Hi, my name is Anthony Vekich I am the author of the book The Adventures of the P.E. Gang. I have been teaching elementary physical education for eleven years. With the help from several elementary classroom teachers we have developed a character education program your students will love and enjoy. Physical Education is one of the most popular and most liked class for the students. So we have taken advantage of this opportunity to teach our students the importance of having good character. Our program is simple and a lot of fun. It was designed to teach the children the importance of being caring, responsible, fair, trustworthy, cooperative and respectful. By ordering the The Adventures of the P.E. Gang book for your students we have provided for you on our web site follow up activities for each chapter in the book. There are 7 chapters in the book, each chapter focuses on one of the six character traits.

How to begin:

Step 1
To begin download all the activities for each chapter from our web site. Prepare a classroom bulletin board that displays the first character symbol and list the qualities.

Step 2
Lead a discussion of the character trait in class.

Step 3
Read about the characters and the first chapter in the book. Follow each chapter with a class discussion identifying how the story represents the trait. Encourage students to share what they learn from the story.

Step 4
Complete the story activities. For each chapter you will have to create a sports poster. The first character trait is caring, draw a baseball diamond on poster board and have the students tape their caring baseballs to the poster. You will have to do a poster for each chapter.

Step 5
Hand out character awards to the students after they complete each character trait. The last award is the P.E. Gang Membership card.

Step 6
The P.E. Gang web site was designed for the students, use the web site for additional fun activities.
Character Education
with the P.E. Gang

Written by
Anthony Vekich
Hello! My name is A.J. and my favorite sport is baseball. I'm 10 years old and a member of the P.E. Gang. P.E. stands for Physical Education and that 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 together and encourage others. I will also be a good citizen in my community, be helpful to my neighbors and I will respect my classmates as well as my teachers, other adults, and most importantly, my parents or guardians.

I am going to tell you how you can become a member of the P.E. Gang. All you have to do is read our stories and then, with the help of your classroom teacher, complete the activities after each story. Our first story is about how the P.E. Gang was started. My P.E. Teacher, who wrote the stories, 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 6 traits we, as P.E. Gang members, must possess to be good citizens.

Have fun reading the stories and hopefully you will become a member of the P.E. Gang. Remember to log on to our cool website at www.pegang.com to learn more about the P.E. Gang and to play cool educational activities.
What’s your favorite sport and why?

________________________________________________________________________

________________________________________________________________________

________________________________________________________________________

________________________________________________________________________

________________________________________________________________________

Why is physical education important in your life?

________________________________________________________________________

________________________________________________________________________

________________________________________________________________________

________________________________________________________________________
# Meet the Characters from the P.E. Gang

<table>
<thead>
<tr>
<th>Character’s Name</th>
<th>Favorite Sport</th>
<th>Interesting Information about the Character</th>
</tr>
</thead>
<tbody>
<tr>
<td>A.J.</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Katherine</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Jimmy</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Character’s name</td>
<td>Favorite sport</td>
<td>Interesting information about the character</td>
</tr>
<tr>
<td>------------------</td>
<td>----------------</td>
<td>---------------------------------------------</td>
</tr>
<tr>
<td>Samantha</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Casey</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Matthew</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
Which character is most like you and why?
HOW TO BE A CARING PERSON

- Help people in need.
- Never be mean or hurtful.
- Be sensitive to people's feelings.
- Treat people with kindness and generosity.
- Think about how your actions will affect others.
- Always remember - we become caring people by doing caring things!
Chapter 1 Activity

Factual

What is A.J.’s favorite sport?

Who is A.J.’s best friend from his old neighborhood?

Which friend did A.J. start the P.E. Gang with?

How does Jimmy help A.J. at school?

Comprehension

What are some ways that you can show you care in school, home and on the playground?

Why is it important in life not to brag about the things you are good at?

People show they care helping others. What could you do to help a new student that arrives at your school?

Personal Connections/Feelings

How do you feel when you are playing a sport and a captain has to choose the players?
What thoughts run through your mind as the captains are choosing?

A caring person does not hurt someone’s feelings. Next time you pick teams, what could you do to prevent someone from being chosen last?

Originality

Pretend you are asked to create a P.E. Promise for your school. Write a pledge to share with your fellow students.
<table>
<thead>
<tr>
<th>FACTUAL</th>
<th>COMPREHENSION</th>
</tr>
</thead>
<tbody>
<tr>
<td>PERSONAL CONNECTIONS/FEELINGS</td>
<td>SELF-EXPRESSION</td>
</tr>
</tbody>
</table>
Caring Baseballs

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 the baseball on the baseball diamond.
A Caring Letter

Directions:
Write a letter to someone thanking them for showing you how much they care about you or pretend to be A.J. and write a letter to Jimmy thanking him for being a good friend.
Caring Words

People can be happy, lonely, surprised, sad or angry. Emotions are the way people feel. A caring person will try to help someone who is not happy.

Directions: Look at each picture. Name the emotion. What could you say or do to help?

1.

2.

3.
CARING AWARD
Congratulations!
You completed the character trait of CARING.
Sincerely,
The P.E. Gang
Hi! My name is Samantha, but my friends call me Sammie. My favorite activity is volleyball. Mr. Vekich taught us the importance of being a respectful person. He says to be courteous and polite, listen to what other people have to say and don't argue with your teachers, classmates, coaches, teammates, or the officials.

Congratulations on completing the first level; you learned about how important it is to show someone you care. Our next story is about respectfulness. Mr. Vekich, or as we call him Mr. V., gives us our first job as the P.E. Gang. Mr. V. wants us to work with a student in our 4th grade class named Patrick. Patrick is a student who is very disrespectful and is always fighting, complaining, or arguing with his classmates. His way of fitting in is to act goofy in class.

Chapter 2 is about what happens when the P.E. Gang helps Patrick become a better person in P.E. and in school. Have fun and good luck learning about the importance of showing respect.
HOW TO BE A RESPECTFUL PERSON

- Don’t insult people, or make fun of them, or call them names.
- Treat other people the way you want to be treated.
- Don't judge people before you get to know them.
- Listen to what other people have to say.
- Don't bully or pick on others.
- Be courteous and polite.
## Finding Evidence

<table>
<thead>
<tr>
<th>Before Reading</th>
<th>After Reading</th>
</tr>
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<tbody>
<tr>
<td>Agree or Disagree</td>
<td>Agree or Disagree</td>
</tr>
<tr>
<td>1. It is possible to help out a bully.</td>
<td></td>
</tr>
<tr>
<td><strong>Evidence:</strong></td>
<td></td>
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<tr>
<td>Agree or Disagree</td>
<td>Agree or Disagree</td>
</tr>
<tr>
<td>2. Sometimes boys and girls are disrespectful or act inappropriately because they have difficulties in school.</td>
<td></td>
</tr>
<tr>
<td><strong>Evidence:</strong></td>
<td></td>
</tr>
<tr>
<td>Agree or Disagree</td>
<td>Agree or Disagree</td>
</tr>
<tr>
<td>3. The boys and girls in the P.E. Gang are respectful, kind and compassionate.</td>
<td></td>
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<tr>
<td><strong>Evidence:</strong></td>
<td></td>
</tr>
</tbody>
</table>
Agree or Disagree

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

Agree or Disagree

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

Agree or Disagree

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

**Directions:** Look for ways your classmates show respect. Write the name of the classmate on the top of the volleyball and in the middle tell how he or she showed respect. Then, place the volleyball 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 sayings that show good manners on the playground.
Respect the Golden Rule

One way to show respect is to follow the Golden Rule. The Golden rule says: **Do unto others as you would have them do to you.**

What does the Golden Rule mean? Write it in your own words. Then, draw a picture to go along with it.
Congratulations,_________________________________!
You completed the character trait of RESPECT.
Sincerely,
The P.E. Gang
Hi! My name is Jimmy and my favorite sport is hockey. My favorite team is the Buffalo Sabres. I love playing this sport in P.E. class. Mr. Vekich taught us how to hold the hockey stick correctly and how to pass and stick handle. He also taught us how to be a fair person. He says fairness means treating others the way you want to be treated, and playing by the rules. He rarely ever keeps score in class because he says that winning is nice, but you need to remember that there is always a team that loses. I think he tells us this so we just have fun and nobody will feel sad.

Congratulations on completing the second level; you learned about how important it is to show respect and how be a respectful person.

My brother Aaron and I have been playing hockey since we were 3 years old. We love hockey and are always practicing on the ice rink our father made for us in the backyard. My brother and I don't always get along when we play against each other. Chapter 3 is about what happens when my brother's hockey team challenges the P.E. Gang to play hockey. Have fun and good luck learning about the importance of being fair.
HOW TO BE A FAIR PERSON

- Think about how your actions will affect others.
- Treat people the way you want to be treated.
  - Don't blame others for your mistakes.
  - Don't take advantage of other people.
- Listen to people with an open mind.
  - Don't play favorites.
- Play by the rules.
  - Tell the truth.
- Take Turns.
Story Response

Factual

What is Jimmy’s brother’s name?
Who scored the last goal which tied the hockey game?

Personal Connections/Feelings

Do you think it was fair for Jimmy’s dad to not let him play in the hockey game because he didn’t turn his homework in on time? Why or why not?

Which do you think is more important and why: school or sports? Justify your answer. (You may choose both as your answer, but you must give reasons why they are equally important).

Comprehension

Why was Jimmy’s hockey team celebrating even though they only tied the game?

How can you lose sporting games because of the behavior of one player?

Originality

Choose your favorite sport. Write an acrostic poem which represents that sport and the importance it plays in your life.
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<th>FACTUAL</th>
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<tr>
<td>PERSONAL CONNECTIONS/FEELINGS</td>
<td>ORIGINALITY</td>
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</table>
Fair Hockey Pucks

Directions: Look for ways your classmates show fairness during gym, class, and on the playground. On a hockey puck, write the name of the classmate and tell about how he or she showed fairness. Then, place the hockey puck on the hockey rink.
A fair person is careful before making a decision. He or she gets all the facts and considers what other people think first before deciding.

Suppose you are playing hockey with friends. You think the puck passes the goal line but the other team says it did not. Write a paragraph to tell how to solve the problem fairly.
Fair Square

A fair person is open-minded and just. A fair person treats everyone the same.

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.
FAIRNESS
AWARD
Congratulations.

You completed the character trait of
FAIRNESS.

Sincerely,
The P.E. Gang
Hi! My name is Katherine and I love to play soccer. It is my favorite sport in Physical Education class. I started playing soccer when I was 4 years old. Our P.E. teacher Mr. Vekich taught us how to dribble, pass, and shoot the soccer ball. He also taught us how to play as a team and the importance of being a responsible person. He says when you are playing soccer or any sport, don’t make excuses, lose your temper or blame others for making mistakes.

Congratulations on completing the third level; you learned how important it is to be a fair person; Our next story is about responsibility. Mr. V. gives us an assignment in P.E. class, which is to come up with the meaning of the phrase “being a good sport” and “being a poor sport”. A.J. and I go to my sister’s soccer game and there we find the answers to our assignment. Good luck and have fun!
HOW TO BE A RESPONSIBLE PERSON

⚽️ Take care of your own business. Don't make others do what you are supposed to do.

⚽️ Be reliable and dependable; when you agree to do something, do it.

⚽️ Take responsibility for your actions; don't make excuses or blame others.

⚽️ Use your head; think before you act; imagine the consequences.
Vocabulary Lesson

Use a dictionary to define the following words.

1. responsibility -  ____________________________________________
   ____________________________________________

2. sportsmanship -  ____________________________________________
   ____________________________________________

3. reliable -  ____________________________________________
   ____________________________________________

Directions: each finger write a word that you think of when you hear the word “responsibility.”
Responsibility at Home

What would happen if a job was not done? A responsible person thinks about how some choices may hurt other people and things.

What are some jobs that you have at home? Do you always complete them? What do you think would happen if A.J. and Samantha did not hand in their assignment?

What would happen if you did not do your jobs?
Responsible Soccer balls

Directions: Look for ways your classmates are being responsible. Write the name of a classmate on a soccer ball, and tell what he or she did to show responsibility. Then, place the soccer ball on the soccer field.
RESPONSIBILITY AWARD
Congratulations,

_________________________________

You completed the character trait of RESPONSIBILITY.
Sincerely,
The P.E. Gang
Hi! My name is Casey and my favorite sport is football. My favorite football team is the Buffalo Bills. In Physical Education class, Mr. Vekich has taught us a lot of football skills. We have worked on gripping and throwing the ball, catching, kicking, punting, centering, and carrying the ball the correct way. Mr. Vekich also taught us how to be a trustworthy person. He says we need to be honest and do what is right even when it’s difficult.

Congratulations on completing the fourth level; you learned how important is to be a responsible person. Our next story is about being honest and trustworthy. My parents are great because they come to all my games and they sign me up for any sport I want to play. The only problem is they argue and yell at the officials and other team members. I get so embarrassed I don’t want to play any more. Mr. Vekich helps me with my parents. He wants me to be honest and tell them how I feel. Good luck and have fun reading chapter 5!
HOW TO BE TRUSTWORTHY

Football

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.
Lettering Writing Lesson

Pretend your parents are embarrassing you at your sporting event. Write an honest letter to them explaining how it makes you feel and what they can do to make the situation better.

_________________________

Dear Mom and Dad,

_________________________

_________________________

_________________________

_________________________

_________________________

_________________________

_________________________

_________________________

_________________________

_________________________

_________________________

_________________________

_________________________

_________________________

_________________________

_________________________

Love,

_________________________
Comprehension Questions

1. What are some of the things Casey’s parents were doing to embarrass her?

2. Are you trustworthy? Give one example that shows you are a trustworthy person?

3. What makes a person trustworthy?

4. Create a bookmark in the space below to hand to parents at sporting events. The bookmark should have a clever name and contain rules or tips for parents to follow while watching sporting events.

   P.E.GANG
   Play Fair, Be Honest
### TASK ROTATION
#### HOW TO BE TRUSTWORTHY

<table>
<thead>
<tr>
<th>FACTUAL</th>
<th>PERSONAL CONNECTIONS/FEELINGS</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. Who did Casey trust in the story?</td>
<td>1. Are you trustworthy? Give one example that shows you are trustworthy.</td>
</tr>
<tr>
<td>2. What did Casey need to talk to someone about?</td>
<td>2. Have any of your family members or friends ever broken your trust? If so, how did you feel?</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>COMPREHENSION</th>
<th>ORIGINALITY</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. Explain what it means to be a trustworthy person.</td>
<td>1. Make a poster representing trustworthiness.</td>
</tr>
<tr>
<td>2. Explain how trusting people helped Casey to solve her problems.</td>
<td>2. Draw a picture of your favorite scene from chapter 5.</td>
</tr>
</tbody>
</table>
Trustworthiness

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

Congratulations,
_________________________________

You completed the character trait of TRUSTWORTHINESS.

Sincerely,
The P.E. Gang

Sincerely,
The P.E. Gang
Hi! My name is Matthew, but my friends call me M.J. which is short for Michael Jordan because he is my all time favorite basketball player. In Physical Education class, Mr. Vekich 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. Vekich also taught us the importance of team work. He says that good teams encourage each other and cooperate to get the job done. They work together as a team.

Congratulations on completing the fifth level; you learned how to be trustworthy. Chapter 6 is about our basketball team the West Street Gators. Every year we have a great season but we never beat our arch rivals the Grizzlies; they are always faster and taller than us. If we want to beat them we have to work as a team. Have fun reading chapter 6 and find out if we finally beat the Grizzlies.
Listen carefully to others and be sure you understand what they are saying.

Do your part the very best that you possibly can. This will inspire others to do the same.

Make people feel needed. Working together is a lot more fun that way.

Show appreciation to people for what they contribute.

Compromise when you have a serious conflict.

Encourage people to do their best.
Story Response

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

____________________________________________________________________

____________________________________________________________________

2. How does the basketball team beat their arch rivals 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. Tell how you cooperate in school.

____________________________________________________________________

____________________________________________________________________

____________________________________________________________________
Cooperative Basketballs
Look for ways your classmates cooperate. Write their names on the basketballs and tell how they cooperated. Then, put the basketballs on the basketball court.
Words of Cooperation

Complete each sentence. Then, use the numbered letters to answer the question, “What award will you get when your behavior is shipshape?”

1. A good __ __ __ __ __ __ works to improve the community.
   1  2

2. A __ __ __ __ __ __ __ __ is someone who lives next to you.
   3

3. People on a __ __ __ __ cooperate to get a job done.
   4  5

4. Children go to __ __ __ __ __ __ to learn.
   6

5. A __ __ __ __ is a place to swing, slide, and play.
   7  8

6. If you want to stay healthy you have to __ __ __ __ __ __ __ __.
   9

Word Bank

- school
- team
- citizen
- neighbor
- exercise
- park
Congratulations, __________________________________!

You completed the character trait of COOPERATIVE.

Sincerely, The P.E. Gang
Congratulations! You have finished all 6 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 you will be an official member of the P.E. Gang which makes you a good citizen in your community. Good Luck!

Chapter 7 is about how the P.E. Gang creates a website for parents and students. Mr. Vekich 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. We want everybody to enjoy the website. 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!
Chapter 7

1. What special things did the members of the P.E. Gang do throughout the book that were meaningful to Mr. V.

__________________________________________________________________________________________

__________________________________________________________________________________________

__________________________________________________________________________________________

__________________________________________________________________________________________

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

__________________________________________________________________________________________

__________________________________________________________________________________________

__________________________________________________________________________________________

3. Other than skills used in sports, what other things are taught in physical education class.

__________________________________________________________________________________________

__________________________________________________________________________________________

__________________________________________________________________________________________

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 they will look like.

<table>
<thead>
<tr>
<th>FRONT</th>
<th>BACK</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
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</tbody>
</table>
Name ___________________________________ Date _______________

Name the character trait shown by the character. Then, write what the character trait means to you?

_________  ___________  ___________
_________  ___________  ___________
_________  ___________  ___________
_________  ___________  ___________
_________  ___________  ___________
_________  ___________  ___________

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_________  ___________  ___________
_________  ___________  ___________

Name ___________________________________ Date _______________
Find words about character. The words are across, down, and diagonal. Circle them.

<table>
<thead>
<tr>
<th>caring</th>
<th>citizenship</th>
<th>fairness</th>
<th>help</th>
<th>manners</th>
<th>polite</th>
</tr>
</thead>
<tbody>
<tr>
<td>share</td>
<td>rules</td>
<td>responsibility</td>
<td>truth</td>
<td>trustworthiness</td>
<td>respect</td>
</tr>
</tbody>
</table>

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

P.E.GANG
Play Fair, Be Honest

www.pegang.com

Name ___________________________ Date _______________
Showing Good Character

Complete the paragraphs to tell how you showed good character.

On ________________________________, I showed the character trait of ______________________.

Here is what I did:

______________________________
______________________________
______________________________

It made me feel ____________________________ because ____________________________________________________________________________

______________________________
______________________________
______________________________

Next time I would ________________________________________________________________

______________________________
______________________________
______________________________
______________________________
__________________________________________________________________________
I promise to always play fair, be honest, work together and encourage others. I will also be a good citizen in my community, be helpful to my neighbors and I will always respect my classmates as well as teachers, adults and most importantly my parents or guardians.