

# Elevo's GOTW Training

Week of July 10-14

SEL Skill of the Week: [Energy](#)

SEL PE Games of the Week: [Spot On](#) & [Battleship Basketball](#)

Mindful Moment: [Heartbeat Exercise](#)

## OVERVIEW AND OBJECTIVES

Click [HERE](#) to view a welcome message from Training Manager Jess who will provide a brief overview of this week's content and model how to set yourself up for success with completing this paid training!

\*\*\*[Google form link](#)\*\*\*

**Remember you have until 11:59 pm Wednesday, July 12th to complete this training!**

**Next Step: Head over to the SEL PE Google Form to answer Question 1**

## GROWTH MINDSET(Squats)/ WARM-UP

The first thing we should always do when we meet our students is greet them with a warm welcome. Learn kids names and greet them individually each day. Ask students how their day has been.

Prior to the growth mindset challenge, engage your students in a warm-up of your choice.

**Click [HERE](#) to watch the video on the Growth Mindset with TM Jess Munoz**

**Head to your Google form to answer Questions 2, 3 & 4**


## SEL DISCUSSION

Click [HERE](#) to watch a video on SEL Discussion & Coaching Tips with TM Chris Berry.

Resources:

- [Energy Video](#)
- [Energy Discussion Guide](#)

These SEL Discussions are ideal for a Community Circle conversation whether that's in the classroom, on the PE Field or any other designated space available. To review best practices on the Community Circle, you can check out this video!

-  60-Second Strategy: Community Circles

**Head back to your google form to answer Question 5.**

## GAMES OF THE WEEK

Click [HERE](#) to watch a video on an overview of giving instructions and GOTW

**Check out the 2 games of the week videos below:**

[Spot On](#)

[Battleship Basketball](#)

**Thanks for checking out the videos!**  
**Head back to your Google form to answer questions 6 & 7**

## MINDFUL MOMENT & OPTIMISTIC CLOSURE

Click [HERE](#) for the Mindful Moment and Optimistic Closure Video

- Mindful Moment PDF Resource: [Heartbeat Exercise](#)

**Head back to your google form to answer question 8**