Handball Rising Move. Belong. Believe.

FOR PE DEPARTMENTS AND SCHOOL LEADERS

European handball and the CASEL 5. Social-emotional learning, in motion.

Social-emotional learning does not need a worksheet. In an 11-week European handball unit, all five CASEL competencies run live, every session, in situations that are real, immediate and observable by your PE teacher. Students think they are playing a fast Olympic sport. They are.

	WHAT HAPPENS ON THE COURT	WHAT A TEACHER CAN OBSERVE
01	**Self-awareness** Offense to defense every few seconds. Players learn their physical limits, their fatigue, their emotional triggers after a missed shot or a referee's call, and a realistic picture of their strengths: quick passing, say, over long-range shooting.	Notices frustration and resets; names what they do well.
02	**Self-management** There is no time to dwell on a mistake: the ball is already going the other way. Players regulate emotion to get back on defense, control impulses to defend hard without a dangerous foul, and work toward short-term goals (a set play, a better stance) in real time.	Recovers after errors; plays hard within the rules.
03	**Social awareness** The game is read, not just played: where teammates are, what opponents intend. When a teammate drops a pass, the team's response is the lesson. Handball rewards every body type, so respect for different abilities is built into who gets the ball.	Encourages teammates; adapts to others' strengths.
04	**Relationship skills** Nothing works without communication. Fast breaks and defensive switches run on calls and hand signals. Small on-court disagreements about positioning get settled in a timeout or a transition, and the team is stronger for it.	Communicates clearly; resolves disagreements and keeps playing.
05	**Responsible decision-making** Shoot, pass or drive? Dozens of split-second choices a game, each with a consequence for seven people. Players weigh options under pressure, inside the rules and fair play, and learn that a selfish choice costs the team.	Makes constructive choices under pressure; plays fair.

Why it works better than a lesson about it

TRADITIONAL SEL INSTRUCTION	EUROPEAN HANDBALL
Can feel forced, academic, lectured.	Feels like play, because it is.
Asks students to imagine a hypothetical scenario.	Puts them in a real one, right now, with teammates watching.
Usually happens sitting down.	Happens at full speed, with a heart rate to match.

Handball Rising · a program of New York City Team Handball Club Inc., 501(c)(3) · Coaches are NYC DOE PETS cleared, SafeSport certified and background screened · Unit mapped to SHAPE America 2024 standards
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CASEL® and the CASEL 5 are the framework of the Collaborative for Academic, Social, and Emotional Learning. Handball Rising is not affiliated with CASEL.