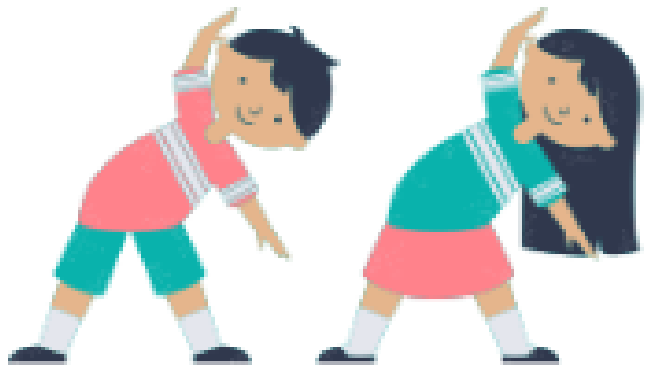


Physical Education + SEL Resources & Activities



OUR PE GOALS



GOAL 1

THINGS I CAN DO:

GOAL 2

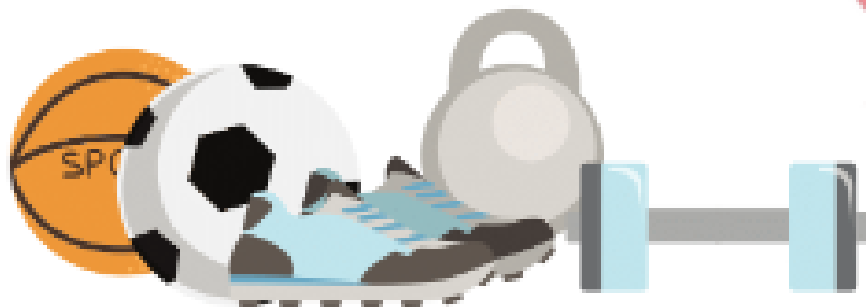
THINGS I CAN DO:

GOAL 3

THINGS I CAN DO:

WHAT I'VE DONE TO ACHIEVE MY GOALS SO FAR:

OUR PE GOALS



GOAL 1

We will be polite and respectful to our peers and teammates.

THINGS WE CAN DO:
We can congratulate each other on a job well done and be honest with our feelings.

GOAL 2

We will move safely and in control of our bodies.

THINGS WE CAN DO:
Listen to instructions from our teacher to make sure that we are being safe.

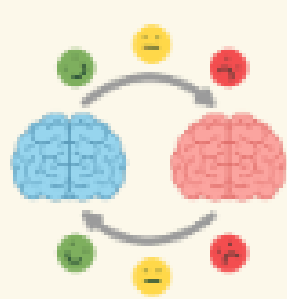
GOAL 3

We will always try our best and know that we are working our hardest.

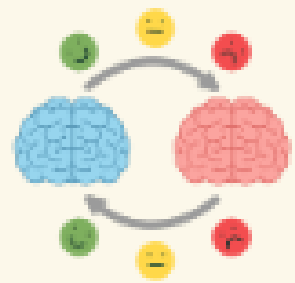
THINGS WE CAN DO:
Remember that even if we can't do something, it just means we can't do it YET.

WHAT WE'VE DONE TO ACHIEVE OUR GOALS SO FAR:

We have worked in partnerships and listened to each other give directions. We were able to really understand what the other person was teaching us and how to be a good listener.



EMOTION CORNERS



Excited and Energized

Choose from a list of
movement activities



Help a friend

Create a dance or
exercise to teach
the class

Help organize supplies

Sad and Calm

Stretch

Go for a walk

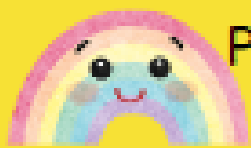
Talk to someone you
trust

Try a yoga pose



Happy and Content

Draw a picture to show
how I am feeling



Practice an exercise

Jog in place

Dance party!

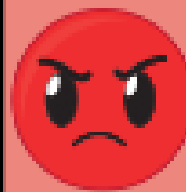
Angry and Frustrated

Practice mindful breathing

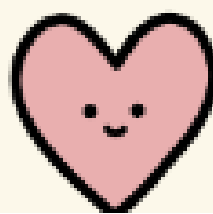
Ask for a break

Stop what I am doing

Close my eyes and count to
10



**Remember to take what you need
and do what it takes to feel your
very best.**



PHYS. ED

challenge board

Let's try some of these unique challenges to get us
up and moving!



Happy baby
pose

Mountain
climbers

Jumping
jacks

Student's
Choice

Burpees

Crab kicks

Tree pose

Walking
lunges

Follow the
leader

Partner
push-ups

GoNoodle
Break

Jog in place

Toe touches

Teacher's
Choice

Mindful
Breathing

Sit-ups

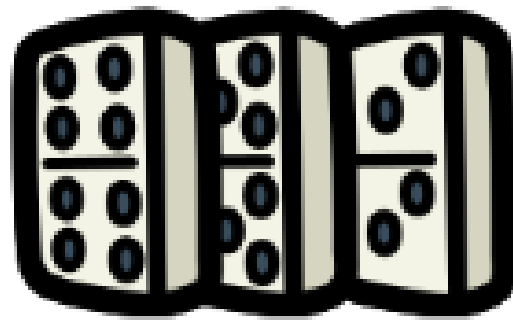
Skip in place

Freeze
Dance

Arm Circles

Cobra
stretch

DOMINO EMOTIONS



This activity gets us thinking about how our emotions impact one another.

STEPS:

1. COLLECT AS MANY DOMINO PIECES AS POSSIBLE AROUND THE ROOM
2. FOLLOW THE DIFFERENT PROMPTS ON EACH DOMINO TO GET UP AND MOVING!
3. ALL DOMINOES MUST BE COLLECTED IN ORDER TO REACH THE "FINISH LINE"
4. THE KEY HERE IS THAT EVERY STUDENT MUST FIND AT LEAST 3 DOMINOES
5. REMEMBER THAT WE ARE ALL IN IT TOGETHER AND ONE PERSON'S EMOTIONS/ACTIONS CAN IMPACT EVERYONE!