## 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:

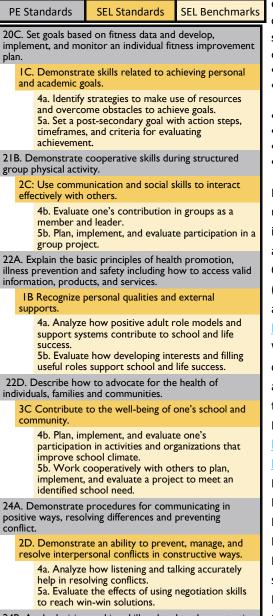
Illinois Classrooms in Action





## 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.



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 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.

<u>Teaching Personal and Social Responsibility</u>, 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. <u>http://</u>

## bit.ly/2R43hNz

Watch some of the fun activities used to build SEL / PE social skills.

## <u>http://</u>

bit.ly/2R4xIDh Download the High School Physical

Education &

standards book to review all the Illinois PE/ Health standards and the Social Emotional Standards. <u>http://</u>

www.ilclassroomsinaction.org/ uploads/2/6/0/8/26089560/standardsbookpe\_health.pdf