

Teaching and Learning Supports

9th Grade - 12th Grade

Physical fitness is not only one of the most important keys to a healthy body, it is the basis of dynamic and creative intellectual activity.

John F. Kennedy

Check us out on the web:
[Illinois Classrooms in Action](http://www.ilclassroomsinaction.org)



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.

PE Standards	SEL Standards	SEL Benchmarks
20C. Set goals based on fitness data and develop, implement, and monitor an individual fitness improvement plan.	1C. Demonstrate skills related to achieving personal and academic goals.	4a. Identify strategies to make use of resources and overcome obstacles to achieve goals. 5a. Set a post-secondary goal with action steps, timeframes, and criteria for evaluating achievement.
21B. Demonstrate cooperative skills during structured group physical activity.	2C: Use communication and social skills to interact effectively with others.	4b. Evaluate one's contribution in groups as a member and leader. 5b. Plan, implement, and evaluate participation in a group project.
22A. Explain the basic principles of health promotion, illness prevention and safety including how to access valid information, products, and services.	1B Recognize personal qualities and external supports.	4a. Analyze how positive adult role models and support systems contribute to school and life success. 5b. Evaluate how developing interests and filling useful roles support school and life success.
22D. Describe how to advocate for the health of individuals, families and communities.	3C Contribute to the well-being of one's school and community.	4b. Plan, implement, and evaluate one's participation in activities and organizations that improve school climate. 5b. Work cooperatively with others to plan, implement, and evaluate a project to meet an identified school need.
24A. Demonstrate procedures for communicating in positive ways, resolving differences and preventing conflict.	2D. Demonstrate an ability to prevent, manage, and resolve interpersonal conflicts in constructive ways.	4a. Analyze how listening and talking accurately help in resolving conflicts. 5a. Evaluate the effects of using negotiation skills to reach win-win solutions.
24B. Apply decision-making skills related to the protection and promotion of individual, family, and community health.	3B- Apply decision-making skills to deal responsibly with daily academic and social situations.	4b. Apply decision-making skills to establish responsible social and work relationships. 5a. Analyze how present decision making affects college and career choices.

In order for students to develop the skills to meet the PE/Health standards they must be actively involved in the situations where 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>

Watch some of the fun activities used to build SEL / PE social skills. <http://bit.ly/2R4xIDh>

Download the High School Physical Education & Health

standards book to review all the Illinois PE/ Health standards and the Social Emotional Standards. http://www.ilclassroomsinaction.org/uploads/2/6/0/8/26089560/standardsbook-pe_health.pdf

