

Skills for Healthy Living



Physical Education examines how students are taught to improve their physical health through movement, exercise, and athletics. The lesson plan "A Game for Life" explores how soccer has been used to educate the youth of one South African community on AIDs prevention. Fitness BINGO is a fun way to increase whole body fitness and teamwork in your classroom. Students can learn the difference between strength, endurance, and power using the self-paced lesson "Keep Your Body in Motion." Adaptive physical education, respectful behavior in athletics, and motor competency are additional topics that are explored.

Topics and resources in the following areas:

- Advocacy Skills
- Communication Skills
- Decision Making Skills
- Goal Setting
- Healthy Behaviors

The screenshot shows a search interface with a green header. On the left, it says "Filter by" followed by two dropdown menus: "Grade" and "Type". On the right, it says "Sort by" followed by a dropdown menu: "Relevance". Below the header, there is a section titled "Videos(233)". Three video thumbnails are displayed in a row. Each thumbnail has a "Video" icon, a duration, a title, a description, and a "Grade 13+" label. The first video is titled "Future-Self | Social-Emotional Learning" with a duration of 3:46. The second is "Responsible Decision-Making | Social-Emotional Learning" with a duration of 3:54. The third is "Self-Awareness | Social-Emotional Learning" with a duration of 4:10. Each video also has a small "SM" icon in the bottom right corner.

Find PreK-12th grade videos, lessons, interactive experiences, and printable activities:

<http://bit.ly/HealthyLivingPBSLM>

