24 & 25 LESSON 10: SOS – BIG IDEA: ASKING FOR HELP ISN'T ALWAYS EASY, BUT IT'S IMPORTANT TO ASK

- Identify barriers to asking for help and find ways to overcome them and practice empathy.
- Complete a second interval workout.

OCT. 29 & 30 LESSON 11: SUPPORT – BIG IDEA: IT'S IMPORTANT TO HAVE A RELIABLE SUPPORT SYSTEM

- Identify different types of support.
- Understand that a reliable support system is important.
- Recognize who is in your support system and where you need more support.

OCT. 31 & NOV. 1 LESSON 12: ASKING FOR & GIVING HELP – BIG IDEA: WE CAN GET & GIVE SUPPORT

- Practice asking for and offering help.
- Recognize your own abilities to support others.
- Identify who to go to for help.

OFF: 11/5 – 11/6 Election Day

NOV. 7 & 8 LESSON 13: BEING WITH ME – BIG IDEA: TAKING CARE OF OURSELVES IS IMPORTANT

- Identify characteristics of a healthy relationship with yourself.
- Understand how to build a healthy relationship with yourself.
- Create personal goals for improving your relationship with yourself.

NOV. 12 & 13 LESSON 14: WHERE I END – BIG IDEA: TO TAKE CARE OF OURSELVES, WE NEED TO SET BOUNDARIES

- Define different types of boundaries.
- Identify personal comfort zones and how they are related to setting boundaries.
- Learn and practice steps for setting boundaries.

NOV. 14 & 15 LESSON 15: STANDING UP – BIG IDEA: WE CAN KEEP BOUNDARIES EVEN WHEN IT'S HARD

- Understand that context plays a role in boundaries.
- Identify potential boundaries in various contexts.
- Explore personal and others' comfort levels related to boundaries.

NOV. 19 & 20 LESSON 16: CONNECTION – BIG IDEA: WE ARE ALL CONNECTED

- Strengthen relationships with group members.
- Understand the value of connection.
- Identify Wheels in your comfort zone and Wheels in your stretch zone.

OFF: 11/21 – 11/23 Thanksgiving Break

NOV. 26 & 27 LESSON 17: PRACTICE 5K! HURRAY! BIG IDEA: WE CAN DO ANYTHING WE SET OUR MINDS TO DO

- Complete a practice 5K.
- Celebrate your accomplishment!

NOV. 28 & 29 LESSON 18: IMPACT – BIG IDEA: WE CAN POSITIVELY IMPACT OTHERS

- Understand how one action can have a ripple effect.
- Make a commitment to expand your Girl Wheel to connect to others.
- Understand that expanding the reach of your Girl Wheel is important.

DEC. 3 & 4 LESSON 19: HERE YOU ARE – BIG IDEA: OUR VOICES AND ACTIONS MATTER

- Identify personal beliefs and use your voice to share them.
- Understand that each person has a unique voice.

DEC. 5 & 6 LESSON 20: REFLECTION – BIG IDEA: THE GIRLS WILL CREATE THEIR OWN BIG IDEA DURING TODAY'S LESSON

- Identify strengths and skills learned in Heart & Sole.
- Reflect on the program.

DEC. 8 2018: [SOUTHSIDE HIGH SCHOOL TACKY SWEATER 5K – 6630 FRONTAGE AT WHITE HORSE RD., GREENVILLE, SC 29605](#)

DEC. 10 & 11 LESSON 21: CELEBRATE – BIG IDEA: CELEBRATE OUR ACCOMPLISHMENTS! LAST SESSION!

- To enjoy the last official day of Heart & Sole before the closing celebration
- To provide feedback to the coach about what they liked, did not like, and learned from Heart & Sole.

**AWARDS BANQUET: Pot Luck Banquet and Awards. Furman University Trone Center, Watkins Room (by the lake)
3300 Poinsett Hwy.**

- Wednesday, Dec. 9 & Thursday, Dec. 10 from 6:30-8:30 p.m. **Sites attending each night TBD**

COACH APPRECIATION DINNER: Tuesday, December 15th, Location TBD