

How is SEL Addressed in QuaverHealth•PE?



QuaverHealth•PE Supports SEL

QuaverHealth•PE supports growing both stronger bodies and minds in all K-5 learners with our digital and movement-based curriculum. Learners are invited to take personal responsibility for four dimensions of health.

QuaverHealth•PE is aligned to CASEL's competencies in addition to the National Health Education Standards and National Physical Education Standards.

Four Dimensions of Health



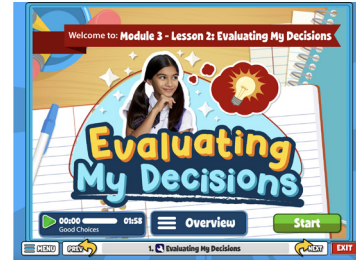
SEL Tied into EVERY Lesson:

- **Active Warm-Ups:** Build relationship skills and social awareness through collaborative warm-ups!
- **Gym Games:** Develop self-management and responsible decision-making skills through engaging gym games.
- **Songs:** Embrace SEL competencies through music and movement. Through the power of song, empower students to become self-aware and memorize coping strategies.
- **Collaborative Activities:** Strengthen relationship and decision – making skills through group activities, discussions, and role play.
- **Mindful Reflections:** Encourage self-awareness and self-management through self-reflection calming activities.
- **Developmentally Appropriate Resources:** We meet students where they are in identifying and coping with emotions!

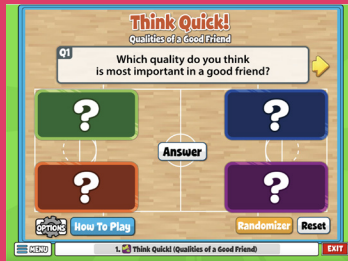
Examples of SEL in Quaver Lessons



72 SEL-Specific Modules and Lessons



Collaborative Warm-Ups in EVERY lesson



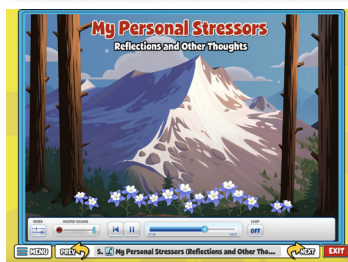
Role Play, Discussions, or SEL Interactives in EVERY Lesson



SEL-Centered Songs and Collaborative Gym Games!



Mindful Lesson Reflections and SEL-Centered Quizzes



Try your free 30-day preview today!

QuaverEd.com/Preview

Quaver Health-PE™
Growing Stronger Bodies & Minds

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