

Physical Education Toolkit

This toolkit is designed to support educators, families, and community members as they begin integrating SEL into Physical Education, teaching practices or interactions with children.

Members of the school community (or for some of the groups, larger community) can use this toolkit to find initial strategies and resources to support the whole child within a physically active learning environment. These resources provide initial support and strategies for improving both teacher and student understanding of their social, emotional, and behavioral interactions and experiences in Physical Education. To view the crosswalk between Physical Education and the Delaware SEL Competencies go [here](#).

Physical Education Resources		
SEL Competency	Elementary Resource	Secondary Resource
<p>Self-Awareness</p> <p>1A. Demonstrate an awareness of one's own emotions.</p> <p>1B. Demonstrate an awareness of personal qualities and interests.</p> <p>1C. Demonstrate an awareness of one's own strengths and opportunities for growth</p>	<p>CATCH PE Digital Packs with SEL Highlight K-5- Sign on access has been granted to all elementary schools in the state, providing access to CATCH PE. The digital resource provides SEL based activities for the Physical Education setting.</p> <p>Health and PE Google Drive- Physical Education SEL Support- The Health and PE google drive has a folder specifically for SEL supports.</p> <p>Mind Yeti - YouTube- Mind Yeti is a library of research-based guided mindfulness sessions that help kids and their adults calm their minds, focus their attention and connect to the world around them.</p>	<p>CATCH PE Digital Packs with SEL Highlight 6th-8th- Sign on access has been granted to all middle schools in the state, providing access to CATCH PE. The digital resource provides SEL based activities for the Physical Education setting.</p> <p>https://www.varsitybrands.com/believe-in-you-social-emotional-learning-empowerment-journals by Varsity Brands provide 10 weeks of free journaling activities that can be promoted in Physical Education classes grades 5-12.</p> <p>Health and PE Google Drive- Physical Education SEL Support- The Health and PE google drive has a folder specifically for SEL supports.</p>

<p>Self-Management</p> <p>2A. Understand and use strategies for managing one's own emotions and behaviors constructively.</p> <p>2B. Set, monitor, adapt, and evaluate one's own goals to achieve success in school and life.</p>	<p>CATCH PE Digital Packs with SEL Highlight K-5- Sign on access has been granted to all elementary schools in the state, providing access to CATCH PE. The digital resource provides SEL based activities for the Physical Education setting.</p> <p>Health and PE Google Drive-Physical Education SEL Support- The Health and PE google drive has a folder specifically for SEL supports</p> <p>https://www.gonoodle.com/- The mindfulness exercises are 3-5 minutes of stretching and breathing exercises. They can be done sitting at a desk, standing, or on the floor.</p> <p>https://why.pbslearningmedia.org/subjects/health-and-physical-education/physical-education/- PBS provides video and digital learning activities that focus on self, positivity and behavior management through mindful movement.</p> <p>Mind Yeti - YouTube- Mind Yeti is a library of research-based guided mindfulness sessions that help kids and their adults calm their minds, focus their attention and connect to the world around them.</p>	<p>CATCH PE Digital Packs with SEL Highlight 6th-8th- Sign on access has been granted to all middle schools in the state, providing access to CATCH PE. The digital resource provides SEL based activities for the Physical Education setting.</p> <p>https://www.varsitybrands.com/believe-in-you-social-emotional-learning-empowerment-journals- Empowerment Journals by Varsity Brands provide 10 weeks of free journaling activities that can be promoted in Physical Education classes grades 5-12.</p> <p>Health and PE Google Drive-Physical Education SEL Support- The Health and PE google drive has a folder specifically for SEL supports.</p>
<p>Social Awareness</p> <p>3A. Demonstrate awareness and consideration of other people's</p>	<p>CATCH PE Digital Packs with SEL Highlight K-5- Sign on access has been granted to</p>	<p>CATCH PE Digital Packs with SEL Highlight 6th-8th- Sign on access has been granted</p>

<p>emotions, perspectives, and social cues.</p> <p>3B. Exhibit civic responsibility in multiple settings</p>	<p>all elementary schools in the state, providing access to CATCH PE. The digital resource provides SEL based activities for the Physical Education setting.</p> <p>Health and PE Google Drive- Physical Education SEL Support- The Health and PE google drive has a folder specifically for SEL supports</p> <p>https://www.centervention.com/social-emotional-learning-activities/- Provides activities for elementary and middle school students to develop communication, cooperation, emotion regulation, empathy, impulse control and social initiation skills.</p> <p>https://www.gonoodle.com/- The mindfulness exercises are 3-5 minutes of stretching and breathing exercises. They can be done sitting at a desk, standing, or on the floor.</p>	<p>to all middle schools in the state, providing access to CATCH PE. The digital resource provides SEL based activities for the Physical Education setting.</p> <p>https://www.varsitybrands.com/believe-in-you-social-emotional-learning-Empowerment Journals by Varsity Brands provide 10 weeks of free journaling activities that can be promoted in Physical Education classes grades 5-12.</p> <p>Health and PE Google Drive- Physical Education SEL Support- The Health and PE google drive has a folder specifically for SEL supports.</p> <p>https://www.centervention.com/social-emotional-learning-activities/- Provides activities for elementary and middle school students to develop communication, cooperation, emotion regulation, empathy, impulse control and social initiation skills.</p>
<p>Relationship Skills</p> <p>4A. Use positive communication and social skills to interact effectively with others.</p>	<p>CATCH PE Digital Packs with SEL Highlight K-5- Sign on access has been granted to all elementary schools in the state, providing access to CATCH PE. The digital resource provides SEL based activities for the Physical Education setting.</p>	<p>CATCH PE Digital Packs with SEL Highlight 6th-8th- Sign on access has been granted to all middle schools in the state, providing access to CATCH PE. The digital resource provides SEL based activities for the Physical Education setting.</p>

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<p>Responsible Decision-Making</p> <p>5B. Develop, implement, and model effective decision-making skills to deal responsibly with academic and social situations.</p>	<p>CATCH PE Digital Packs with SEL Highlight K-5- Sign on access has been granted to all elementary schools in the state, providing access to CATCH PE. The digital resource provides SEL based activities for the Physical Education setting.</p> <p>Health and PE Google Drive-Physical Education SEL Support- The Health and PE google drive has a folder specifically for SEL supports</p>	<p>CATCH PE Digital Packs with SEL Highlight 6th-8th- Sign on access has been granted to all middle schools in the state, providing access to CATCH PE. The digital resource provides SEL based activities for the Physical Education setting.</p> <p>https://www.varsitybrands.com/believe-in-you-social-emotional-learning-empowerment-journals by Varsity Brands provide 10 weeks of free journaling activities that can be promoted in Physical Education classes grades 5-12.</p> <p>Health and PE Google Drive-Physical Education SEL Support- The Health and PE</p>

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