

SKILLS ON A RING

What is it?

Skills on a Ring (SOAR) is a set of cards on a ring that include each of the seven National Health Education Skill Standards and sub-skills related to each standard. For example, Interpersonal Communication has sub-skills like non-verbal, assertive, speed, and contribution.

Why?

We wanted to create a set of cards or tools that students or groups of students can use to demonstrate understanding of the skill standards and sub-skills related to them.

SOAR provides opportunities for:

- Implementing formative assessments
- Sequencing and progression of skills
- Learning what skills-based health education is
- Understanding how functional knowledge and skills intersect
- Supporting modification and adaptations for different learners
- Observing student growth
- Utilizing more visual tools
- Ensuring differentiation
- Engaging all students in fun and interactive ways



How can you use Skills on a Ring?

- Individual students hold up a skill/card when they see it presented during role play
- Groups of students are assigned a skill/card within a project-based assignment
- Students read a scenario and select all the skills/cards they observed present within the scenario
- Students categorize skills to check for understanding of the skill standard they are learning
- For more information, check out the Powtoon here:



What's next?

Soon these SOAR will be available for a PDF download (to print the cards yourself) at no cost. We will also be selling the actual product (color printed on card stock on a ring) on our website soon at www.cairnguidance.com

For more information, contact info@cairnguidance.com.

We'll also be offering a set of resources for purchase that include:

- SOAR set
- An activity booklet that includes over 100 activities in 9 different content areas over the 7 skill standards for middle and high school health instruction
- Grade span rubrics for each skill standard
- Grade span performance checklists for each skill standard
- Our updated performance assessment toolkit