

Sports for Learning

Within the Orange Unified School District

A bit about us

Founded in 2012, Sports For Learning teaches kids social & emotional learning skills through activities and sports. We partner with over 85 Districts and 600 schools throughout California.

We provide TK-6 in-person programs and staff support throughout the day. Our outdoor, safe play programs blend social emotional learning and physical activity. We also provide coaches that assist with tutoring. Using our near-peer mentorship model, we hire and train recent college graduates to engage, motivate and inspire the students throughout the day.

SEL through CASEL



CA Physical Education & Health Standards Alignment

PE & HEALTH STANDARDS ALIGNMENT



VIRTUAL SCAVENGER HUNT

GRADE LEVEL	PHYSICAL EDUCATION STANDARD AND LEARNING OUTCOME	GRADE LEVEL	HEALTH EDUCATION STANDARD AND LEARNING OUTCOME
K - 2	Standard 3.1 - Participate in physical activities that are enjoyable and challenging. Standard 5.2 - Identify and demonstrate acceptable responses to challenges, successes, and failures in physical activity.	K - 2	Standard 1.1.M (M - Mental, Emotional, Social Health) - Identify a variety of emotions. Standard 7.1.M - Express emotions appropriately.
3 - 5	Standard 3.1 - Participate in appropriate warm-up and cool-down exercises for particular physical activities. Standard 5.1 - Set a personal goal to improve an area of health-related physical fitness and work towards it at school or at home.	3 - 5	Standard 6.2.N - Make a plan to choose physical activities at school and at home. Standard 7.1.M - Evaluate effective strategies to cope with fear, stress, anger, loss, grief in oneself.
6 - 8	Standard 1.3 - Combine manipulative, locomotor, and nonlocomotor skills into movement patterns. Standard 5.2 - Accept responsibility for individual improvement.	6 - 8	Standard 5.2.M - Monitor personal stressors and assess techniques for managing them. Standard 7.1.M - Demonstrate effective coping mechanisms and strategies for managing stress.

STRESS BUSTERS

GRADE LEVEL	PHYSICAL EDUCATION STANDARD AND LEARNING OUTCOME	GRADE LEVEL	HEALTH EDUCATION STANDARD AND LEARNING OUTCOME
K - 2	Standard 3.1 - Participate in physical activities that are enjoyable and challenging. Standard 5.1 - Identify the feelings that result from participation in physical activity.	K - 2	Standard 1.1.M - (M - Mental, Emotional, Social Health) Identify a variety of emotions. Standard 7.1.M - Express emotions appropriately.
3 - 5	Standard 3.1 - Participate in appropriate warm-up and cool-down exercises for particular physical activities. Standard 5.1 - Set a personal goal to improve an area of health-related physical fitness and work towards it at school or at home.	3 - 5	Standard 1.10.N - Describe how physical activity, rest and sleep are related. Standard 7.1.M - Evaluate effective strategies to cope with fear, stress, anger, loss, grief in oneself.
6 - 8	Standard 1.3 - Combine manipulative, locomotor, and nonlocomotor skills into movement patterns. Standard 5.2 - Accept responsibility for individual improvement.	6 - 8	Standard 6.1.M - Develop achievable goals for handling stressors in healthy ways. Standard 7.1.M - Demonstrate effective coping mechanisms and strategies for managing stress.

Sports for Learning Schedule

Each Elementary School receives Sports for Learning coaches (TK-6th grade). Coaching sessions are 50 minutes per week (this work satisfies 100 minutes of PE instruction of the 200 required every two weeks).

Example Schedules:

	Nohl Canyon		
	Monday		
	Coach 1	Coach 2	Coach 3
8:10 - 8:20	Set Up		
8:20 - 9:10	6	6	GATE 6
9:10 - 10:00	3	3	3
10:00 - 10:20	Recess Support (1-3)		
10:20 - 11:10	1	1	
11:10 - 12:00	4	4	GATE 4
12:00 - 12:30	Coach Break		
12:30 - 1:20	K	K	TK
1:20 - 2:10	5	5	GATE 5

	Olive Elementary		
	Tuesday		
	Coach 1	Coach 2	Coach 3
8:05 - 8:15	Set Up		
8:15-9:05	6	5	5/6
9:05-9:55	4	3/4	SDC 4,5,6
9:55-10:05	Primary Recess Support		
10:05-10:55	K	TK	SDC TK, K, 1
10:55-11:45	2	3	SDC 1,2,3
11:45-12:15	Coach Break		
12:15-1:10	Lunch Support		
1:10-2:00	1	2	K/1
2pm - 2:05pm	Clean Up		

Example Lesson: Empathy Tag (10/18-10/22)

Each Lesson starts with a student warm up



Example Lesson: Empathy Tag (10/18-10/22)

Students are taught about an SEL concept: this week was empathy. Coaches ask students about empathy, find out what they already know about that and then set up the rules for the game.

In empathy day, students are put into pairs and they are split to opposite sides. The team must run through a tag zone. If either team mate is tagged they have to go to the tag zone.

Game continues until no more teams remain



Example Lesson: Empathy Tag (10/18-10/22)

At the end of the lesson, students are brought together in a group to debrief the game and SEL concept.

Students discussed the idea of empathy and were asked how do you think it felt for your team mate when they got tagged (or vice versa). Students had a great discussion about *walking in someone else's shoes*.



Student impact



81% **happy
students**

Our research has shown that 81% of students feel happier after our program.

91% **more
engaged**

Surveys reveal 91% of teachers say students are more engaged after our program.

96% **school
enjoyment**

An amazing 96% of students look forward to coming to school!



Core benefits

Our experienced coaches make learning fun, through interactive and social activities. We ensure a positive learning experience that results in:

- Positive role models for students
- Improves school attendance
- Academic success
- Solves PE requirements

OUSD Survey Information

Education Services will be collecting information from students, parents and teachers on Sports for Learning and these results will be shared back with stakeholder groups. We want to ensure that enough exposure has occurred before we start the surveys:

- Student Survey (4th-6th grade): Early November
- Parent Survey: Early November
- Staff Survey: Mid November