

Teaching Social Skills

A goal of all physical activity providers is to create a physically and emotionally safe and supportive environment; one in which children learn and have opportunities to practice positive social interactions. To achieve this goal, teaching social skills, not just during SPARK PE sessions, but school/program wide, is highly recommended.

There are two social skills per grade level in the SPARK PE program; a total of 12 from Kindergarten through 5th grade. It is recommended that teachers introduce a new social skill each semester (two per year). However, feel free to repeat and reinforce previously learned skills from any grade level.

Tips for Teachers

1. Introduce the social skill

- Define/discuss the skill (e.g., kindness)
- Establish the need for the skill in society
- Introduce the T-Chart by asking group, “What might ‘Kindness’ sound like? What might it look like?” Be ready to offer several responses in each category.
- List student answers (with yours) on the chart. Post it and monitor their use of “Kindness.”

2. Process (after students have the opportunity to demonstrate they are kind during class)

- “Who was kind to someone today?”
- “How do you feel when someone is kind to you?”

Kindergarten (age 5):

★ Kindness

- “We like smiles! Will you share a smile with a friend? When someone is kind to you, how does that make you feel?”

★ Caring

- “Everyone needs to know they are loved and cared for. How can you show others in our class YOU care about them?”

Grade 1 (age 6):

★ Courtesy

- “Will you remember to say please, excuse me, and thank you – share and take turns?”

★ Showing Appreciation

- “When someone shares their beanbag, or invites you to join their group, how could you show your appreciation for them?”

Grade 2 (age 7):

★ Self Control

- “Will you stay calm in a stressful situation? Can you avoid using bad language?”

★ Respect for Others/Equipment

- “Can you treat each person and our PE equipment with great care?”

Sample T-Chart

Courtesy

Hear

"Please and thank you"

"Excuse me"

"I'll share my ball
with you"

See

Inviting someone to
join you

Letting a person
go first

Passing to everyone