Welcome! Pre-game Work........

Think about your delivery of SEL in physical education:

• What are some ways you currently teach SEL?
• What are some potential ways that you can integrate more SEL into physical education?
SEL-ing Physical Education!

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OPEN PhysEd.org
A Public Service of US Games
BSN SPORTS
If a child can do advanced math, speak 3 languages, or receive top grades, but can’t manage their emotions, practice conflict resolutions, or handle stress, none of this other stuff is really going to matter.

APPLEBAUM TRAINING INSTITUTE
What did you notice?
Why is #SEL Important to PE?
#SEL – The Components
Group Collaboration Feedback

• What are you doing now to address SEL in PE?
• Elementary, MS, HS
• Take your sticky notes, pens, and teammates
Rock, Paper, Scissors: The Simplest form of #SEL

SPORTSMANSHIP

(noun)

Ethical, appropriate, polite, and fair behavior while participating in a game or athletic event.

Anthony demonstrated great sportsmanship during and after the game. Even though he lost, he still complimented his opponent.
What did you learn?

Teamwork
Conflict Resolution
Interact
Cooperate
Communication Skills
Problem Solving
Etiquette

OPEN PhysEd.org
Hey! I’ve heard this before!

- Don Hellison’s *Teaching Personal and Social Responsibility Through Physical Activity*
- 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

1938-2018

1938-2018
### How Teachers View Social-Emotional Learning

To what extent do you agree or disagree with the following statements? Select the statements you AGREE with.

While most teachers agree it’s their job to teach social-emotional learning, far fewer feel equipped to do so well. They see their teacher colleagues much the same way.

<table>
<thead>
<tr>
<th>Statement</th>
<th>Percentage</th>
<th>Other Teachers at My School Percentage</th>
</tr>
</thead>
<tbody>
<tr>
<td>It is part of my job to help students develop strong social and emotional skills</td>
<td>78%</td>
<td>69%</td>
</tr>
<tr>
<td>All students can and should have strong social and emotional skills</td>
<td>66%</td>
<td>70%</td>
</tr>
<tr>
<td>I am good at helping students develop strong social and emotional skills</td>
<td>54%</td>
<td>61%</td>
</tr>
<tr>
<td>I have adequate solutions and strategies to use when students do not have strong social and emotional skills</td>
<td>40%</td>
<td>43%</td>
</tr>
</tbody>
</table>

[Sources: US Games, OPENPhysEd.org, BSN Sports]
How prepared do you feel to address students’ mental health needs?

Few teachers express full confidence in their readiness to deal with students’ mental-health issues.

- Not at all: 9%
- A little: 29%
- Somewhat: 48%
- Very: 12%
- Extremely: 2%

To what extent do you agree or disagree with the following statement? Teaching social and emotional skills to students will improve school safety.

Most teachers see a connection between strong social-emotional skills and schools that are safe.

- Completely disagree: 4%
- Somewhat disagree: 4%
- Somewhat agree: 34%
- Completely agree: 57%

Note: Responses may not sum to 100% due to rounding.
SOURCE: Education Week Research Center, 2019
How can OPEN help with #SEL?

**COOPERATION**
(noun)

The process of working together for a common goal or outcome.

Keeping our Phys. Ed. equipment in good condition takes cooperation. We all have to work together to use things the way they were meant to be used and to put them back where they belong when class is over.

**STUDENT TARGETS**

- **Skill:** I will perform exercises with proper form and a focus on safety.
- **Cognitive:** I will discuss major muscles and body systems involved in performing this Tabata routine.
- **Fitness:** I will identify muscles used in each exercise interval.
- **Personal & Social Responsibility:** I will use encouraging language with my partner during each rest interval.

**TOOLS FOR LEARNING PERSONAL & SOCIAL RESPONSIBILITY**

(Intermediate 3-5)

Personal & Social Responsibility (Intermediate 3-5)

This module includes activities that are designed to develop and reinforce several personal and social skills associated with responsible behavior. Safety, cooperation, interpersonal behavior, problem-solving and providing feedback, practicing and accepting others, as well as following the etiquette of activity settings are the main skills emphasized. However, a variety of other learning outcomes are also addressed within the module’s activities.
Who has an idea??

- Potential lessons to address SEL in PE?
- Elementary, MS, HS
- Take your sticky notes, pens, and teammates
How can we measure #SEL in PE?

**Methods**
- Surveys
- Rubrics
- Self-Assessments
- Team Assessments

**Tools**
- Plickers/Plagnets
- Paper/pencil
- Google
- Office 365
### How can we measure #SEL in PE?

**SELF-EFFICACY AND SOCIAL SUPPORT INVENTORY**

Name: __________________________  Date: ____________

**Directions:** Answer Yes or No to the first 8 items, then write a short response for items 9 and 10.

<table>
<thead>
<tr>
<th>YES</th>
<th>NO</th>
</tr>
</thead>
<tbody>
<tr>
<td>I think I can ask an adult (teacher or family member) to help me find opportunities to play Roundnet.</td>
<td></td>
</tr>
<tr>
<td>I think I can ask a friend or family member to play Roundnet with me.</td>
<td></td>
</tr>
<tr>
<td>I think I have the skills I need to play Roundnet outside of physical education class.</td>
<td></td>
</tr>
<tr>
<td>I think I have the knowledge I need to improve my Roundnet skills outside of physical education class.</td>
<td></td>
</tr>
<tr>
<td>I think I know where to find resources to learn more about Roundnet.</td>
<td></td>
</tr>
<tr>
<td>I think I will play a game of Roundnet in the future if the opportunity is available.</td>
<td></td>
</tr>
</tbody>
</table>

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**THE OPEN 8 MIDDLE SCHOOL CHALLENGE**

**GRIT BUILDER REFLECTION SHEET**

**NAME:** ______________________________________

**Congratulations!**

You’ve completed all tasks required of an OPEN 8 Adventure Challenge Champion!

Each challenge was designed to test your skills, knowledge, and perseverance in the areas of physical literacy, 21st century learning and innovation, and global awareness. In order to continue your development in these areas, you must apply purposeful practice principles.

Let’s focus on communication and collaboration skills. Complete the following reflection exercises. If done in a thoughtful and purposeful way, these reflections will help guide your next 21st century adventure!

**What is collaboration?**

______________________________________________________________

**How does your ability to communicate affect the result of a collaborative effort?**

______________________________________________________________

**Can you formulate a theory to describe how your communication skills contribute to your ability to collaborate with others? How would you test your theory?**

______________________________________________________________

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**US Games**

**OPENPhysEd.org**

**BSN Sports™ PHYSICAL EDUCATION**
More OPEN #SEL

**STUDENT TARGETS**

- **Fitness:** I will safely participate in order to increase my heart rate and warm up my body.
- **Fitness:** I will demonstrate my knowledge of exercises that I can do on my own that will keep my body healthy.

**TEACHING CUES**

- Move with body control.
- Cooperate and work together.
- Choose to be safe. This is not a race but an assignment.

**ACTIVITY SET-UP & PROCEDURE**

_Equipment:_
- 6 cones or spot marker to mark lines.

_Set-Up:_
1. Create 3 parallel lines 8-10 yards apart. Two home lines on the ends and a center line in the middle.
2. Students are in pairs. Partners facing each other on opposite home lines.

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**COOPERATION**

(noun)

The process of working together for a common goal or outcome.

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What did you learn?

Teamwork
Conflict Resolution
Interact
Cooperate
Communication Skills
Problem Solving
Etiquette
But what about this room?
Contact Info

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Two more things.....

1. Complete our online evaluation at www.bit.ly/OPENPD

2. OPEN is a public service of US Games
About Me.....