



PE Central Professional Development – Online Courses

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Course: Social and Emotional Learning (SEL) for Today's Quality PE

Course Dates: Ongoing

Cost: \$59.00

Credit: 5 hours of professional development (No grad credit or CEU's available)

Instructor: Benna Cail, Physical Education Curriculum Author and Professional Development Trainer, Ponte Vedra Beach, FL

Assignments:

- Explore the most current information available on SEL in standards-based physical education. View brief engaging videos and articles, and complete relevant practice activities on how SEL can vastly improve today's students' learning and behaviors in physical education.
- Develop ready-to-implement SEL strategies and methods for your program
- Explore class management protocols that improve behavior and optimize learning
- Create a lesson plan showing 3 domains of learning and how SEL integrates into quality PE

Who Should Take: Elementary physical education teachers.

Course Purpose/Description: Strong social and emotional skills equip students to reach their full potential in whatever they decide to do. However, often these skills are not a primary focus or are absent altogether in the educational process, including physical education. The absence of intentional SEL in quality PE could be happening for a variety of reasons, such as lack of time and/or knowledge on how to effectively include them in regular PE lessons. This course takes students through engaging content that demonstrates practical, easy ways to include social and emotional skills within movement activity lessons while improving learning and overall student behavior and class management. The strategies explained during the course are a framework to guide teachers in helping today's students acquire the social and emotional skills they need to increase positive thinking and emotions, problem-solve, think critically, and take responsibility in PE, and in all areas of their lives.

Benefits:

- Practical Take-aways – Learn game-changing methods that you can implement immediately
- Flexibility - Complete assignments at your own pace and schedule
- Grade free - Complete your assignments, get feedback from instructor and platform.

What you will get out of the course:

- 5 hours of Professional Development (check with your principal or PD Dept.)
- Certificate of completion

What you need to take the course:

- Access to the Internet using a computer and/or tablet with ability to view videos, PDFs and Microsoft Word documents.

To Learn More Contact Mark Manross at PE Central

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