

P.E. Gang

Student Workbook

HOW TO BE A CARING PERSON

Always remember - we become caring people by doing caring things!



HOW TO BE A RESPONSIBLE PERSON

Be responsible for your actions; don't make excuses or blame others.



HOW TO BE A FAIR PERSON

Play by the rules and tell the truth.



HOW TO BE A RESPECTFUL PERSON

Treat other people the way you want to be treated.



HOW TO BE A TRUSTWORTHY PERSON

Keep your promises and follow through on your commitments



HOW TO BE A COOPERATIVE PERSON

Listen carefully to others and be sure you understand what they are saying.



Name: _____ Date: _____



Dear _____

This is your very own P.E. Gang Workbook. You will use it to learn about the importance of teamwork, showing good character, sportsmanship and reading. Please share your lessons with your family.

You will find in here:

- 1) Ways to show good character in school, home and during sporting events.
- 2) Fun story activities.
- 3) Places to draw.
- 4) Letters to write and fun games to play on the P.E. Gang Web Site. (www.pegang.com)
- 5) Awards to earn for your self.
- 6) How to become a member of the P.E. Gang Club.
- 7) Lots of great new ideas to make you and your family healthy and happy.

Now, let's get started!

Name: _____ Date: _____



Guidelines for Parents

- 1) Take an interest in your child's character achievements, knowledge and enthusiasm.
- 2) Use a refrigerator magnet to hang activities, and accomplishments in a special visual place in your home.
- 3) Cooperate with your child's request to participate in certain activities, and to discuss selected topics.
- 4) Help your students to return the "P.E. Gang Workbook", appropriate survey sheets, or parental response sheets to their Classroom teacher the date requested.

Parent/Guardian Signature



The P.E. Gang - We've Got Winning Character, We've Got Game!

Hello! My name is A.J. and my favorite sport is baseball. I'm ten years old and a member of the P.E. Gang. P.E. stands for physical education (which just so happens to be my favorite class in school!) To be a member of the P.E. Gang, you must follow the P.E. Gang motto which is: *"I promise to always play fair, be honest, work cooperatively and encourage others. I will be a good citizen in my community, be helpful to my neighbors and respect my classmates, my teachers, other adults, and most importantly, my parents or guardians."*

Would you like to become a member of the P.E. Gang? All you have to do is read the stories and with the help of your teacher, complete the activities after each one. The first story is about how the P.E. Gang was started. My P.E. teacher Mr. Fitter wrote these stories and is always teaching us the importance of showing good character in the gym, in the classroom and at home. He also taught us that caring, respectfulness, fairness, responsibility, trustworthiness and cooperation are the six traits that we, as members of the P.E. Gang, must demonstrate in order to show good citizenship.

I hope that after reading these stories you'll decide to become a member of the P.E. Gang - just like I did! Remember to log on to our totally cool website at www.pegang.com to learn more about the P.E. Gang and to play really great educational games and fun activities.

Name: _____ Date: _____



The Adventures of the P.E. Gang




What is your favorite sport and why? Please explain.

Is physical education an important part of your life? Please explain why or why not.






Name: _____ Date: _____

Meet the Characters from the P.E. Gang

| Character's Name | Favorite Sport | Details About the Character |
|--|----------------|-----------------------------|
|  _____ Name | | |
|  _____ Name | | |
|  _____ Name | | |

Name: _____ Date: _____

| Character | Favorite Sport | Details About the Character |
|--|----------------|-----------------------------|
|  _____ Name | | |
|  _____ Name | | |
|  _____ Name | | |

Of all of the six P.E. Gang characters, which one is most like you?
Provide at least three character traits to support your response.



HOW TO SHOW THAT YOU ARE A CARING PERSON

- Ⓚ Help people in need
- Ⓚ Be sensitive to the feelings of others. Ask yourself, "How would I feel in this situation?"
- Ⓚ Show kindness and generosity to others by giving of your time, talents and skills, and sometimes, just a listening ear
- Ⓚ Stop and think before speaking or doing things that have the potential to cause hurt feelings in others
- Ⓚ Think about how your actions will affect others
- Ⓚ Remember - you become a caring person by doing caring things!

Chapter One Assessment



Literal

1. What is A.J.'s favorite sport?
2. Who is A.J.'s best friend from his old neighborhood?
3. Which friend did A.J. start the P.E. Gang with?
4. How does Jimmy help A.J. at school?

Inferential

5. List three ways you can show you that you care about others in school, at home and on the playground.
6. Why is it important to resist bragging to others about the things you are good at?
7. People show they care by helping others in need. Imagine that a new student just arrived at your school. What could you do to help that student feel more welcome?

Personal Connections

8. How do you feel when the captain of your sport's team selects his or her own players? Why?
9. What thoughts go through your mind while the captains are choosing?
10. A caring person tries to avoid intentionally hurting someone's feelings. If you were the captain of your sport's team, what could you do to prevent someone from being selected last?

Creativity/Originality

11. Pretend that you have been asked to create a P.E. Promise for your school. Write a pledge that your fellow students could say each day.

Name: _____ Date: _____

| Literal | Personal |
|--|--|
| 1. 2. 3. 4. | 8. 9. 10. 11. |

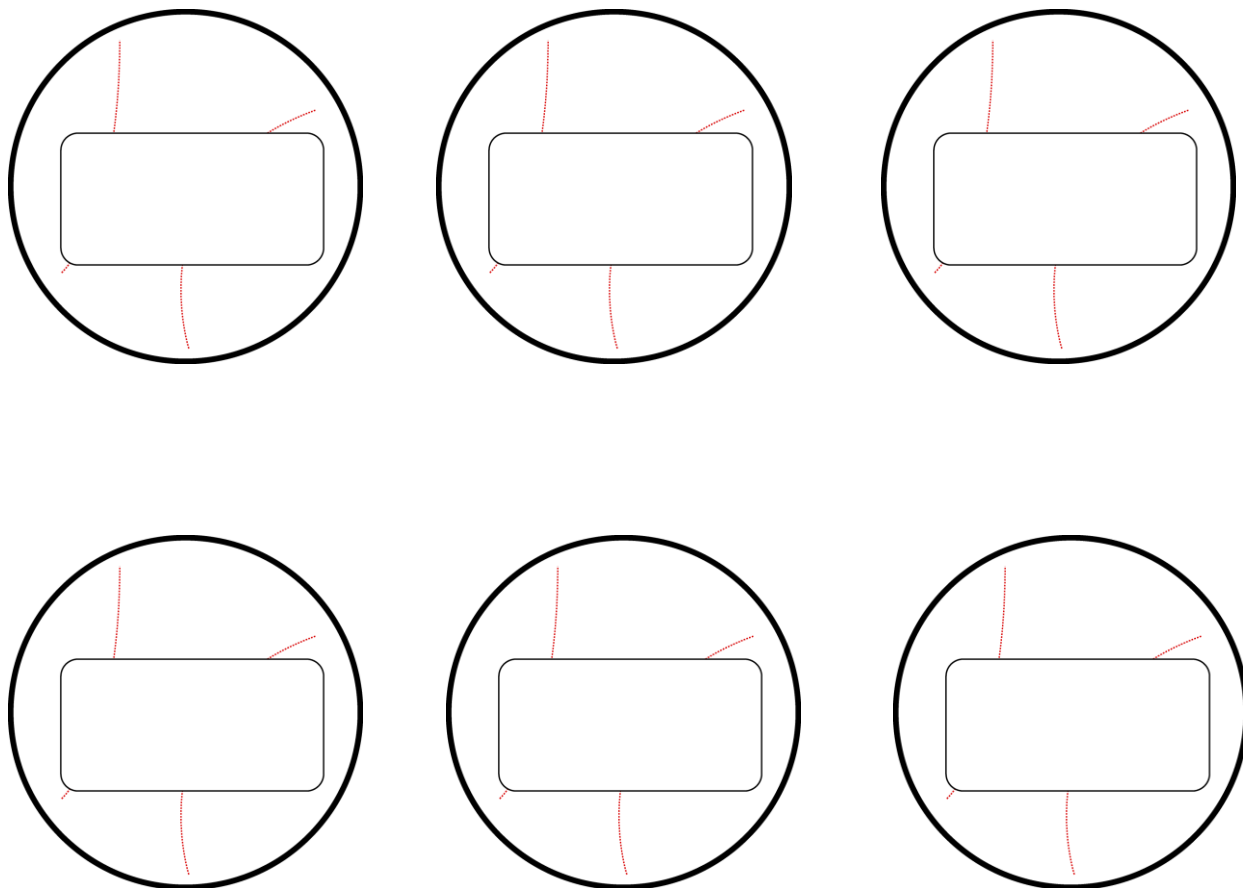
Name: _____ Date: _____

Hit a Home Run - Use the Baseball of Caring!

The basic qualities of caring include:

- Help and comfort those in need
- Be kind and considerate to everyone you meet
- Thank those who do a kindness
- Forgive those who are mean or thoughtless

Directions: Think of ways your classmates have shown how they cared. Write the name of the classmate on the top of the baseball and in the middle write a way that he or she showed how they cared. Then, place one of the baseballs on the baseball diamond.



Name: _____ Date: _____



A Caring Letter

Directions: Write a letter to someone you know thanking them for showing how much they care about you. Or, imagine that you are A.J. and write a letter to Jimmy thanking him for being a good friend.

A large rectangular box containing 18 horizontal lines for writing a letter.



Caring Words

People can feel happy, lonely, surprised, sad or angry. These are all normal, human emotions. A caring person will try to help someone who is not feeling happy. Review each picture and name the emotion shown. What would you say or do to help?

1.



2.



3.



Name: _____ Date: _____



Hi! My name is Samantha, but all my friends call me Sammie. My favorite sport is volleyball. Our coach, Mr. Fitter, taught us the importance of being a respectful person. He shows us ways to be courteous and polite, to listen to others and to not argue with our teachers, classmates, coaches, teammates, or game officials.







Congratulations on completing the first level of the P.E. Gang! You have hopefully learned about how important it is to show someone you care. Our next story is about respectfulness. In this story, Mr. Fitter assigns us our first job as the newly formed P.E. Gang by asking us to work with a student in our fifth grade class named Patrick. Patrick can often be found fighting, complaining, or arguing with his classmates. His way of "fitting in" is to act goofy in class by being the class clown.

In chapter two, the P.E. Gang help Patrick become a better person. I hope you have fun learning about the importance of showing respect and how great it feels inside!

Name: _____ Date: _____



SIX WAYS TO SHOW THAT YOU ARE A RESPECTFUL PERSON

-  Don't insult people, make fun of them, or call them names
-  Treat others the way you would want to be treated
-  Don't judge people before getting to know them first
-  Listen to what others have to say
-  Don't bully or pick on others
-  Be courteous and polite

Name: _____ Date: _____



Finding Evidence

Before Reading

Agree/Disagree

Evidence Statement

1. It is possible to help out a bully.

After Reading

Agree/Disagree
Evidence:

Agree/Disagree

2. Sometimes boys and girls are disrespectful or act inappropriately because they have difficulties in school.

Agree/Disagree
Evidence:

Agree/Disagree

3. The boys and girls in the P.E. Gang are respectful, kind and compassionate.

Agree/Disagree
Evidence:

Name: _____ Date: _____

Agree/Disagree

4. All of the children in the P.E. Gang have something to share with Patrick.

Agree/Disagree

Evidence:

Agree/Disagree

5. Being disrespectful, fighting with your classmates and grumbling is a big waste of time.

Agree/Disagree

Evidence:

Agree/Disagree

6. At the end of this chapter, Patrick, the school bully, will be a member of the P.E. Gang.

Agree/Disagree

Evidence:

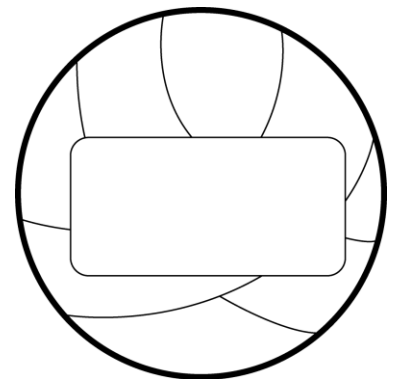
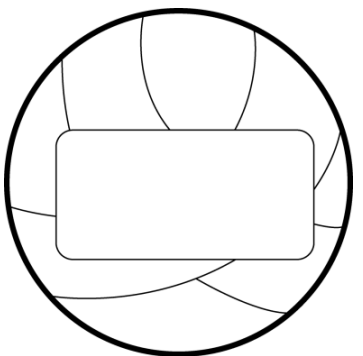
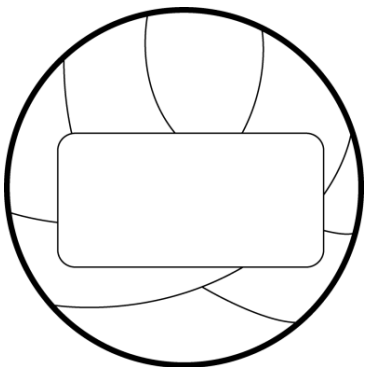
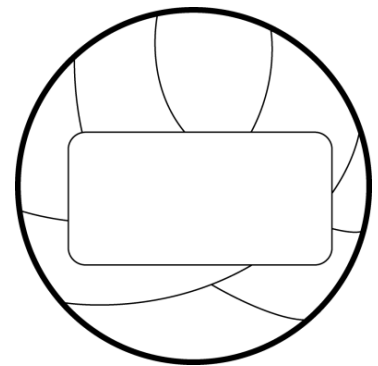
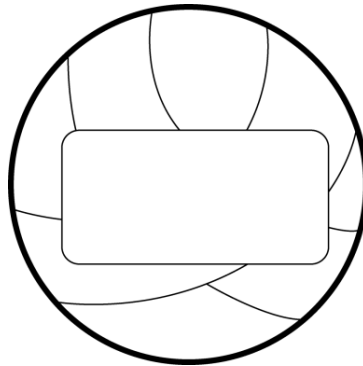
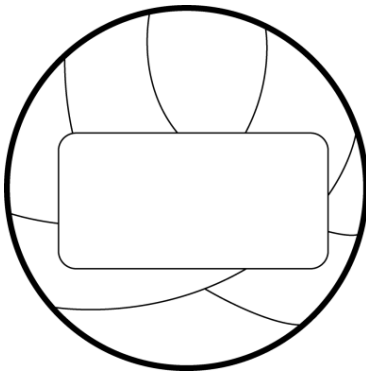
Name: _____ Date: _____

Lob the Volleyball of Respect!

The basic qualities of respect include:

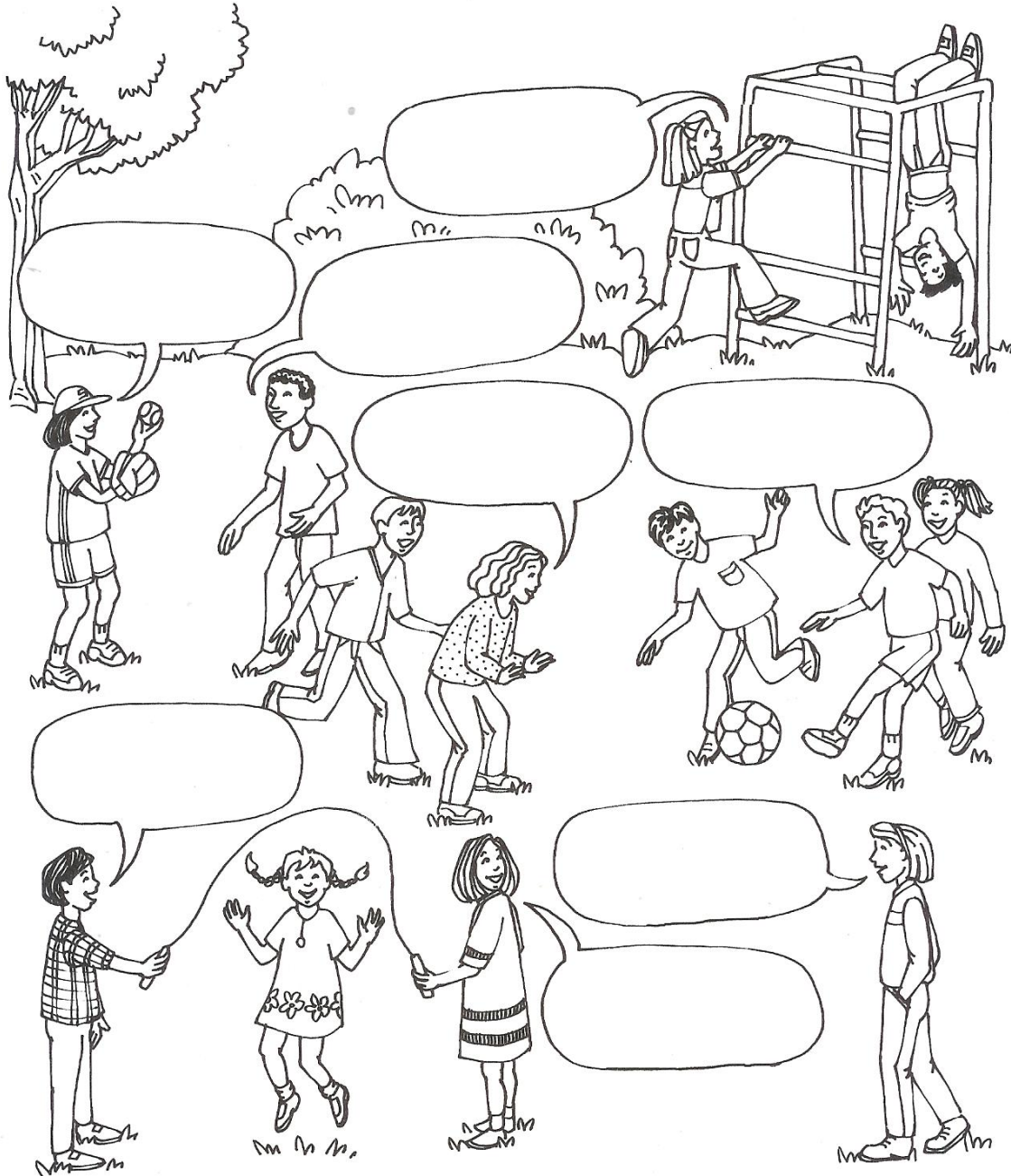
- Be courteous and polite.
- Show kindness and consideration.
- Don't pick on or bully others.
- Treat other people the way you want to be treated.

Directions: Think of ways your classmates show respect. Write the name of the classmate on the top of the volleyball and in the middle write a way that he or she showed respect. Then, place one of the volleyballs on the volleyball court.





One way to show respect is to use good manners. People who use good manners say and do nice things. Look at each cartoon. Write captions in the speech bubbles that show good manners on the playground.



Name: _____ Date: _____



Respect the Golden Rule

One way to show respect is to follow the Golden Rule. The Golden Rule says: **Treat people the way you want to be treated.**

What does the Golden Rule mean to you? Write a thoughtful sentence here, and then draw an illustration to connect to your thinking.





Name: _____ Date: _____



Hi! My name is Jimmy and I love playing hockey! Both my P.E. teacher, Mr. Fitter and my local team, the Buffalo Sabres have inspired me to do my very best - both on and off the ice. Mr. Fitter taught us how to hold the hockey stick correctly and how to pass and stick handle. He also shows us how to be a fair person by treating us the same as he would like to be treated, and always playing by the rules. Mr. Fitter rarely ever keeps score in class because he says that although winning feels great, there is always a team that loses. This way, we focus on the fun of the game, instead of on winning or losing.

Let me be the first to congratulate you on completing the second level! You have learned how important it is to be a respectful person, and more importantly, how to show it.

My brother Aaron and I have been playing hockey since we were three years old. We absolutely love the sport and always practice on the ice rink our dad made for us in the backyard. To be honest, my brother and I don't always get along when we play against each other. In chapter three, you'll learn what happens when my brother's hockey team challenges the P.E. Gang to play. Let's just say my brother and I learn some important lessons on fairness in this chapter. Well, I have to go practice now. I hope you have fun reading and learning right along with us!

Name: _____

Date: _____



HOW TO SHOW THAT YOU PLAY FAIR

- Think about and reflect upon how your actions will affect others
- Treat others the way you would like to be treated
- Don't blame other people for your mistakes
- Don't take advantage of other people
- Listen to others thoughts and ideas with an open mind
- Don't play "favorites"
- Play by the rules
- Tell the truth
- Take turns

Name: _____ Date: _____



Story Response

Literal

1. What is Jimmy's brother's name?
2. Who scored the last goal that tied the hockey game?

Inferential

3. Why was Jimmy's hockey team celebrating even though they only tied the game?
4. How can the behavior of one player make his or her sports team lose their game?

Personal Connections/Feelings

5. Jimmy's father did not allow him to play in the hockey game because he didn't turn his homework in on time. Do you feel that this was fair? Please explain.
6. Which do you think is more important, school or sports? Please provide supportive reasons in your response. (You may choose both as your response, but you must justify why they are equally important to you).

Creativity/Originality

7. Think about your favorite sport. Write an acrostic poem that symbolizes the sport and its importance in your life.

Name: _____ Date: _____

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| <p style="text-align: center;">INFERENTIAL</p> <p>3.</p> <p>4.</p> | <p style="text-align: center;">CREATIVITY/ORIGINALITY</p> <p>7.</p> |

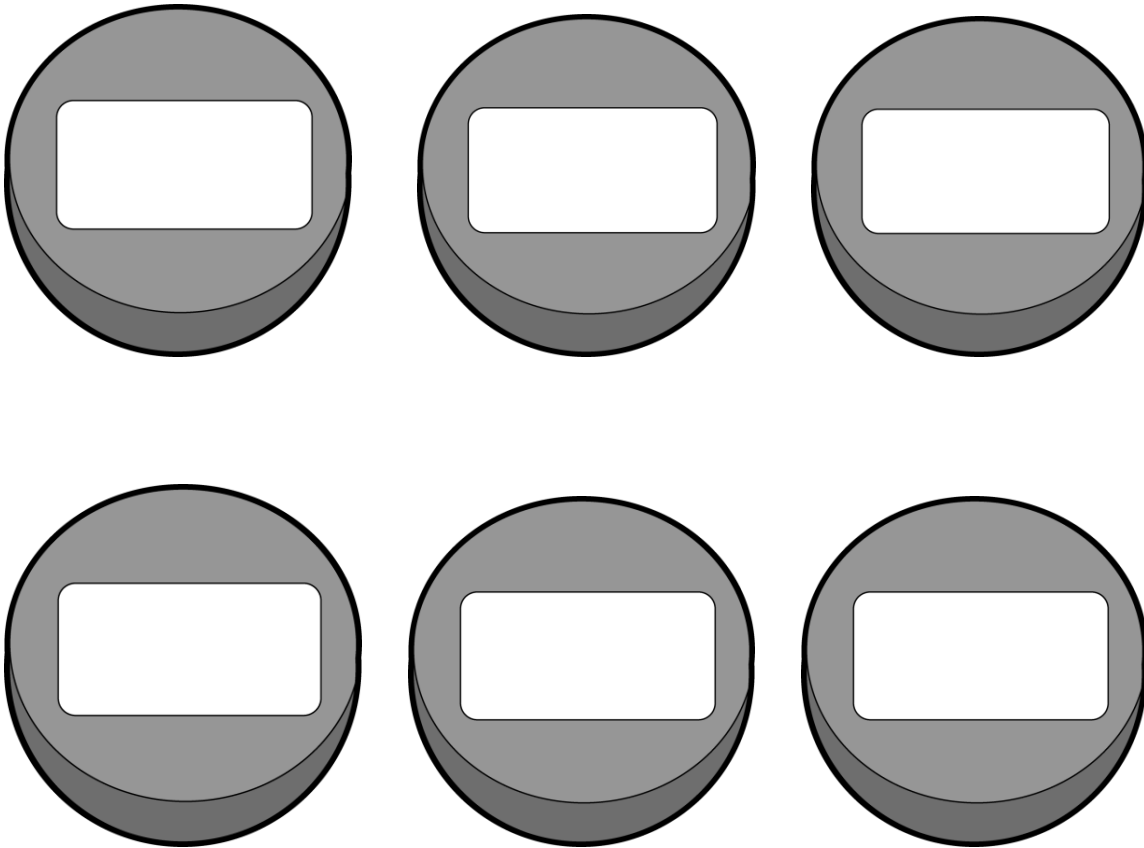
Name: _____ Date: _____

Fair Hockey Pucks

The basic qualities of fairness include:

- Taking turns, sharing
- Play by the rules and tell the truth
- Don't blame others for your mistakes
- Work to change things that are unfair

Directions: Think of the words and actions of your classmates that have demonstrated fairness. Write the name of the classmate on the top of the hockey puck and in the blank space, how he or she showed fairness. Then, place one of the hockey pucks on the ice rink.



Name: _____ Date: _____

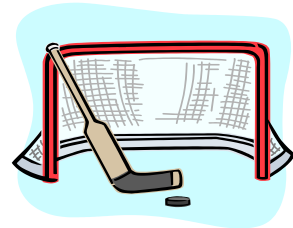


A fair person is careful before making a decision. He or she uncovers all the facts and considers other people's thoughts and feelings first, before making a decision.

Suppose you are playing a game of hockey with friends. You think the puck has passed the goal line, but the other team says it did not. Write a paragraph to tell how this problem could be resolved fairly.



A large rectangular box with a black border, containing several horizontal lines for writing. The lines are spaced evenly down the page, providing a space for the student to write a paragraph.





Fair Square

A fair person is open-minded and just, treating everyone equally, according to his or her needs.

Cut out the shape. Fold it to make a cube. Tape the sides together. Then, play Fair Square.



How to Play Fair Square

1. Play with a partner. Take turns rolling the cube.
2. Decide if the action is fair or not fair. You get 1 point for each fair action. You do not get any score for an unfair action.
3. The first player with 10 points wins.

You tell Sue that she can be your friend, but only if she cleans out your desk.

Your friends say the new girl is mean. You say they should get to know her and not say bad things.

Jeff breaks your pencil. You ask if he can give you a new one to replace it.



Name: _____ Date: _____







Look alive - pass coming right at you! Hi, my name is Katherine and my favorite sport in the whole entire universe is soccer. I started playing when I was four years old. Mr. Fitter taught us how to dribble, pass, and shoot the soccer ball. He also taught us how to play as a team and why it's so important to be a responsible person. He says when you're playing soccer or any sport, don't make excuses, lose your temper or blame others for making mistakes.

Score! You've now completed the third level and have definitely learned how important it is to be a fair person.

In the next story, the P.E. Gang learn about responsibility. Mr. Fitter assigns the pals the job of coming up with their own definition of what "being a good sport" and "being a poor sport" really means. When A.J. and I go to my sister's soccer game, the definition for "responsible" becomes totally clear! So get your shin guards and cleats on and come join us at the game!



HOW TO BE A RESPONSIBLE PERSON

-  Take care of your own business. Don't make others do what you are responsible to take care of
-  Be reliable and dependable. When you agree to do something, do it
-  Take responsibility for your own actions. Don't make excuses or blame others
-  Use common sense, think before you act and reflect upon the possibilities and consequences of your actions

Name: _____ Date: _____



Vocabulary Lesson

Use a dictionary to define the following words:

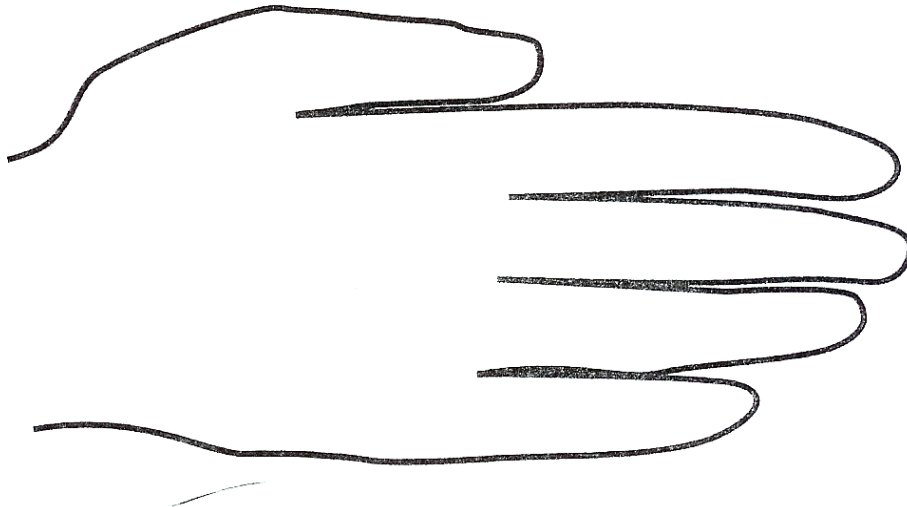
1. responsibility - _____

.

2. sportsmanship - _____

3. reliable - _____

Directions: On each finger, write a word that you think of when you hear the word "responsibility."



Name: _____ Date: _____



Responsibility at Home

What do you think would happen if your mom or dad went to work one day, but didn't do their job? A responsible person thinks about how their actions or decisions may affect others. This is called "looking at the big picture."

What are some chores or jobs that you have at home? What happens if you don't complete them?



What do you think would happen if A.J. and Samantha did not hand in their assignment to Mr. Fitter?

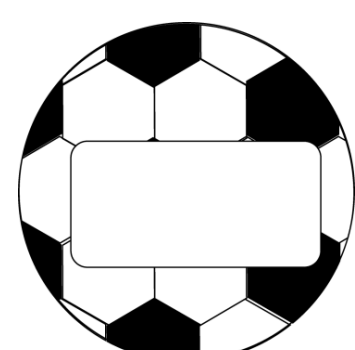
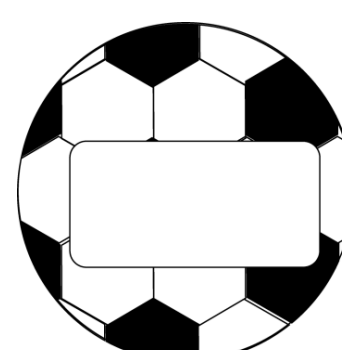
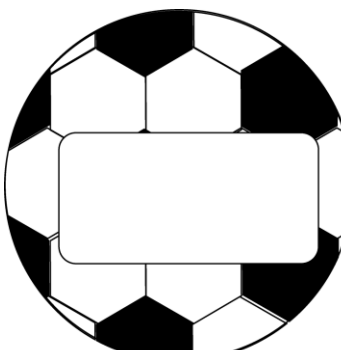
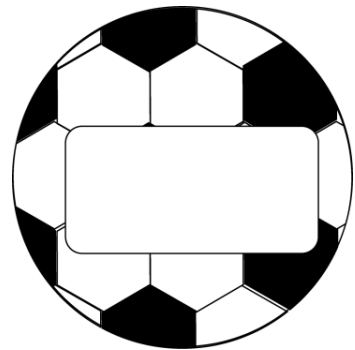
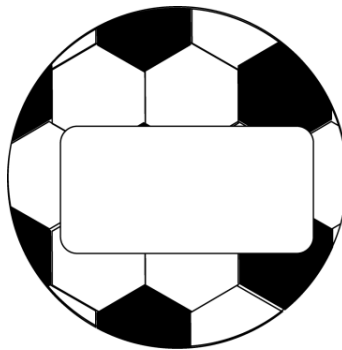
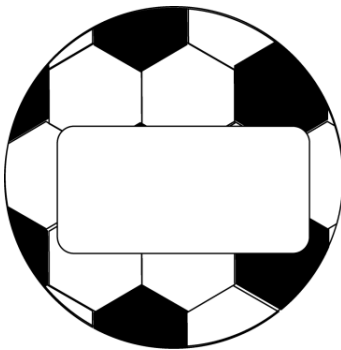
Name: _____ Date: _____

Responsible Soccer Balls

The basic qualities of responsibility include:

- Be reliable and dependable
- Don't make excuses or blame others
- When you agree to do something, do it
- Accept the consequences for your choices and actions

Directions: Think about and be on the lookout for ways your classmates show responsibility. Write the name of the classmate on a soccer ball and what he or she did to show responsibility. Then, place one of the soccer balls on the soccer field.





Hut, hut - hike! Hi, it's Casey here, coming live at you - just like my favorite sport - football! I love the Buffalo Bills, and love going to live games whenever I can. In physical education class, Mr. Fitter sure has taught us a lot of football skills this year. We've worked on gripping, throwing, catching, kicking, punting and centering, as well as carrying the ball the correct way.

We learn much more than just sports education in P.E. class. Mr. Fitter also teaches us how to be trustworthy. He says we need to be honest and do what is right, even when it's difficult. He says it's the difficult times that make doing the right thing all the more important!

Touchdown! Your excellent reading and writing skills have earned you some great character, and you have now completed the fourth level. Hopefully, knowing the characteristics of responsibility and applying these behaviors in your everyday life will be just as natural to you as riding a bike.

Our next story is about being honest and trustworthy. Mr. Fitter is helping me to develop these two traits by teaching me how to say the right words when I talk with my parents about my feelings. My parents are great - they come to all of my games and they sign me up for almost any sport I want to play. The only problem is they argue and yell at the officials and my other team members. I get so embarrassed that I don't want to play any more. Mr. Fitter helps me with my parents by showing me how to express my feelings to them in an honest and kind way. Wow - P.E. is so much more than "gym class - it's about making me a better person! Well, good luck to you and have fun reading the next chapter!



HOW TO PROVE THAT YOU ARE TRUSTWORTHY

 BE RELIABLE. . .

Keep your promises and follow through on your commitments.

 HAVE THE COURAGE. . .

to do what is right, even when it is difficult.

 BE A GOOD FRIEND. . .

and don't betray a trust.

 BE HONEST. . .

Don't lie, cheat, or steal.

Name: _____ Date: _____



An Honest Letter

Pretend your friend's are embarrassing you at your sporting event/game. Write an honest letter to them explaining how it makes you feel and what you'd hope they'd do to make the situation better.

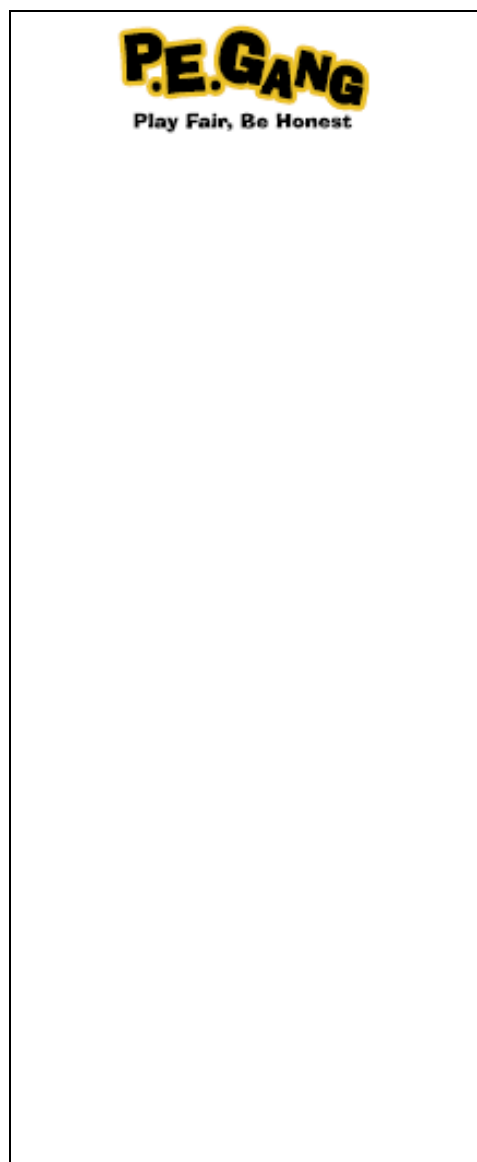
Dear Mom and Dad,

Love,

Name: _____ Date: _____

Comprehension Questions

1. What are some of the things Casey's parents were doing to embarrass her?
2. How do you show that you are trustworthy? Provide at least two real examples from your everyday life that show you are a trustworthy person.
3. What characteristics make a person trustworthy?
4. Create a bookmark in the space below that you could give to parents at sporting events/games. The bookmark should have a thoughtful, creative name and contain rules or tips for parents to follow while watching sporting events.



P.E.GANG
Play Fair, Be Honest

Chapter 5 Activity



Literal

1. Who did Casey trust in the story?
2. What was bothering Casey that she needed to talk to someone about?
3. How does Mr. Fitter help Casey with her problem?

Inferential

4. What does it mean to be a trustworthy person?
5. Explain how trusting people helped Casey to solve her problems.
6. What do people mean when they say that they expect you to "honor your word?"

Personal Connections/Feelings

7. Do you feel that you are a trustworthy person? If so, provide three real life examples that demonstrate your trustworthiness.
8. Have any of your family members or friends ever broken your trust? If so, how did you feel?

Creativity/Originality

9. Create a "wanted" poster for finding a person representing the characteristics of trustworthiness. Make sure you draw your own illustrations and supportive text.
- 10 Draw a picture of your family scene from chapter five.

Name: _____ Date: _____

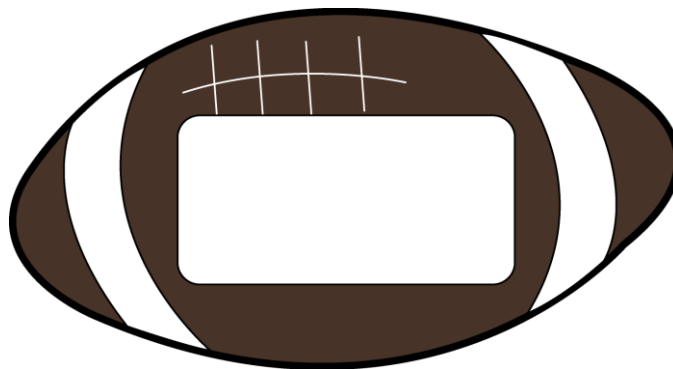
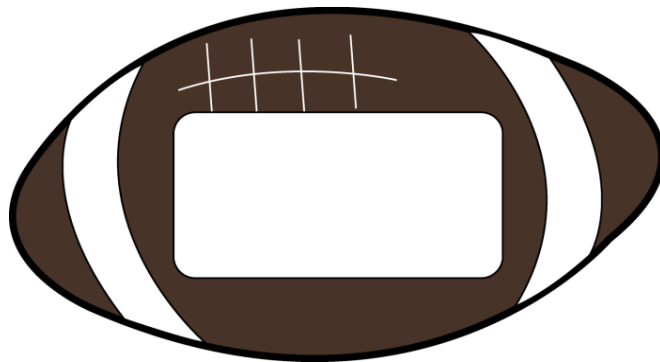
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| <p style="text-align: center;">INFERENTIAL</p> <p>4.</p> <p>5.</p> <p>6.</p> | <p style="text-align: center;">CREATIVITY/ORIGINALITY</p> <p>9.</p> <p>10.</p> |

Trustworthy Footballs

The basic qualities of trustworthiness include:

- Be honest with others.
- Be someone others can trust.
- Be a good friend and don't betray a trust.
- Do what is right even when it's hard to do.

Directions: Work with a partner. Think of one way you and your partner are trustworthy. On the football write you partner's name and tell how he or she showed trustworthiness. Then, place your football beside each other's on the football field.



Name: _____ Date: _____



Slam dunk! Hi! My name is Matthew, but my friends call me M.J. M.J. is short for Michael Jordan; my all time favorite basketball player! In physical education class, Mr. Fitter taught us how to dribble, pass and shoot the ball. My favorite shot is the lay up because it's so easy to make. Mr. Fitter also taught us the importance of teamwork. He says that good teams work together, encourage each other and cooperate to get the job done.

Congratulations on completing the fifth level; you learned how to be trustworthy. Chapter six is about our basketball team the West Street Gators. Every year we have a great season but we never beat our archrivals the Grizzlies; they are always faster and taller than us. If we want to beat them we have to really pull out the teamwork - big time! Have fun reading chapter six and find out if we will finally ever beat the Grizzlies...



HOW TO BE A COOPERATIVE PERSON

- Listen carefully to others and seek to understand their thoughts and feelings
- Do the very best that you possibly can. This will inspire others to do the same.
- Make people feel needed. Working together builds relationships and makes work a lot more fun!
- Show appreciation to others for their contributions
- Seek conflict resolution through honesty and compromise when you have problems with others
- Use encouraging words to motivate others to do their best

Name: _____ Date: _____



Story Response

1. Why does Mr. Fitter tell the basketball team that this is the best team he has ever coached?

2. How does the basketball team beat their archrivals the Grizzlies?

3. Why is it important for a team to cooperate and work together?

4. What are some things you could do to cooperate better with your team?

5. On the lines below, provide some examples of how you cooperate in school.

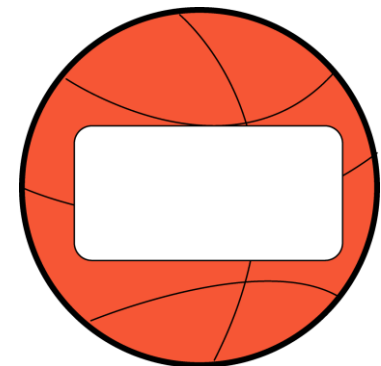
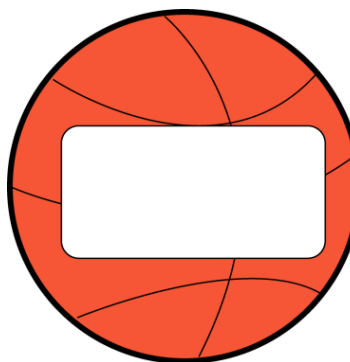
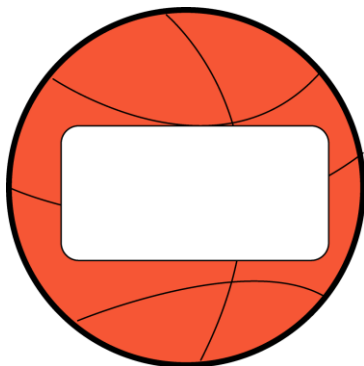
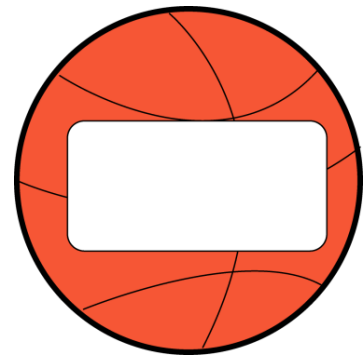
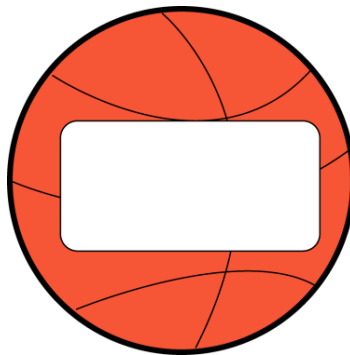
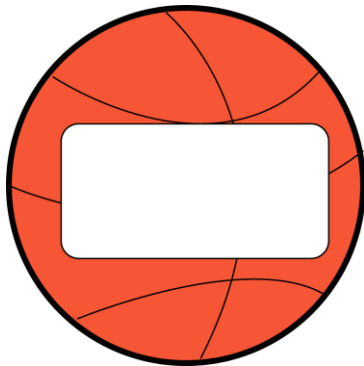
Name: _____ Date: _____

Cooperative Basketballs

The basic qualities of cooperation include:

- Listen careful to others.
- Make people feel needed.
- Working together as a team.
- Encourage people to do their best.

Directions: Look for ways your classmates cooperate. Write the name of the classmate on a basketball and tell how he or she cooperated. Then, place one of basketballs on the basketball court.





Congratulations! You have completed your study of all six character traits; fairness, cooperation, responsibility, caring, respect, and trustworthiness. If you complete the final level of our character education program, you will receive the P.E. Gang membership card and will be an official member of the P.E. Gang, making you a good citizen in your community. Good Luck!

Chapter seven is about how the P.E. Gang create a website for parents and students. Mr. Fitter wants parents to understand the importance of physical education in our schools. That's why we created the coolest website on the planet! The website address is: www.pegang.com. On the web site you can play games, take a monthly quiz, color the Gang, send e-cards, read stories, and have a lot of fun. Our goal is to keep adding cool activities for you and your parents to enjoy. Remember: Once a P.E. Gang member, always a P.E. Gang member!



www.pegang.com

Name: _____ Date: _____

P.E. GANG

Chapter 7

1. What special things did the members of the P.E. Gang do or say throughout the story that stand out as examples of what Mr. Fitter taught them?

2. Would you like to have a P.E. Gang at your school? Why or why not?

3. Other than the skills used in sports, what other concepts can you learn in physical education class?

Name: _____ Date: _____

4. Pretend there is a P.E. Gang at your school and you have been asked to design the membership cards. Use the boxes below to show what your membership cards will look like!

FRONT

BACK

| | |
|--|--|
| | |
|--|--|

Name: _____ Date: _____

P.E. GANG

Directions: Name the character trait shown by the character. Then, write what the character trait means to you in your own words.













Name: _____ Date: _____



Character Searching

Uncover and circle words about great character. You will find the words located across, down, and diagonal.

| |
|---|
| caring citizenship fairness help manners polite share rules responsibility truth trustworthiness respect |
|---|

Z A R T R U S T W O R T H I N E S S S
D I F F R E S P O N S I B I L I T Y H
W I C S A L S A W L M F A I K O P U A
A T U P S D G P L A B A P J L R E Q R
C R T O W S V H E L P I N M V T I T E
T U Z L A A R N I C A R I N G F O U G
I T A I D R T U P L T N W S E P O L E
Y H V T G R E M L K A E A S R R I K L
A S E E C I T I Z E N S H I P T S R E
H A P P I N Y Z Q T S S C L A U J M D

Name: _____ Date: _____



Showing Good Character

Directions: Complete the paragraphs below to tell how you showed good character.

On _____, I showed the character trait of _____.

Here is what I did:

It made me feel _____ because _____

The next time I get an opportunity to show good character, I will _____
