

Building Kinder, Healthier Schools

Effective health and physical education programs – which include addressing a student’s social and emotional learning (SEL) – create a foundation that benefits the whole child.

HOW IS SEL ADDRESSED IN HEALTH & PE?

NATIONAL STANDARDS

Teachers develop lessons based on the SHAPE America National Standards for K-12 Physical Education to foster responsible personal and social behavior, respect and the value of physical activity in their students.



SCHOOL-WIDE PROGRAMS

Health & PE teachers often lead school-wide initiatives that incorporate SEL and improve school climate by implementing the Whole School, Whole Community, Whole Child (WSCC) model.



SKILL DEVELOPMENT

Skills such as **managing emotions** (like stress and anxiety), **setting goals** and **building positive relationships** are essential for young people’s success in all areas of life. These skills are embedded within the SEL framework – and in the National Standards that health & PE teachers use daily.



HOW DOES THIS BENEFIT STUDENTS?

Schools can influence healthy behaviors – and active, healthy students are better learners.

STUDENT SUCCESS

Teaching SEL through health & PE helps students navigate many of the challenges they face each day. It promotes academic achievement and positive social behavior, while reducing conduct problems, substance abuse and emotional distress.



COLLEGE READY

Two-thirds of superintendents believe teaching social and life skills, such as **conflict resolution, interpersonal communications,** and **persistence** – skills which are all covered in a skills-based health education program – could help prepare students for college.

Learn more at healthmovesminds.org

Health & physical education teachers are leading the way to a **kinder, healthier future** for all students.