Connecting SEL Standards to PE Standards

The Illinois Physical Development and Health standards address many areas of the whole child. There are five goals on the PE/Health standards that were adopted in 2015. Many of these standards also connect to the Illinois Social Emotional Standards. Educators looking for a cross curricular concept in their pedagogy can look at these connections to provide greater support to all students.

In order for students to develop the skills to meet the PE/Health standards they must be actively involved in the situations were the skill are necessary. This is a key component in implementing a strong SEL integration, students need to be in situations to learn the skills required in social situations. Teaching Personal and Social Responsibility, a book by Don Hellison is about using physical education as a means to teach a code of conduct or a discipline to students. The system is comprised of several levels of development:

- Level 0 Egocentric
- Level 1 Respecting the Rights & Feelings of Others
- Level 2 Effort and Cooperation
- Level 3 Self-Direction
- Level 4 Helping Others and Leadership
- Level 5 Taking TPSR Outside the Gym

Many PE team building activities can be also used in the classroom. During times such as indoor recess, playgrounds and after-school activities.

One resource is How to Use Your Noodle (Pool Noodles). There are 22 Noodle activities for the gym or classroom. [http://bit.ly/2R43hNz](http://bit.ly/2R43hNz)

Watch some of the fun activities used to build SEL / PE social skills. [http://bit.ly/2R4xIDh](http://bit.ly/2R4xIDh)