

# CHARACTER EDUCATION



GRADE  
1

## with the P.E. GANG

FAIRNESS

TRUSTWORTHINESS

RESPONSIBILITY

CARING

RESPECT

CITIZENSHIP



Name \_\_\_\_\_



Hi, we call ourselves the P.E. Gang. Our P.E. teacher, Mr. Fitter, teaches us all different ways to show good character and stay active. We are always looking for new kids to join our gang. In our P.E. Gang, everybody gets to play and we don't care who wins or loses as long as we are having fun!

Learn more about the P.E. Gang by logging on to our web site: [www.pegang.com](http://www.pegang.com)










Hi, my name is Mr. Fitter. I teach Physical Education class. Physical Education is very important because it teaches my students how to be healthy. We have a P.E. Gang at our school. We are always looking for new students to join our P.E. Gang. To be a member all you have to do is follow our P.E. Gang motto, complete the workbook and show good character in school, at home and with your parents. So good luck and remember to always be responsible, respectful and safe.



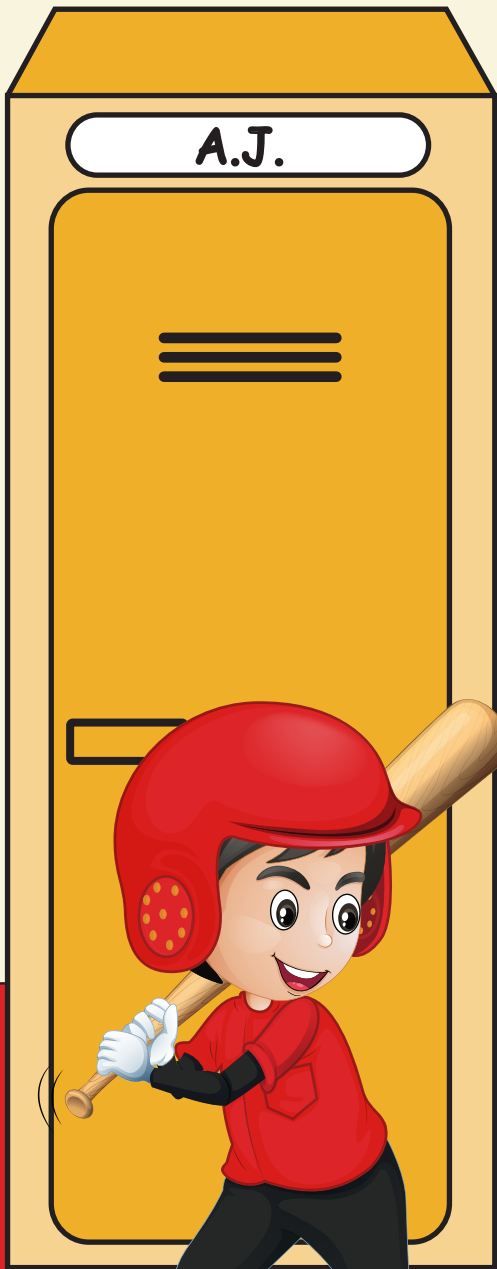
Lets begin by going over some very important school safety rules. Safety rules prevent injuries and keeps everybody safe. This way we can enjoy school and have a lot of fun!



# HOW TO SHOW YOU ARE A SAFE PERSON

-  Walk at all times.
-  Do not stand on chairs or tables.
-  Keep hands, feet, and objects to yourself.
-  Inform an adult if someone is hurt.
-  Follow your school's internet safety rules.





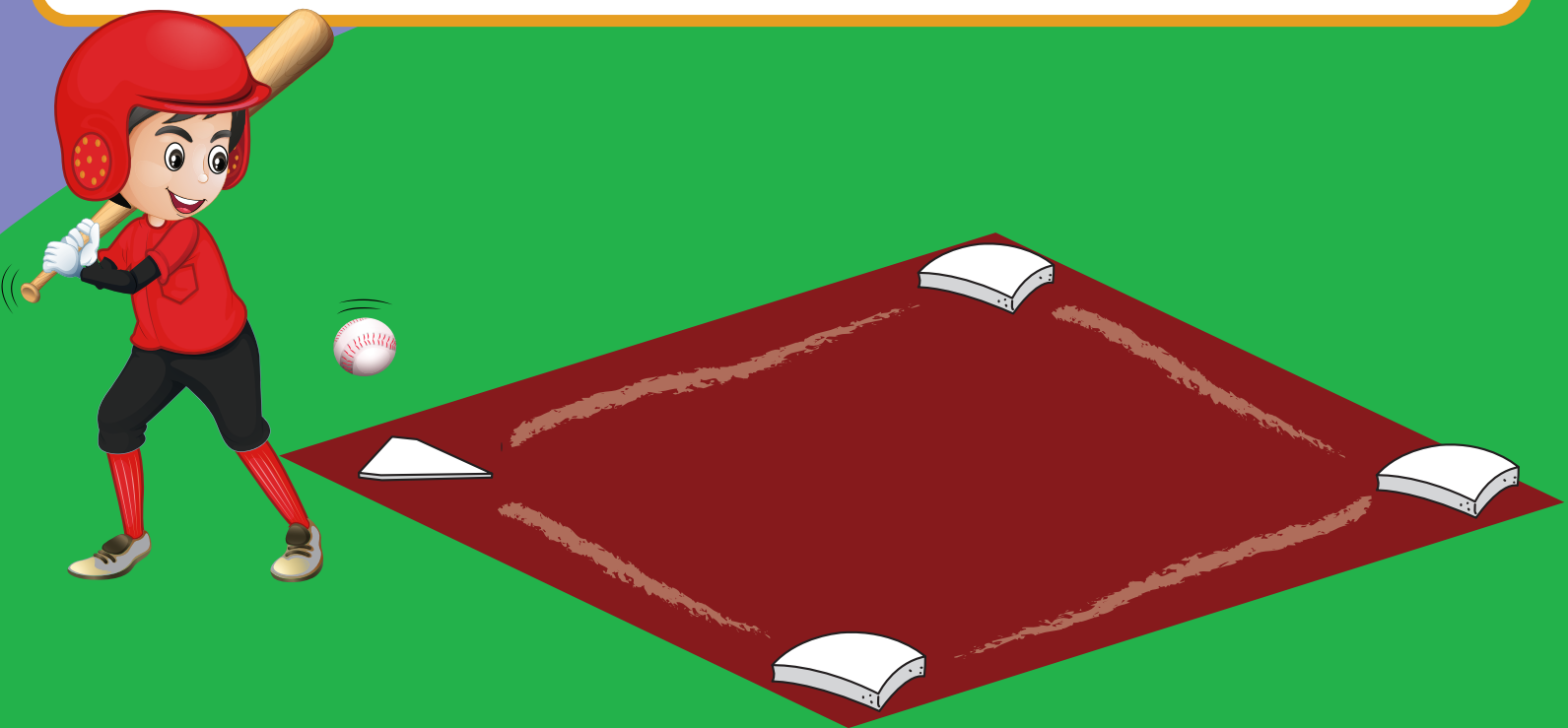
Hi! My name is A.J. and my favorite sport is baseball. In Physical Education class, our teacher Mr. Fitter taught us how to play baseball. He says it is important to always keep your eye on the ball when you are hitting and fielding.

The coolest thing about Mr. Fitter is that he's always reminding us how important it is to be a caring person. In class, we learned how to be a good sport and to think before we say something that could hurt someone's feelings.



To be 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.

Our 1st story is about caring. Our classroom teacher Mrs. Smith, read us a story about Aladdin a kind-hearted, yet street-wise orphan who lives with his faithful monkey Abu. Aladdin finds a magical lamp with a genie inside. Aladdin and Abu become friends with the humorous Genie. The genie offers 3 wishes to Aladdin. Aladdin tries to impress a princess named Jasmine but she does not like him because he tries to be someone he is not. Jasmine must marry a prince.







Deep in the Arabian Desert, Princess Jasmine lived with her father, the Sultan of Agrabah, and her tiger, Rajah.

The Sultan had said Jasmine must marry a prince—and soon. But Jasmine wanted to marry for love, not just to make her father happy!



In a nearby village, there lived a kind-hearted young man named Aladdin. His best friend was a monkey he called Abu. Aladdin was poor, but he had big dreams. "Someday," he told Abu, "we will live in a palace!"



Jasmine refused to be married. So she disguised herself as a peasant and left home. In the marketplace, she accidentally stole an apple. A guard grabbed Jasmine, but Aladdin stepped in to protect her.





Aladdin took Jasmine to his home. As they talked, they discovered they each dreamed of living a life different than their own. Then the palace guards burst in and seized Aladdin! Jasmine revealed herself as the princess and demanded Aladdin be freed.



Aladdin was taken away. While locked in the palace dungeon, Aladdin met an old man who helped him escape. The man took Aladdin and Abu to the Cave of Wonders.



He wanted Aladdin to retrieve a magic lamp hidden inside. Aladdin and Abu found the lamp and a magic carpet! But as they left, the Cave began to rumble and shake and turn into molten lava!



At the entrance, the old man wouldn't help. He was really the Sultan's evil assistant, Jafar! Though stuck in the Cave, Abu had tricked Jafar and kept the lamp for Aladdin. When Aladdin rubbed it, a genie whirled out of the lamp to rescue them from the Cave and to grant Aladdin three wishes! Aladdin's first wish was to be a prince.





Disguised as a wealthy prince visiting from another kingdom, Aladdin went to see Princess Jasmine once again. That night, Aladdin took Jasmine on a magic carpet ride that they would never forget.



The wonder and magic of the night brought them closer together. They were falling in love. "Good night, my handsome prince," whispered Jasmine at the end of their flight. Then Aladdin kissed her. Aladdin was so happy, he felt as if he was floating on air.



But Jafar ordered his guards to throw Aladdin into the sea. Aladdin used his second wish to have the Genie rescue him. But then Jafar stole the magic lamp! Now the Genie had to serve Jafar! And the wicked sorcerer was holding Jasmine prisoner!



As Aladdin sneaked into the palace to save her, Jasmine used her charms to distract Jafar. Aladdin tricked Jafar into using one of his wishes. "I wish to be an all-powerful genie!" proclaimed Jafar.





He became an evil genie, and Aladdin trapped him inside a magic lamp for all time!



The Sultan told Jasmine that she could marry whomever she chose. Princess Jasmine chose to marry her one true love—Aladdin! Aladdin used his final wish to free the Genie forever. In a flash, the Genie dressed to travel the world.

# HOW TO SHOW YOU ARE A CARING PERSON



- ⊙ Help people in need.
- ⊙ Never be mean or hurtful.
- ⊙ Think about other people's feelings.
- ⊙ Think about how your actions will affect others.
- ⊙ Remember - you become a caring person by doing caring things!



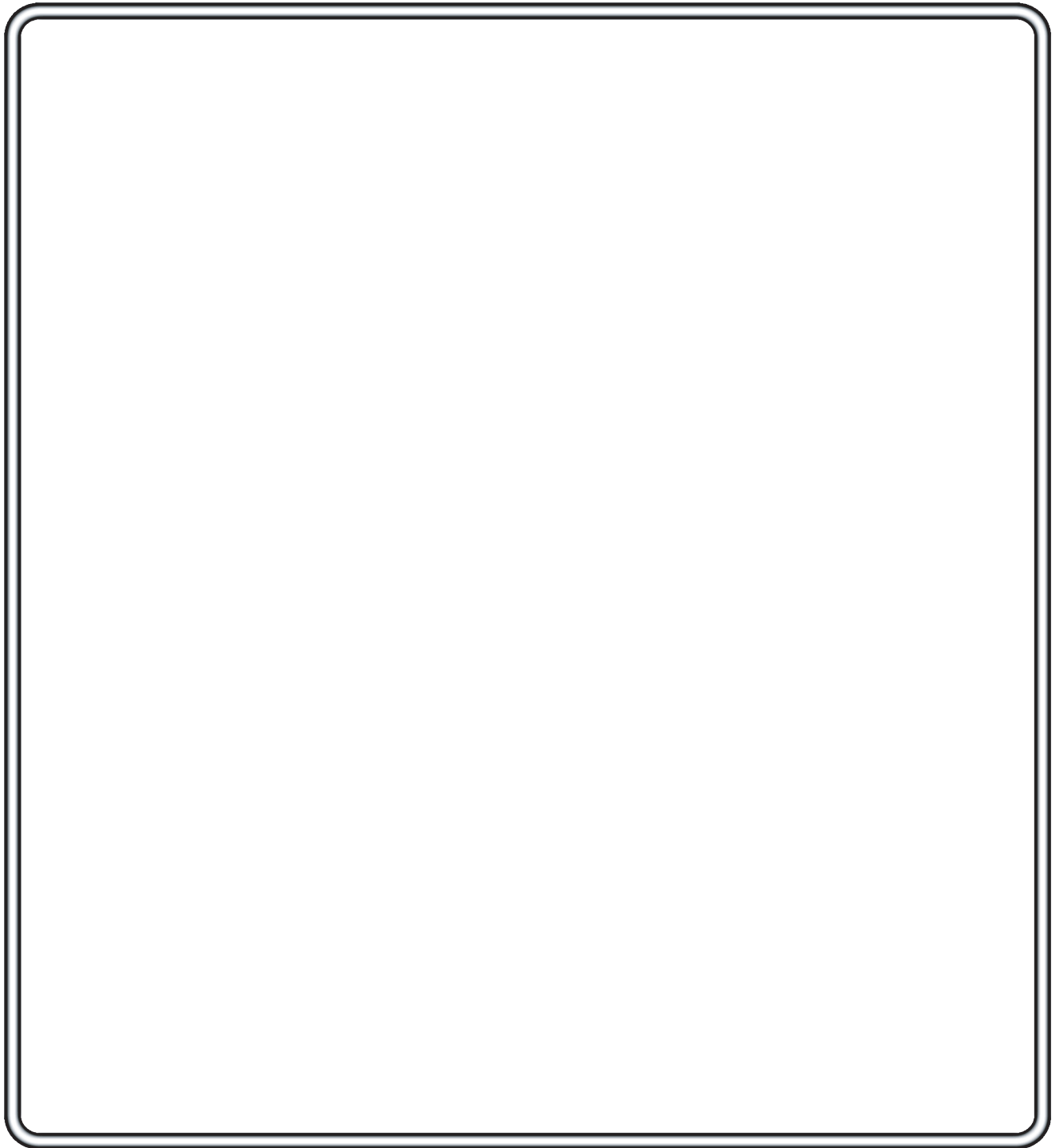




# Think and Talk

**What is Caring? How did Aladdin show caring?**

Directions: Draw a picture representing a time in your life when you showed kindness. Label the parts of your picture.



# Story Response



1. Complete the chart with story details.



Character's Action	Was it kind or not kind?
The Sultan had said Jasmine must marry a prince-and soon.	
A guard grabbed Jasmine, but Aladdin stepped in to protect her.	
When Aladdin rubbed it, a genie whirled out from the lamp to rescue them from the cave and to grant Aladdin three wishes.	
But Jafar had an evil plan. He ordered his guards to throw Aladdin into the sea.	
The Sultan told Jasmine that she could marry whomever she chose.	

2. Circle the character that was not being kind and explain why?



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\_\_\_\_\_

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3. What was Aladdin's third wish and how did that wish show kindness?



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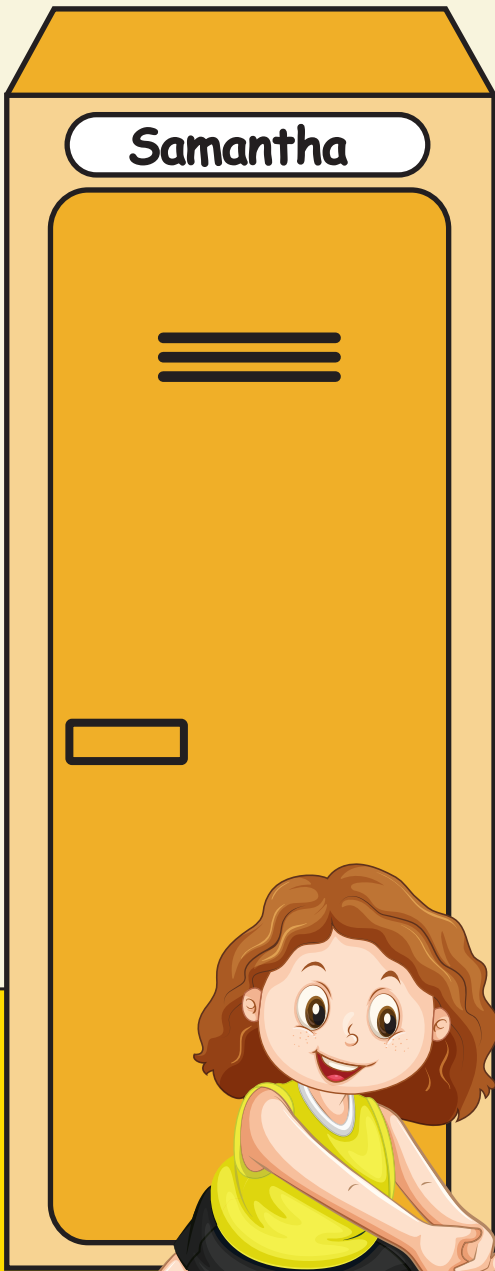
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4. Draw a picture representing Aladdin's act of kindness.

A large, empty rectangular box with rounded corners and a double-line border, intended for drawing a picture representing Aladdin's act of kindness.



Hey there, it's me Samantha. All my friends call me "Slammin Sammie" because my favorite sport is volleyball. Mr. Fitter taught us the underhand serve, the forearm pass and how to set the ball.

Mr. Fitter teaches us how to be respectful people. He shows us how to be respectful through his own actions. We learned how to listen to what other people say, and not to argue with our classmates. We also learned how to be courteous and polite.

**P.E. GANG**





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 respect. In this story, a mouse name Chester is not being respectful to a new neighbor. See what happens when Chester and his friend Wilson start to understand why it is important to be a good neighbor and respect others feelings .



# CHESTER'S WAY

by Kevin Henkes



Hello, my name is Chester.  
I like croquet and peanut butter  
and making my bed.

CHESTER had his own way of doing things....

He always cut his sandwiches diagonally.

He always got out of bed on the same side.

And he never left the house without  
double-knotting his shoes.



Chester always had the same thing for breakfast-toast jam and peanut

And he always carried a miniature first-aid kit in his back pocket. Just in case.



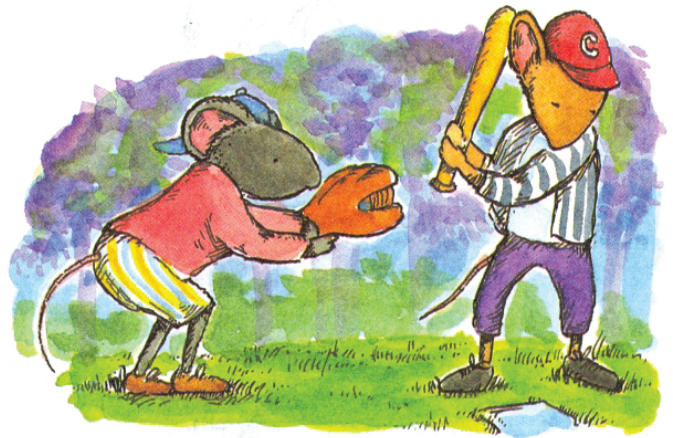
"You definitely have a mind of your own," said Chester's mother. "That's one way to put it," said Chester's father.





Chester's best friend Wilson was exactly the same way. That's why they were best friends.

Chester wouldn't play baseball unless Wilson played, and they never swung at the first pitch or slid headfirst.



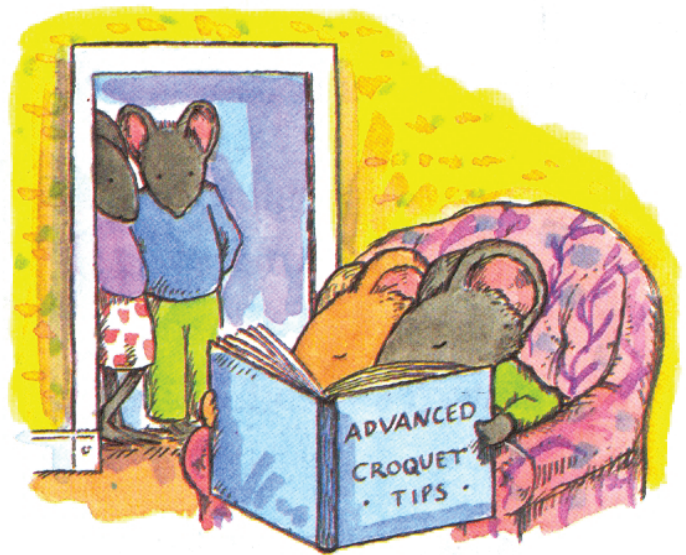
Wilson wouldn't ride his bike unless Chester wanted to, and they always used hand signals.





If Chester was hungry, Wilson was too, but they rarely ate between meals.

"Some days I can't tell those two apart," said Wilson's mother.  
"Me either," said Wilson's father.



Chester and Wilson, Wilson and Chester. That the way it was..

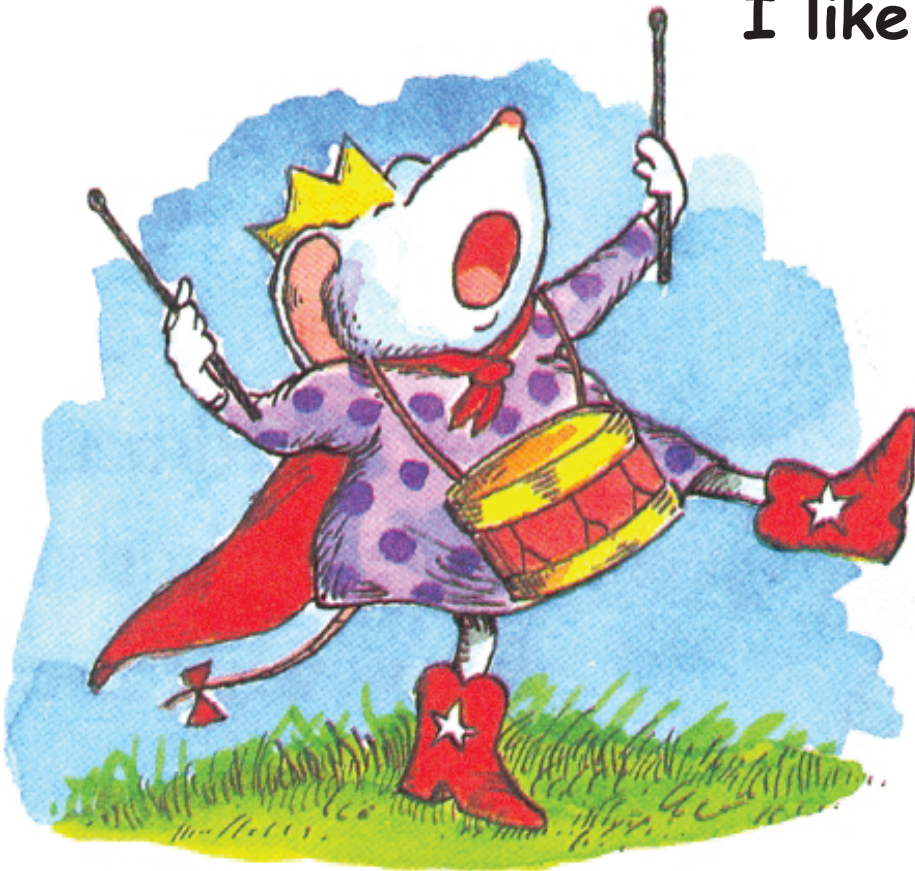




And then Lilly moved into the neighborhood.



I'm Lilly!  
I'm am the Queen!  
I like EVERYTHING!



LILLY had her own way of doing things....

She wore band-aids all over her arms and legs  
to look brave.

She talked backwards to herself sometimes, so  
no one would know what she was saying.



Lilly waved at all the cars that passed by, even if she didn't know who was in them.

She always carried a loaded squirt gun in her back pocket. Just in case.



And she never left the house without one of her nifty disguises..





When Lilly asked Chester and Wilson to play, they said they were busy.



When she called them up on the phone, they disguised their voices and said they weren't home.





One day, while Chester and Wilson were practicing their hand signals, some older boys rode by, popping wheelies. They circled Chester and Wilson and yelled personal remarks..



Chester and Wilson didn't know what to do. Just when they were about to give up hope, a fierce-looking cat with horrible fangs jumped out of the bushes and frightened the older boys away.





"Are you who I think you are?" Chester asked the cat.

"Of course," the cat replied.



"Thank you, Lilly," said Chester.

"You're welcome, Chester," said Lilly.

"Thank you, Lilly," said Wilson.

"You're welcome, Wilson," said Lilly.

"I'm glad you were wearing a disguise," said Chester.

"And I'm glad you had your squirt gun," said Wilson.

"I always do," said Lilly. "Just in case."





"Afterward, Chester invited Lilly over for lunch. "You have a Muscle Mouse cup?!" said Lilly. "Of course," said Chester. "I do, too!" said Lilly. "Same here," said Wilson.

That night, Lilly invited Chester and Wilson to sleep over. "You have a night light?!" said Chester. "Of course," said Lilly. "I do, too!" said Chester. "Same here," said Wilson.



After that, when Lilly asked Chester and Wilson to play, they said yes.





Chester and Wilson taught Lilly hand signals.  
And she taught them how to pop wheelies.



Lilly taught Chester and Wilson how to talk  
backwards. And they taught her how to  
double-knot her shoes.



Chester and Wilson and Lilly, Lilly and Wilson  
and Chester. That's the way it was...



And then Victor moved into the neighborhood...

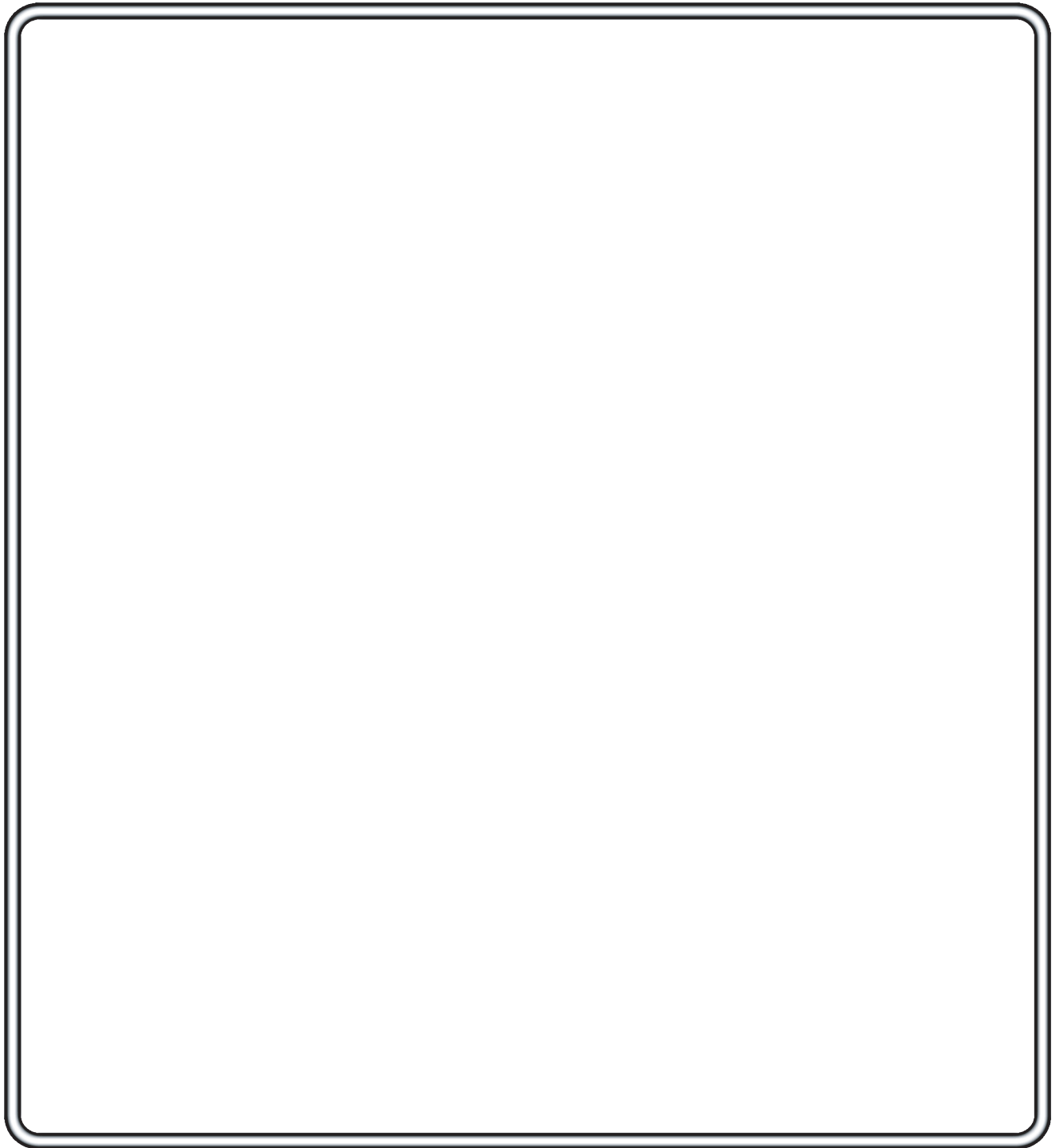




# Think and Talk

**What is Respect? How did Chester show respect?**

Directions: Draw a picture representing a time in your life when you showed respect. Label the parts of your picture.



# Story Response

Directions: Answer the questions.



1. How were Chester and Wilson respectful toward each other in the beginning?

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2. How were Chester and Wilson NOT very respectful toward Lily in the beginning?

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3. What made the boys change their minds about how they felt toward Lily?

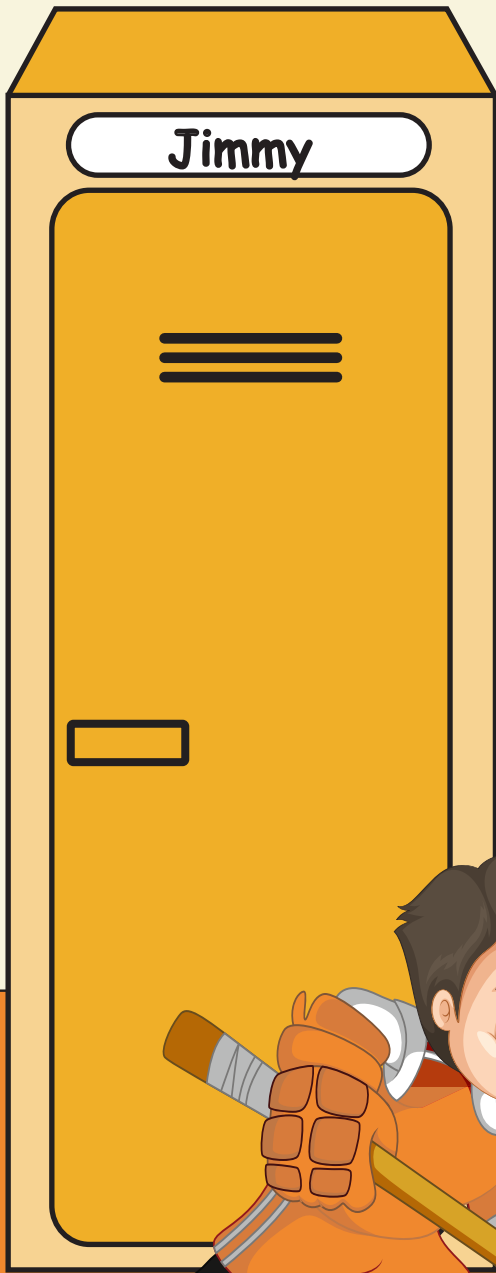
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4. Draw a picture showing something the three friends did together at the end.



Hi! My name is Jimmy and I think the best sport in the world is ice hockey. You wouldn't believe it, but Mr. Fitter rarely ever keeps score in class. He says that although winning feels great, we need to remember that there's always a team that loses.

In Physical Education class, Mr. Fitter taught us how to be a fair person by treating our classmates the way we would want to be treated.



**P.E. GANG**



Congratulations on completing the 2nd level of the P.E. Gang! You have learned about how important it is to be respectful.

Our next story is about fairness. Hen and Frog are friends. Hen is preparing for a big storm. But, when Hen tries to get Frog to help he makes excuses and says he will tell Cat if Hen doesn't let him in the house when the storm comes. Frog is not being fair to his friend Hen. Read the story and see what happens to Frog when he doesn't help Hen.



# Hen and Frog

by Nancy Battista Morgan  
Illustrated by Holly Bell



Hen and Frog were traveling down the same road. Hen looked up and noticed dark clouds in the sky..

"Oh, dear," clucked Hen. "A storm is coming soon."

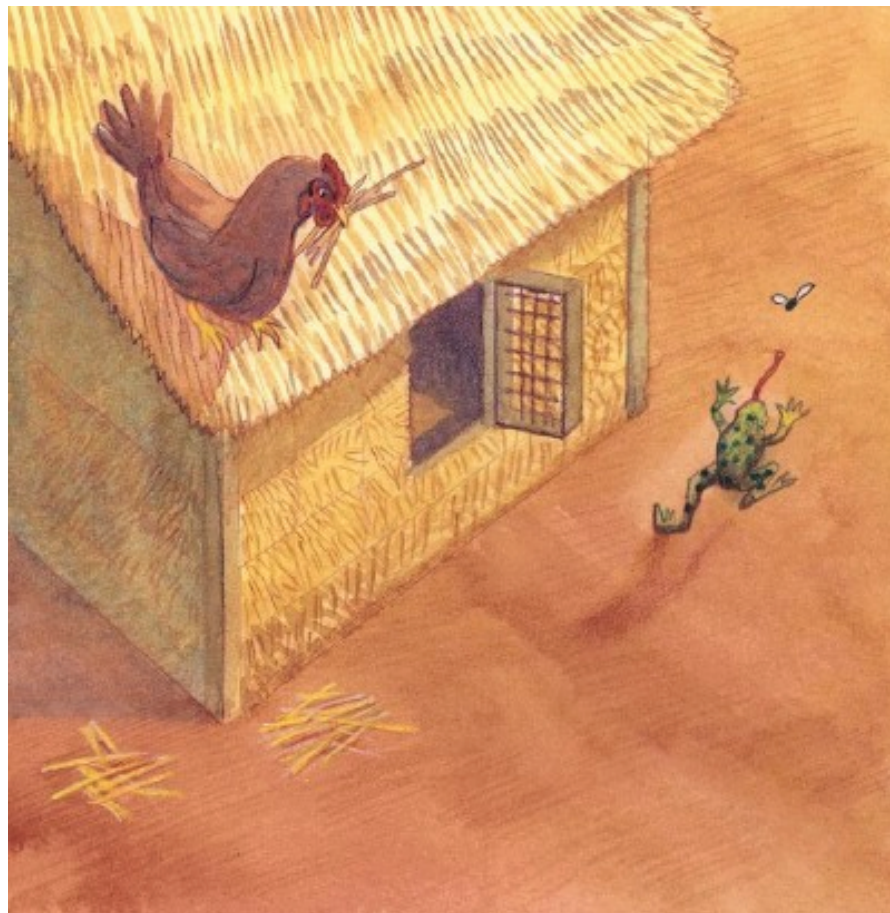
"Those clouds are not close," said Frog. "By the time the rain comes we will be home."



Hen knew Frog was wrong.

Hen quickly started to gather straw. "Frog, help me build a house so that we can be safe and dry from the storm," Hen clucked.

"Why?" Frog croaked. "It will only be a few drops."



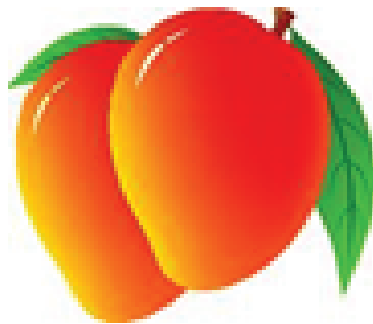
Hen built a very nice house. It had a window and also a fireplace to keep her warm. Since the storm had not yet come, Hen decided to make a bed.

"Frog, help me make a bed to rest on just in case the storm is a long one," Hen clucked.

"Why?" Frog croaked. "The ground is all that I need to lie on when that little bit of rain comes our way."

Hen knew she would get hungry during the storm.

"Frog, help me gather some mangoes so there will be food when the storm comes," clucked Hen.



"Why?" Frog croaked. "There are many flies to eat."

Hen gathered lots of mangoes and placed them beneath the bed to keep them dry.

Then the storm began. Rain poured down upon the ground, soaking everything.



Frog hopped to Hen's house. "Let me in!" he said.

"No, Frog, you didn't help me build it!" clucked Hen.

"I'll call Cat if you don't let me in," Frog croaked.

Hen was very afraid of Cat, so she let Frog inside.

"I'm tired. Let me rest on the bed," croaked Frog.

"No, Frog, you didn't help me build it," clucked Hen.

"I'll call Cat if you don't," Frog croaked.

So Hen let Frog lie on her bed.

"I'm hungry," croaked Frog.

"Let me have a mango."



“No, Frog, you didn’t help me pick them,” said Hen.

“I’ll call Cat...” Frog croaked. “The mangoes are on the roof,” Hen fibbed.

Frog hopped to the roof, but there was not a mango in sight. Suddenly, Hawk swooped down and picked Frog up. Hen watched as Hawk flew away with Frog.



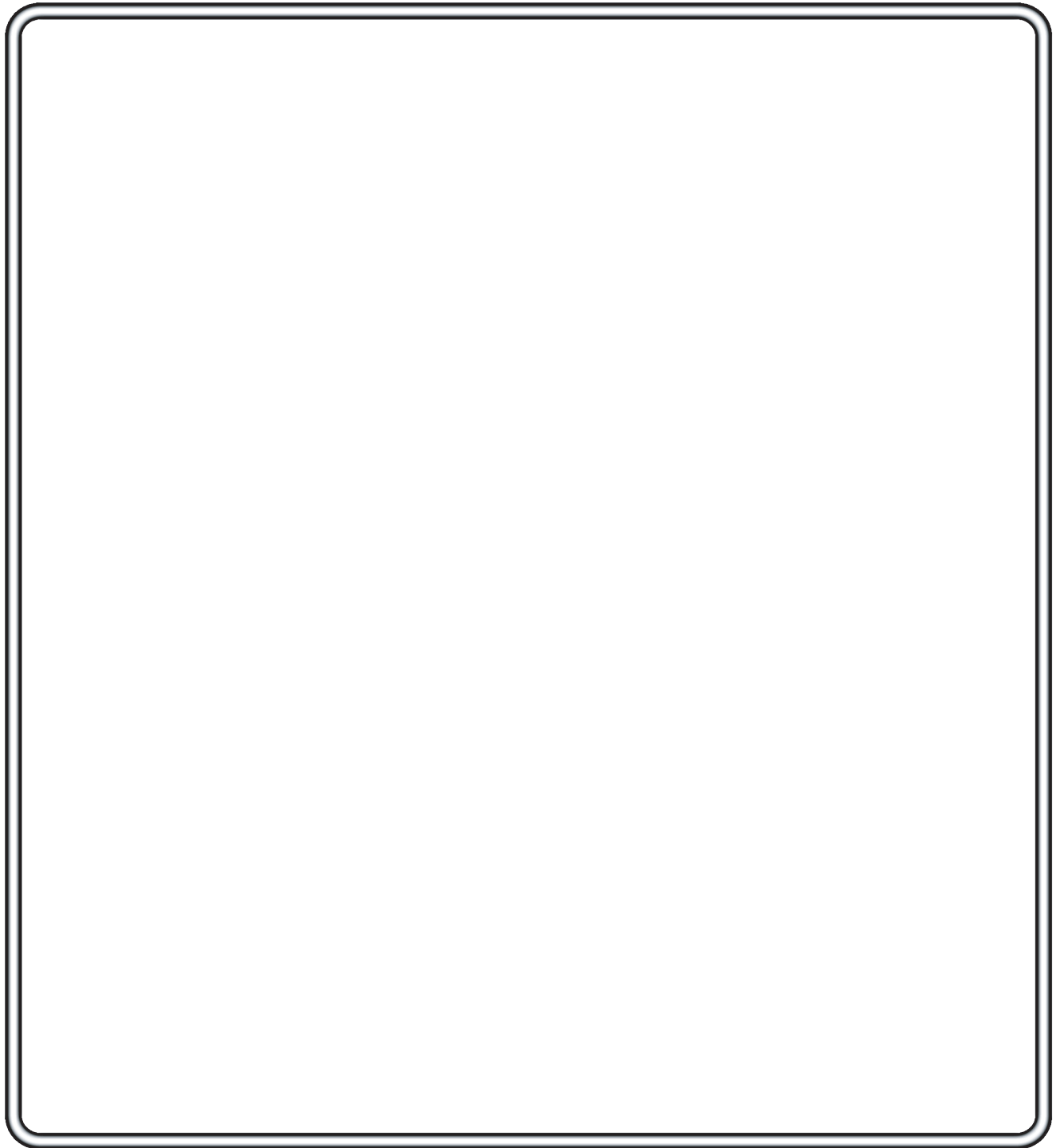
When the storm was over, Hen went home and was never bothered by Frog again.



# Think and Talk

**What is Fairness? Was the Frog being Fair?**

Directions: Draw a picture representing a time in your life when you showed fairness. Label the parts of your picture.





## Story Response

Directions: Answer the questions.

1. Which character was not being fair and why?

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2. Complete the chart with story details.

Hen asked frog to:	Frog said:
Help build a house.	"Why, it will only be a few _____."
Help me make a _____.	"Why, the _____ is all that I need to lie on when that little bit of rain comes our way."s
Help me gather _____.	"Why, there are many _____ to eat."



3. Draw a picture showing showing how the two characters could have been fair and helpful toward