

SEL in P.E.

Self-Management

- How do I motivate myself?
- How do I manage my stress before, during and after competition?
- What goals will I set for myself and how will I work towards achievement?
- How will I respond when physically and mentally tired?

Social Awareness

- How do I display good sportsmanship win or lose?
- How do I include all members of my team?

Relationship Skills

- How do I build positive relationships with my teammates?
- How do I build positive relationships with my coaches and teachers?



Self-Awareness

- What are my strengths and challenges?
- What are my thoughts and feelings and how do they affect my performance?
- How can I increase my work ethic?
- How can I increase my optimism?

Responsible Decision-Making

- How do my actions/decisions during competition affect my teammates?
- How do my actions/decisions outside of competition affect my teammates?
- What do I need to make safe, constructive choices in P.E. ?