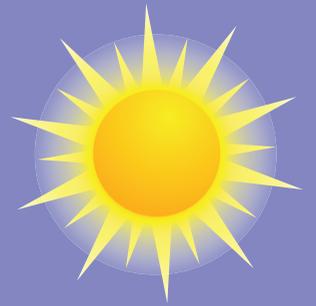


CHARACTER EDUCATION



GRADES
2-3

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



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.





Hello! My name is A.J. and I am 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, all you have to do is read the stories, and with the help of your teacher, complete the activities. This 1st story is about caring and how the P.E. Gang was started. My P.E. teacher, Mr. Fitter, is always teaching us the importance of showing good character.



P.E. GANG



I live in a great neighborhood. There are lots of kids and we all get along. I have a best friend named Bobby. We play on the same baseball team. When we aren't practicing, we are usually hanging out at one another's house.

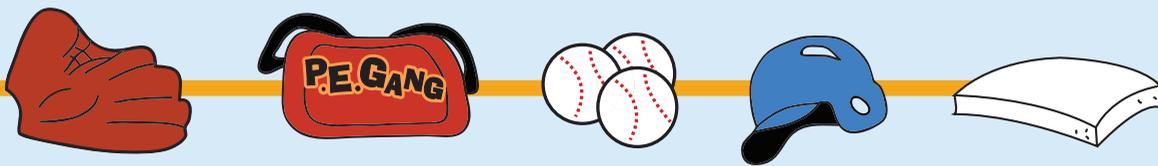
My dad is our baseball coach. Our team has practice almost every nice day after school. My dad tells us that although we don't always win our games, we should continue to try our best, be respectful and play fair. He says winning isn't always the most important part of playing. The most important part is having fun!



Because I enjoy my friends and living in my neighborhood, I was very disappointed when my dad came home and told us we had to move.

I really couldn't imagine being without my friends. What was I going to do? My mother knew I was sad and told me that I would meet new friends and that I could still play sports at my new school.

The first day at my new school was a little frightening. I sat next to a boy named Jimmy. He asked me if I was new to school, I told him I had just moved into town. He said he would be happy to show me around the neighborhood and would introduce me to some new kids.



P.E. GANG



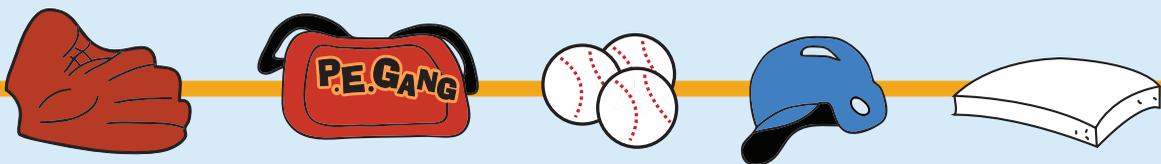
When Saturday morning came around, Jimmy kept his promise and came knocking at my door. He had his bat and glove with him and asked if I wanted to play baseball with him and the other kids.



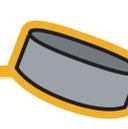
When we met up with the other kids, Jimmy introduced me to everyone. Two older guys were captains and they started to pick teams. It was the first time in my life that I was picked last. It felt awful.

When I stepped up to the plate, my legs were shaking. The first pitch was over my head, but I swung anyway. The second pitch was right over the plate. As I swung, I heard, "strike two." Finally, the third pitch came. I reached out and swung. As I hit the ball, it rolled to the pitcher and before I knew it, I was out.

The game came down to the last inning. Our pitcher threw the ball and the batter smacked the ball into the air. The ball was coming right for me! I put my head down and started to run as fast as I could towards the ball.



P.E. GANG



At the last moment, I jumped into the air and stretched my arms out. As I was falling, the ball landed right into my glove. It was the best catch I had ever made!

Everybody was patting me on the back and telling me what a great catch I had made. At that moment, I stopped feeling like the "new kid". I knew I was right at home.



After a few weeks, I was feeling better. I had met new friends and was enjoying school again. In P.E. class, I was picked first, and that felt really good. However, I thought about that day when I was chosen last and that bothered me.

So, one day I asked my P.E. teacher, Mr. Fitter, if there was any way we could make teams up without having to choose players so that no one would be picked last.

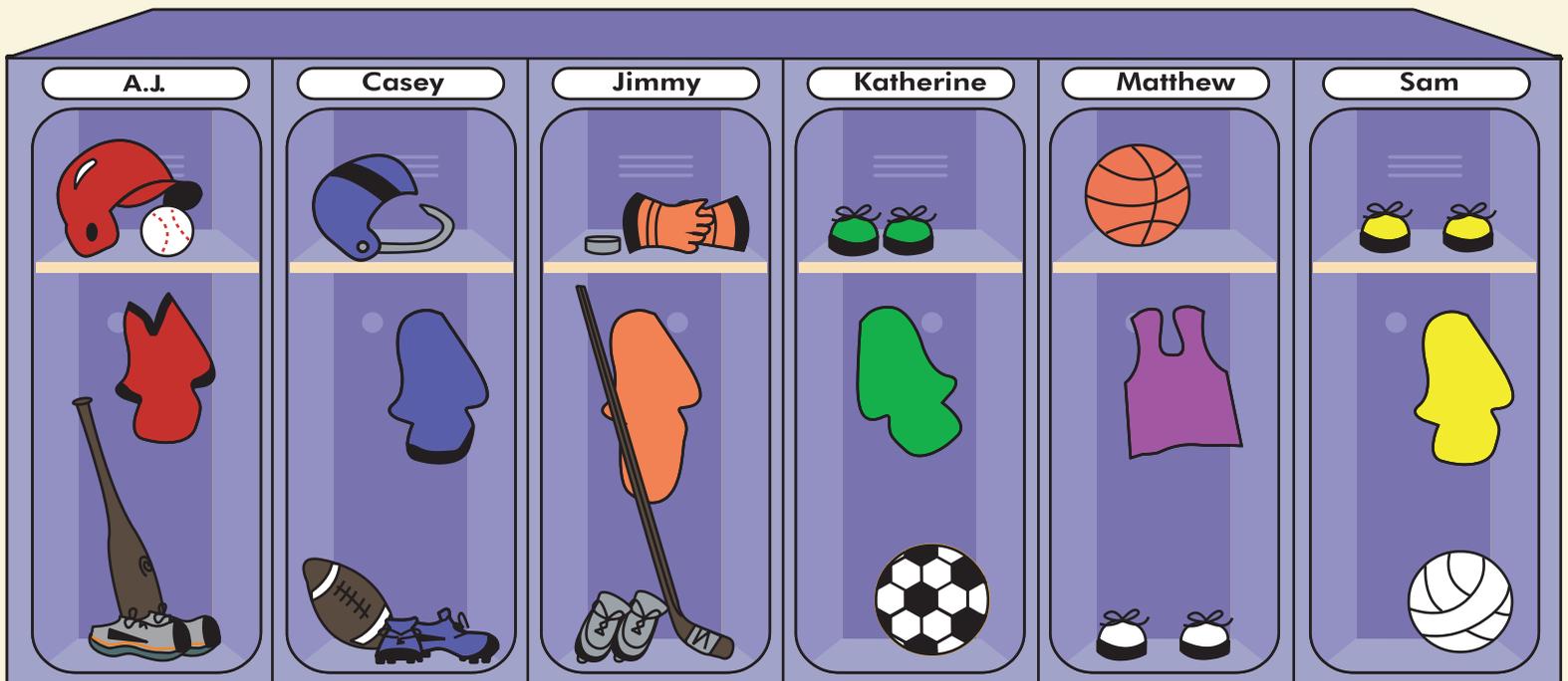
Mr. Fitter said that it was a great idea. So, we now choose our teams by counting off by numbers. This way no one would ever be picked last and feel bad.



P.E. GANG

P.E. GANG

This new idea made everyone feel less "singled out." This new idea went over so well that my friend Jimmy and I decided to start a P.E. Club in our school that we called the "P.E. Gang." So far, we have six members in our club. There is Casey, who loves to play football. Samantha, who we call Sam, and she loves to play volleyball. Katherine enjoys playing soccer. Jimmy is a hockey lover and Matthew loves basketball. And, I'm sure you could guess that I'm the baseball player.



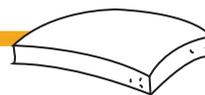
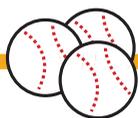
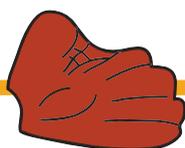
P.E.GANG

P.E.GANG



We created a P.E. promise and if you want to join the P.E. Gang, you must follow this pledge:

I promise to always play fair, be honest and work with and encourage others. I will also be a good citizen in my community by being helpful to my neighbors and being respectful to my classmates, teachers and other adults. Most importantly I will be respectful to my parents or guardians.



P.E.GANG





To encourage other kids to join the P.E. Gang, we had tee shirts made. For me, being active and playing sports has been a great way to feel "at home" in my new school, and it has helped me make new friends!

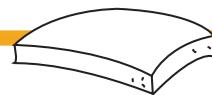
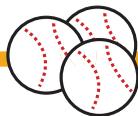
Mr. Fitter also said we should use our sports skills to help other students in class and in our neighborhood. Sometimes, we work with the younger students in Mr. Fitter's P.E. classes and help out. It's a lot of fun!



P.E. GANG

P.E. GANG

I wrote to my friend Bobby back home and told him about the P.E. Gang we started at my new school. He said the idea sounded so cool that he's going to start a P.E. Gang at his school, too! Although we live in different towns now, Bobby and I are still good friends. We talk on the phone, and we e-mail each other as often as we can. We talk a lot about our experiences in sports because we have that in common. I miss Bobby, but am beginning to feel more comfortable now that I'm part of the P.E. Gang and have made new friends.



P.E. GANG



Hello again, it's me Anthony. All my friends call me A.J., remember? In Physical Education class, our teacher Mr. Fitter is always teaching us the importance of reading, exercise and showing good character. Have fun reading the stories and completing the activities and don't forget to check out our web site: www.pegang.com.





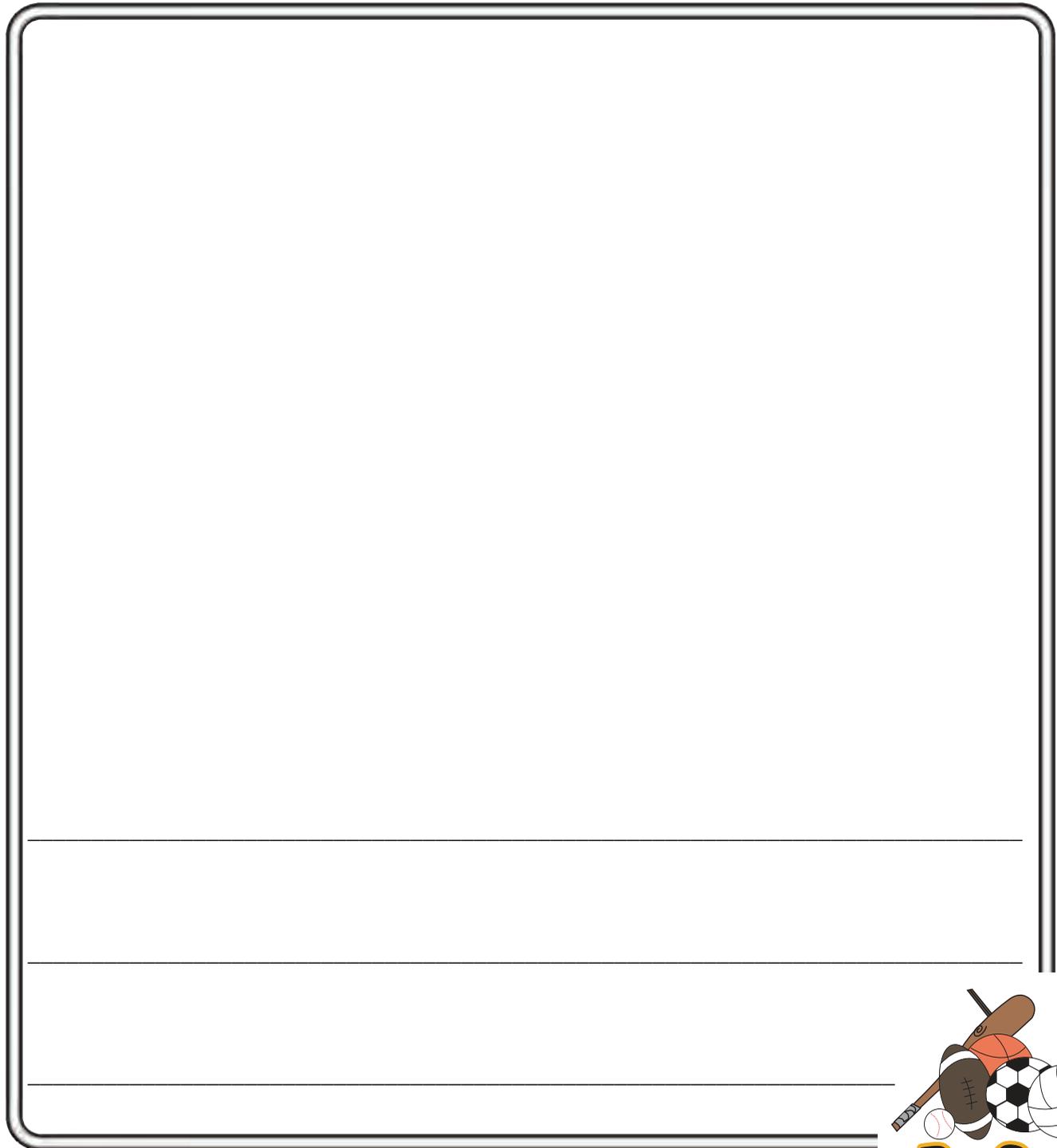
HOW TO SHOW YOU ARE A CARING PERSON

- ⊙ 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 Jimmy show caring?
Directions: Think about something you do to be a caring person. Draw a picture of yourself doing it and write a sentence describing your act.





Story Response

Directions: Answer the questions.

1. Why was A.J. sad when his father said the family was moving?

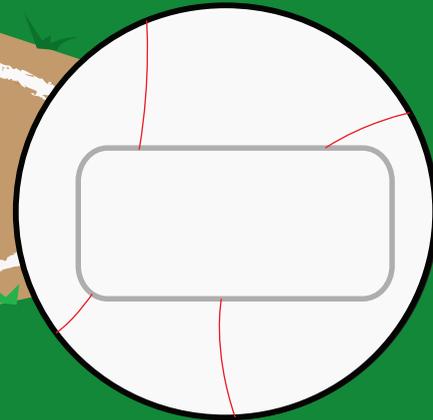
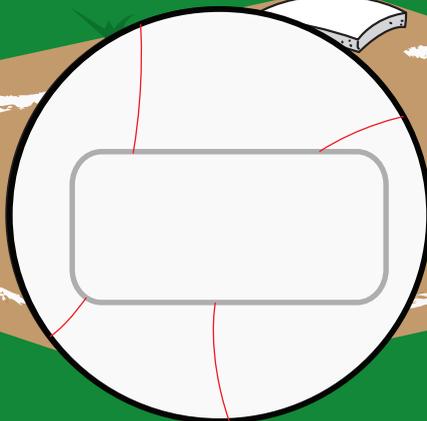
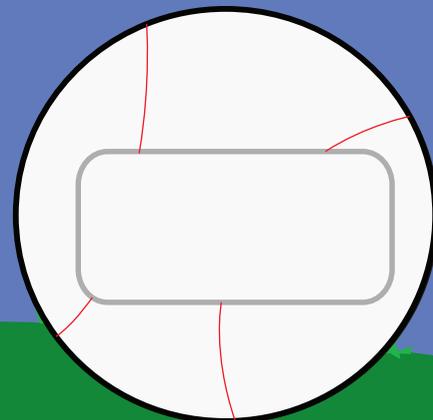
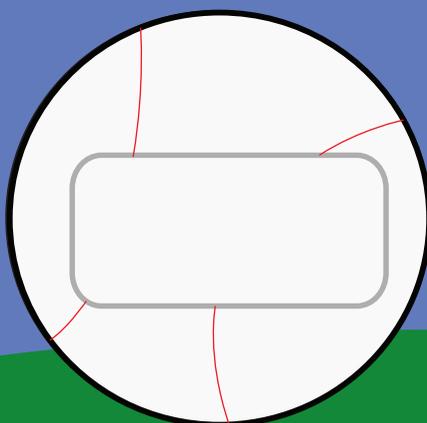
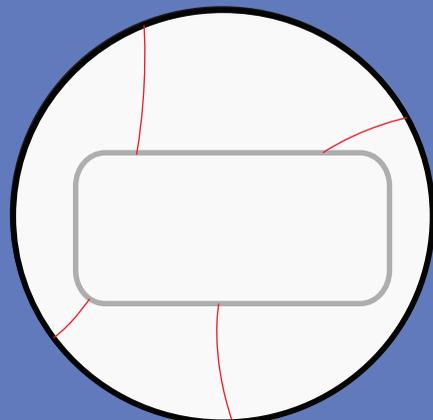
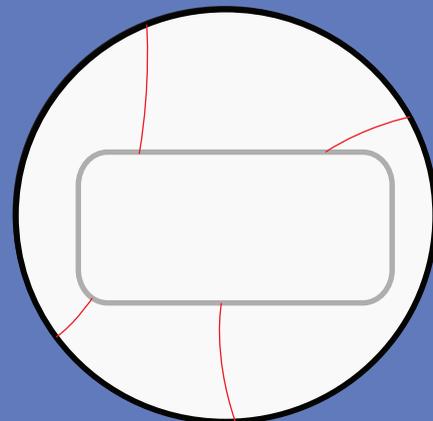
2. How does Jimmy help A.J. at school?

3. List one way you can show you that you care about others (in school, at home and or the playground).

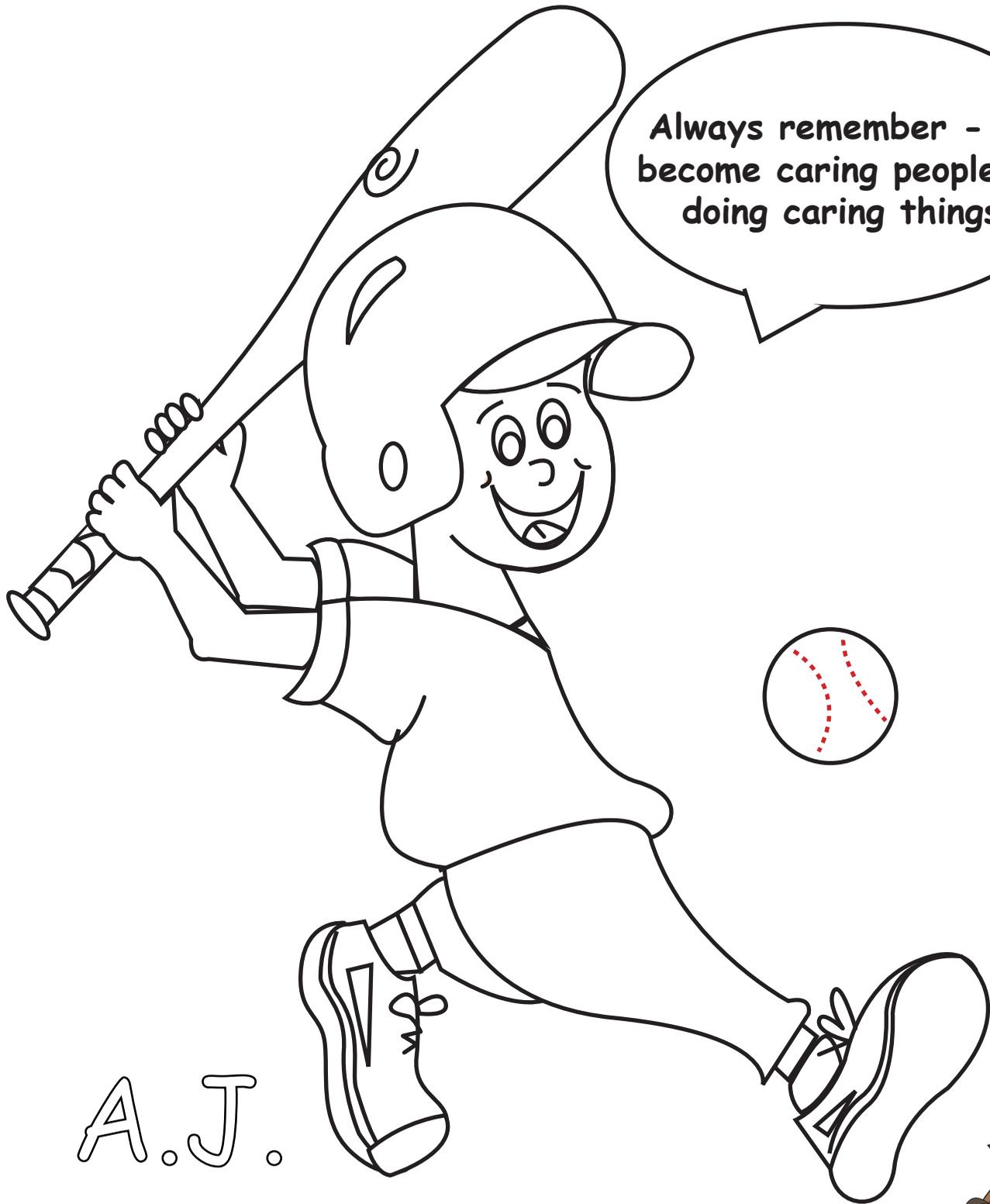


HOW TO BE A CARING PERSON

Directions: Think about and be on the lookout for ways you are showing how to be a caring person. Write your name on the baseball only when your teacher or guardian says you are showing how to be a caring person.



Directions: Color the character from the P.E. Gang



A.J.



P.E. GANG

Hi! My name is Samantha, but all my friends call me Sam. 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, and to listen to others.

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 boy named Patrick is a poor sport. See what happens when Patrick starts to understand the difference between being a good sport and being a poor sport.



How to be a Good Sport

It was the final inning of the championship game. Patrick stood in the outfield ready for any ball that might come.

The pitcher threw the ball. The batter swung and ...BAM! He hit it straight to the outfield.

Patrick raced to the ball, picked it up and threw it to the second baseman. "Safe!" called the umpire, as the runner slid into the base.

"Come on!" yelled Patrick. "He was out!" Patrick shook his head in disappointment. Then he quickly leaned over, getting ready for the next play. "Let's go, A.J., just one more out and the game is ours!" he hollered.

A.J. pitched the ball. The batter swung and in an instant sent it soaring over the back fence.



Angrily, Patrick pulled off his glove and threw it to the ground. "Aw, man!" he yelled.

The opposing team jumped up and cheered. Patrick's team slowly and sadly walked off the field.

"You pitched a great game, A.J.," said a player, patting him on the back.

"We'll get them next year," another said encouragingly.

"We got robbed!" growled Patrick. "That kid was out at second. They only won because the umpire made a bad call! I know I got that ball there in time."

"It stinks that we lost, Patrick, but they did play a good game," said A.J. Patrick just shook his head, stormed off and waited in the parking lot for his mother.

"You did a great job," his mother said as he got in the car. "It was a close game."



Patrick slumped down, mumbling, "It's the umpire's fault we lost!"

"Not again, Patrick. We go through this every time you lose a game," Mom said, frustrated. "Both teams played well. This time, they happened to play a little better."

Patrick didn't say a word. He just sat with his arms crossed tightly in front of him, staring out the window.

A couple of blocks away, when they were stopped at a red light, Patrick saw all his teammates walking into a ice cream parlor. He was shocked. Why hadn't they invited him? He felt hurt and confused.

Walking up the sidewalk to his apartment, he saw a bunch of kids playing basketball in front of the building. He stopped to watch.

"Nice pass," he heard Matthew say. "Good shot!" he said to another.



For some reason, Matthew's words stuck with him, but he didn't know why.

That night, Patrick lay in bed, still upset that his team had lost. But even worse was that his teammates hadn't invited him to go out with them after the game. It was troubling him so much that he hardly slept a wink.

The next morning, he grabbed his basketball and went downstairs to shoot some hoops. When he got to the basketball court, there were a bunch of kids already playing.

"Hi, Patrick," called Matthew, running down the court. "The game's almost over. They only need one more basket to win," he said, jumping up and down, trying to block the shot. Then Matthew leaped and stole the ball in mid-air! Quickly, he threw the ball as hard as he could, but he didn't have the strength to get it anywhere near the basket. Everyone, including Matthew, burst into laughter.

Within seconds, the other team grabbed the ball and made the winning basket.



“Good game,” said Matthew to the other guys, completely out of breath.

“Yeah, that was fun,” laughed another. Patrick watched from the side of the court. He noticed that even though Matthew wasn’t the best player, the other guys flocked around him.

“I don’t get it,” Patrick said to Matthew. “Why doesn’t it bother you when you lose? You even laughed when you missed the shot.”

“Well, it was funny. Didn’t you laugh when you saw it?”

“Yes, but if it had been me, I would have felt awful. I can’t stand messing up and I really don’t like losing!” Patrick admitted.

“I don’t like losing either,” Matthew remarked, “but I love playing basketball with the guys no matter what. Besides, it’s only a game. If you take it too seriously, you’ll keep everyone from having fun.”



Patrick really listened to what Matthew was saying. He thought he finally understood why his teammates hadn't invited him out after the game.

"I guess you could say I'm not a very good sport," Patrick confessed. "I just can't help it."

"Don't feel bad. It's not easy being a good sport," Matthew said. "I've had a lot of practice because my coach is teaching us how to play with heart. Join our basketball team this summer, and you'll hear us complimenting the other team when they play well. By the time baseball season starts again, you'll have what it takes to be a good sport!"





HOW TO SHOW YOU ARE A RESPECTFUL PERSON

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





Story Response

Directions: Answer the questions.

1. Why do you think Patrick's teammates didn't invite him to go for ice cream?

2. What is the difference between a person who is a good sport and a person who is a poor sport?

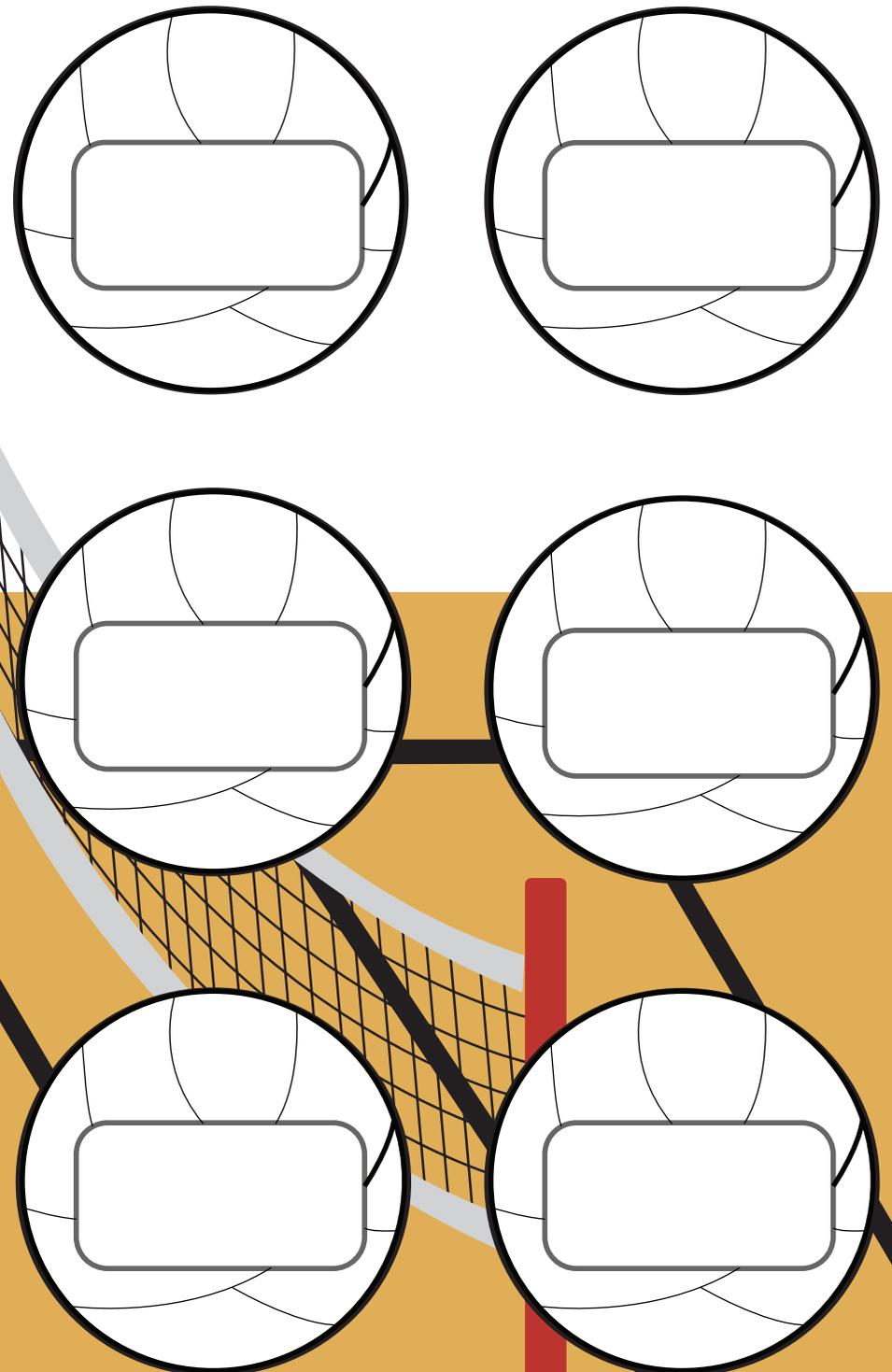
3. List one way you can show you that you are respectful to others (in school, at home and or the playground).?



P.E. GANG

Lob the Volleyball of Respect!

Directions: Think about and be on the lookout for ways you are showing how to be a respectful person. Write your name on the volleyball only when your teacher says you are showing how to be a respectful person. Then, place one of the volleyballs on the volleyball court.



Directions: Color the character from the P.E. Gang



Sam



Hi! My name is Jimmy and I think the best sport in the world is ice hockey. 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.

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. A.J.'s brother Steve, taught him how to be a amazing baseball player. But, his younger brother Zach is not very good. Let's just say, A.J. learns some important lessons on fairness.



Then Zach placed his glove on his head and started to dance around, and whack! - the Grizzlies batter hit the ball...

Up, up, up went the ball, over Zach's head and rolled to the fence. Zach did not see the ball coming. But he did hear A.J. "Get the ball!" he shouted.

Zach ran and grabbed the ball. He put his arm way back and threw it with all his might... the ball went sailing over A.J.'s head into the duck pond.

At the next game, A.J. hit two home runs. But when Zach came to bat, he struck out-again!

In the outfield, Zach missed an easy fly ball. The ball bounced off his head and rolled to the fence. His head hurt for two days!

At the game after that, A.J. hit three home runs. Zach struck out and threw the ball into the duck pond-again.

The next day, when it was almost time for baseball practice, A.J. told Zach to watch cartoons on TV.



Being a Good Brother

Whack! A.J.'s bat smacked the baseball. Up, up, up it went, over the fence- another homerun!

"Woo-hoo!" shouted A.J.'s team, the Gators. "The Amazing A.J. does it again.!"

A.J.'s brother and teammate, Zach, ran to pick up the ball for the other team.

"Throw it here!," the other team's pitcher called out. Zack threw the ball with all his might-right over the pitcher's head into the pond.

"What are you doing?" A.J. shouted to Zach. "Let the Grizzlies get the ball! You're a Gator, and we're batting... not fielding. Now come and sit down!"



So Zach sat down on the bench and watched the other Gators take turns at bat. Matthew hit a single. Casey hit a double. Samantha hit a triple. Katherine hit a fly ball. Up, up, up it went, but the outfielder caught the ball.

"That is two outs," said A.J. Then Zach stepped up to bat.

Swish! "Strike one!" called the ump.
Swish! "Strike two!" called the ump.
Swish! "Strike three!" called the ump. "You're out!"

"That's three outs," said the Grizzlies. "We're up to bat again." Slowly, A.J. and the Gators took the field.

"You go in right field," A.J. told Zach. If you get the ball, just throw it to me."

Poof! Poof! Poof! Zach blew fuzzy dandelions into the air. But the ball didn't come to Zach.

Then Zach found a caterpillar crawling on the grass. He let it crawl up his finger while he waited for the ball. But the ball didn't come.



Then he slowly tiptoed toward the back door.

But Zach found him before he left. "Cartoons are over," he said.

"Why don't you make a picture?" said A.J. "I'll even let you use my good markers. They're up in my bedroom."

While Zach went to get the markers, A.J. tiptoed outside and into the garage. He grabbed his bat and glove and quietly snuck out of the house... and ran right into his big brother, Steve!

"Time for baseball practice?" asked Steve. "Where's Zach?"

"Oh, Steve," said A.J. "Baseball is no fun when Zach plays. He can't hit the ball, and he never, ever throws the ball to the right person."

Steve laughed. "That's just how you used to play," he said.

"What? Not me," said A.J. "I'm The Amazing A.J. I hit home runs all the time!"



"But you couldn't hit a homerun run last year," said Steve.

"I helped you learn how to hit and throw. We practiced together every day!"

"You're right," said A.J.

"And now you're a good ballplayer," said Steve. "But there's only one way to be really amazing."

"How?" asked A.J.

"Just think about it," said Steve. "I'm sure you'll figure it out."

A.J. thought about it. He thought about how much Steve helped him become a better ballplayer. A.J. ran back inside the house.

"Zach!" called A.J. "Get your mitt!"

"Is it time for our game?" Asked Zach.

"No," said A.J. "It's time to practice."



A.J. showed Zach the proper way to hold and swing the bat. But when A.J. pitched to Zach, he still struck out.

"That's OK," said A.J. "We'll try again tomorrow."

All week, A.J. and Zach practiced throwing and catching, batting, and running.

On Friday, Zach finally hit the ball. "Way to go!" yelled A.J.

At the next game, Zach stepped up to the plate with a smile on his face. He swung the bat with all his might. Whack! Up, Up, Up went the ball, over the fence.

"Whoo-hoo!" shouted the Gators. "It is a home run! Zach hit a home run!"

And even though everyone was cheering for Zach, A.J. felt like a real superstar!





HOW TO SHOW YOU ARE A FAIR PERSON

-  Play by the rules.
-  Treat people equally.
-  Take turns and share.
-  Do not blame people carelessly.
-  Don't take advantage of people.





A fair person doesn't take advantage of people and treats others equally. He or she considers other people's thoughts and feelings first, before making a decision.

Suppose a player on your team is not very good. Write a paragraph to tell how you would treat this person and what you could do to help them.



Story Response

Directions: Answer the questions.



1. Why did A.J. help his brother, Zach?

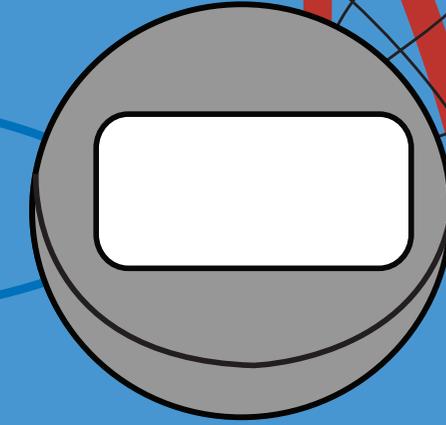
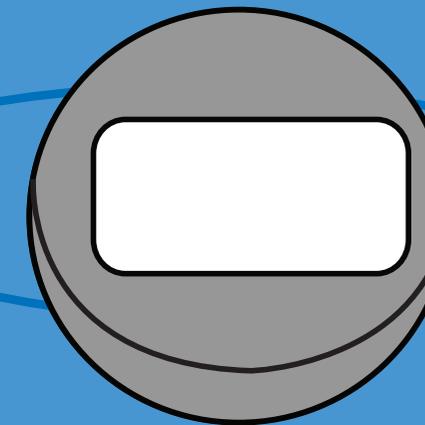
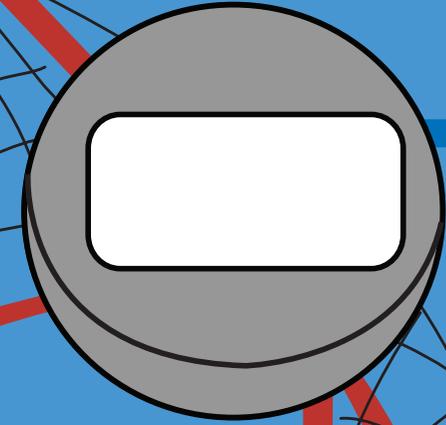
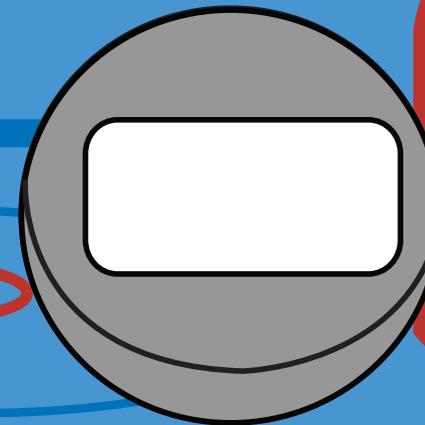
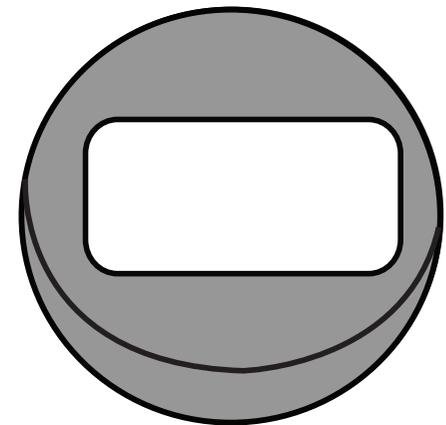
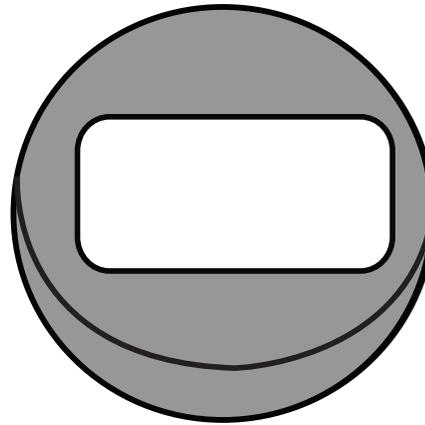
2. Who helped A.J. become an amazing baseball player?

3. List one way you can show you that you are fair to others (in school, at home and or the playground).



HOW TO BE A FAIR PERSON

Directions: Think about and be on the lookout for ways you are showing how to be a fair person. Write your name on the hockey puck only when your teacher says you are showing how to be a fair person. Then, place one of the hockey pucks on the hockey rink.



Directions: Color the character from the P.E. Gang

Play by the rules and take turns.



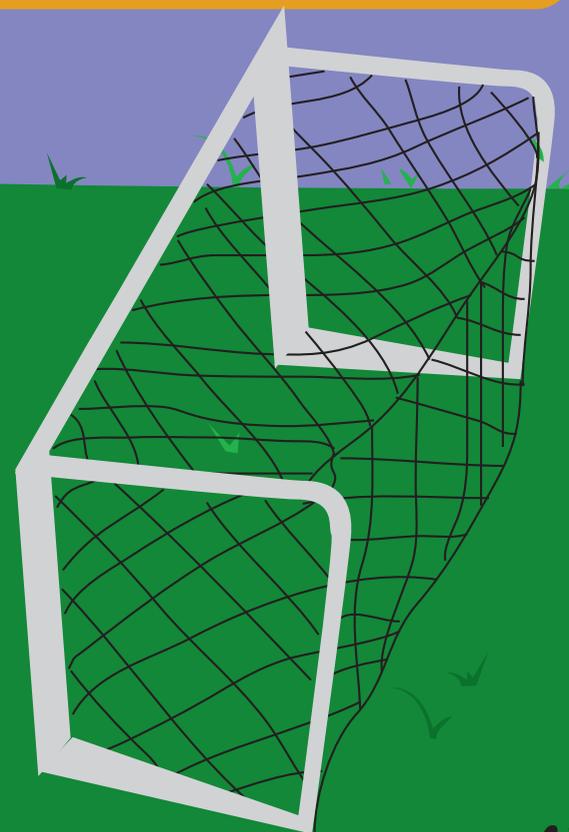
Jimmy



P.E. GANG

Hi! My name is Katherine and my all-time favorite sport in Physical Education class is soccer - I love it! Our P.E. teacher, Mr. Fitter, taught us how to dribble, pass, and shoot the soccer ball. He says that for true teamwork to take place, we have to show responsibility first. Mr. Fitter reminds us that when you're playing soccer or any sport, you shouldn't make excuses or blame others when you make a mistake.

Congratulations on completing the 3rd level of the P.E. Gang! You have hopefully learned about how important it is to be a fair person. Our next story is about being responsible. In this story, our Coach shows us the true meaning of teamwork. And, why it's important to not blame your teammates and to take responsibility for your actions.



Teamwork

The Grizzlies team cheered loudly. "We won again!" they yelled as the buzzer rang to end the soccer game.

Players on the Gators team were not cheering. They had lost another soccer game.

Don't worry. We will play better next time," said Jimmy.

At the next game, AJ scored, but he accidentally kicked it in his own net. Samantha and Matthew kept falling because their shoes kept coming untied. And, Katherine was passing great, but it was to the other team. The Gators lost another game.

"Everyone should wear something lucky to the next game," said Jimmy. "Then, we will have good luck and win!"



Before the next game, AJ put a lucky penny in his shoe. Samantha and Katherine wore their lucky headbands. Jimmy wore his lucky t-shirt under his jersey. Matthew wore his lucky underwear for the game.

The whistle blew and the game began! But, when Katherine went to kick the soccer ball, her lucky head band slipped over her eyes. She ran right into Samantha, who fell and accidentally tripped AJ. AJ's shoe fell off and he lost his lucky penny. Matthew ripped his lucky underwear trying to shoot the ball in the net. Jimmy's plan wasn't working at all.

The Gators lost the game, and the next game, and even the game after that.

'We'll never win,' said Jimmy.

"Don't worry" said Coach. "I have a plan." Coach had a hat in his hand. In the hat were little pieces of paper.



"Everyone pick a paper from the hat," Coach said.

"Write a letter to the Gator teammate whose name is on the paper. Tell the person what he or she does best."

The next day, the Gators brought their letters to practice and handed them to Coach.

"Tell us your plan," said Jimmy.

"First I'm going to read the letters," Coach said.

Coach opened a letter. "Dear AJ," he read, "You play the best defense."

AJ smiled. I will play my best defense today, he thought to himself.

Then Coach read, "Dear Katherine, you are great at passing."



Katherine put her shin pads on. I'll pass the ball even better today, she thought to herself.

The next letter said, "Dear Matthew, you are good at kicking the ball into the net."

I'll make every shot today, thought Matthew to himself.

Then Coach read, "Dear Jimmy, you are a fast runner."

Jimmy put on his soccer shoes. I'll run even faster today, he thought to himself.

The last letter said, "Dear Samantha, you are an awesome goalie."

Samantha put her goalie gloves on. I'll be the best goalie today, she thought to herself.

The whistle blew!. "Let's go!" said Coach.



"But, what's our plan to win?" asked Katherine.

"I'll have to tell you later," said Coach.

Katherine made a great pass to Jimmy. Jimmy dribbled down the soccer field very fast. He passed the ball to Matthew.

Matthew kicked the soccer ball, and it went into the net!

"All right!" cheered the Gators. They had one goal.

The Gators played better than ever before. Samantha did not let the Grizzlies score once.

The Gators won the game 2 to 0! The whole team cheered and celebrated!

"Wow! What a game!" said Coach, as he gave everyone a high five.



"I guess we didn't need to know your plan after all," said Jimmy.

Coach smiled. "But you did know it," he said. "My plan was for you guys to encourage one another," said Coach.

"We encouraged each other when we wrote our letters!" said Samantha.

"Coach's plan worked!" said Matthew.

"You're the smartest coach!" said AJ.

"Yeah for Coach!" cheered the Gators

"If we always encourage each other," said Katherine, "we'll always be winners."

"Yeah," said Jimmy. "We will always be winners, even if we lose the game."





HOW TO SHOW YOU ARE A RESPONSIBLE PERSON

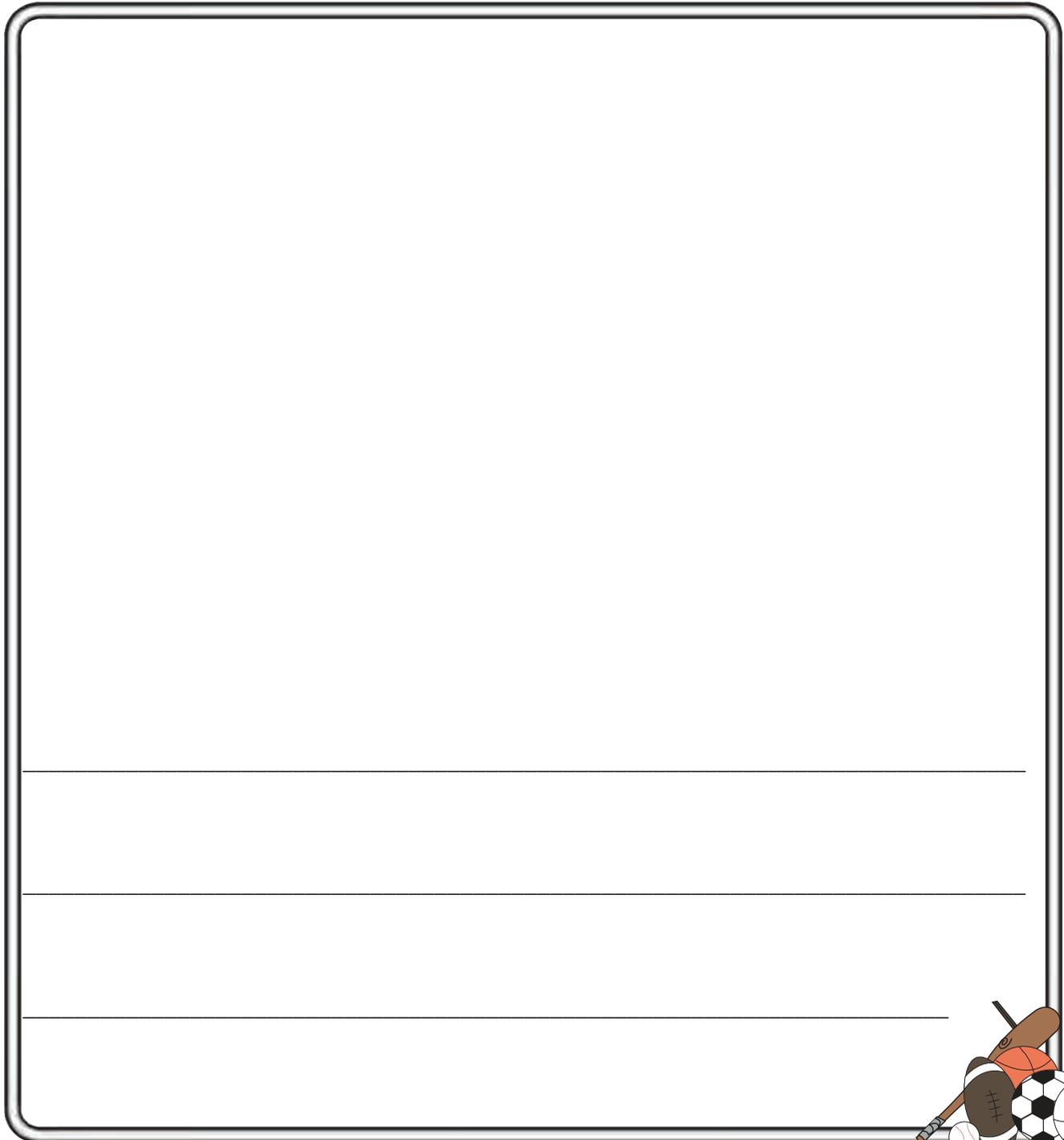
-  Be reliable and dependable.
-  Take care of your own business.
-  Don't make excuses or blame others.
-  When you agree to do something, do it.
-  Think before you act; imagine the consequences.



Think and Talk

What is Responsibility? How did the soccer team show Responsibility?

Directions: Think about something you do to show responsibility. Draw a picture of yourself doing it and write a sentence describing your act.



Story Response

Directions: Answer the questions.



1. Why do you think the Gator's teammates were having difficulties working together?

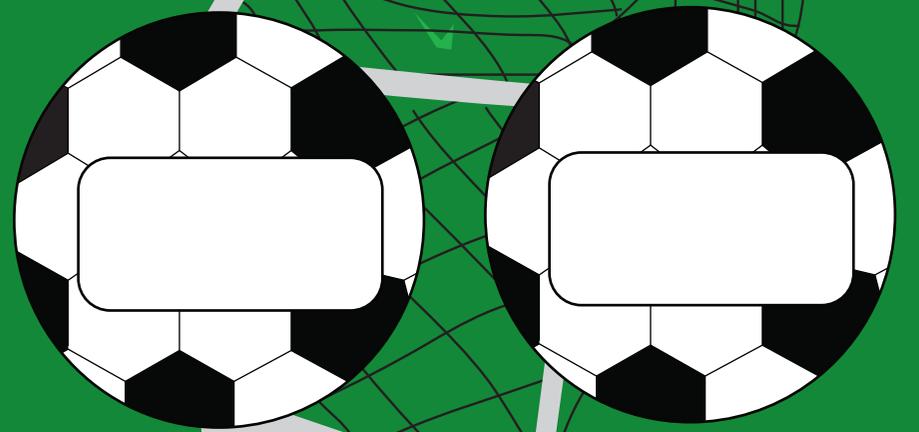
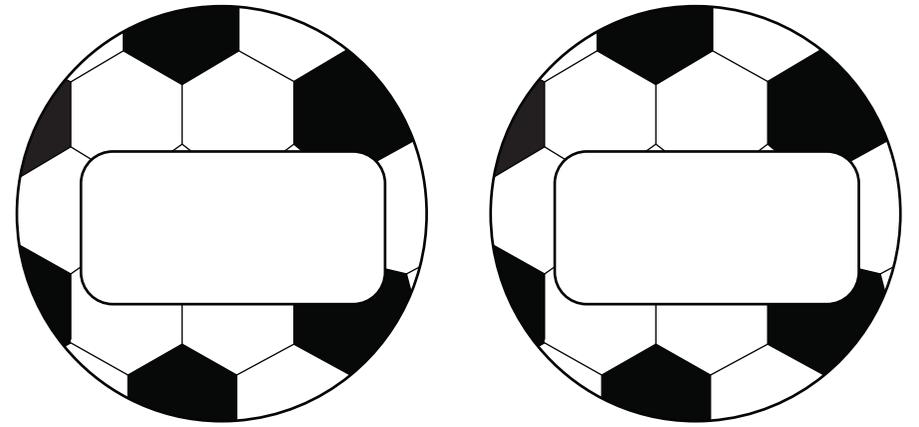
2. What is the difference between a person who is responsible and a person that is not?

3. When a game doesn't go the way you want, what can you do to help yourself and your teammates?



Responsible Soccer Balls

Directions: Think about and be on the lookout for ways you are showing how to be responsible. When your teacher, says you are being responsible, write your name on the soccer ball. Then, place one of the soccer balls on the soccer field.



Directions: Color the character from the P.E. Gang

Use encouraging words to motivate people to do better!



Katherine



Hut hut! My name is Casey and my favorite sport is football. In Physical Education class, Mr. Fitter has taught us a lot of footballs skills. He also teaches us how to be trustworthy and do what's right even when it's difficult.

Congratulations on completing the 4th level of the P.E. Gang! You have hopefully learned about how important it is to be responsible. Our next story is about being trustworthy. I love to run and every year at school we have a 1/2 mile fitness run. All my friends are counting on me to run faster then last year's time. However, something happens in the race that keeps me from winning, but that's ok!



The Big Race

Casey got up early on the day of the school-wide run. Her dad was already up and making breakfast.

"Good morning, honey," said dad. "You're up bright and early."

"Today's the half-mile run," said Casey.

"Yes, I know," Dad said, with a smile. "That's why I am making your favorite breakfast."

Casey smiled and thanked her dad. When she finished breakfast, she grabbed her backpack and ran out the door. Just as she got to the sidewalk, she saw Lucas and his mother waiting for the bus.



Lucas has lived next door to Casey her whole life. When they were little, they used to play together. Sometimes Lucas would tell people she was his girlfriend, but Casey didn't mind. It was kind of sweet.

"Hi, Lucas! How are you this morning?" she asked.

"Good," he answered. "Casey, are you ready to run today?" Most people found Lucas' words kind of hard to understand. But, because they were old friends, Casey knew what he was saying.

"Yes, Lucas. I'm ready. How about you? Are you ready?"

"I really don't like to run," said Lucas, scrunching up his face. Lucas was small for his age and kind of clumsy. Running was hard for him because he always came in last. Casey knew it made him feel even more different than the other kids.

"You do your best, Lucas. I'll be there with you."



Waving goodbye to Lucas and his mother, Casey ran off to school.

After lunch, she met up with her best friend, Samantha. "Do you think you'll beat your record again?" Samantha asked excitedly.

"I don't know. Maybe," answered Casey.

Casey runs the fastest half-mile in the whole school. She'd beaten her own record every year. Most of the kids looked forward to watching her run.

"Are your shoes broken in?" called Matthew, as they walk down the hall.

"Did you practice all week?" asked A.J.

Casey could feel the pressure building. She knew that she, and everyone else, expected her to be even faster than last year. It made Casey nervous to have everyone watching and waiting for her to win.



All of the students walked outside and gathered around. When it was time for the fourth graders to run, Casey and her classmates headed to the track. As she reached the starting line, Casey felt a familiar tap on her shoulder.

She looked over to see Lucas beside her. He looked nervous.

"Don't worry, Lucas. You're going to do great. I can feel it" she said, encouragingly.

Lucas smiled and got ready to start.

"On your mark, get set, go!" shouted Mr. Fitter.

The kids took off. Casey was in the lead right away. She was going to have to stay in the lead for two whole laps in order to win.

As she reached the far side of the track, Casey looked behind her. Several of the kids were still right on her tail. She sped up.



At the end of the first lap, Beth Ann was still right behind her. Beth Ann had come in second place every year since second grade. Casey knew Beth Ann really wanted to win, so she put on the speed and got her legs moving even faster.

Halfway around her second lap, Casey was making good time and was far enough ahead of Beth Ann to assure her victory. It would be the perfect race. Some of the other kids were now almost a whole lap behind her. Just in front of her was Lucas, still on his first lap.

He was huffing and puffing. As Casey came up beside him, she could see his face was really red. He looked exhausted.

"Are you okay, Lucas?" she asked, slowing her pace for just a moment.

"I am so... tired..." he said, barely able to breathe.

"You can do it!" said Casey.

"No," he said. He was barely moving now.



"Come on, Lucas! Don't give up! Let's go!"

Casey grabbed him by the arm and tugged him along with her. He sped up a bit, but not much. She turned to see that Beth Ann was right behind them.

"Casey, thanks for helping" said Lucas. He looked like he was about to cry. Casey remembered how Lucas used to help her build sand castles when they were little and how he pushed her on the swing in his backyard. She knew she couldn't leave him behind. He had been there for her so many times before.

Casey took Lucas by the hand and pulled him along with her, encouraging him all the way.

Beth Ann sped past them with a big smile on her face. Casey just ignored her and concentrated on Lucas.

"Come on, let's go, let's go!" she yelled, cheering Lucas all the way around the last lap. Each runner passed them until they were the last two on the track.



All of the fourth graders stood at the finish line and cheered for Lucas. As they crossed the finish line, Lucas turned and threw his arms around Casey.

"Lucas and Casey number one!" he yelled. "We are number one!" The look on his face was priceless. Casey smiled at Beth Ann, who had taken first place. Then she looked back at Lucas and saw the joy in his eyes.

Happily, she realized that she had just run her best race ever!





HOW TO SHOW YOU ARE A TRUSTWORTHY PERSON



Be a honest with others.



Be someone others can trust.



Do what is right, even when it's difficult.



Be a good friend and don't betray a trust.



Keep your promises and follow through on your commitments.



Think and Talk

What is Trustworthiness? How did Casey show how to be Trustworthy?

Directions: Think about something you do to show how to be trustworthy. Draw a picture of yourself doing it and write a sentence describing your act.

A large, empty rounded rectangular box with a double-line border, intended for a student to draw a picture and write a sentence. At the bottom of the box, there are three horizontal lines for writing.





Story Response

Directions: Answer the questions.

1. How does Casey help Lucas, in the big race?

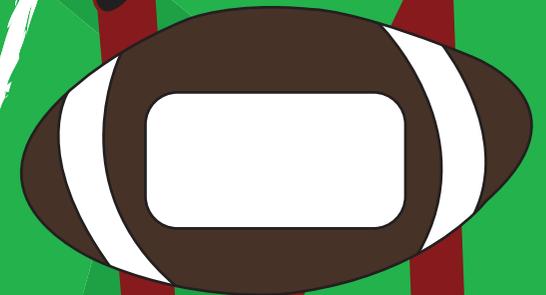
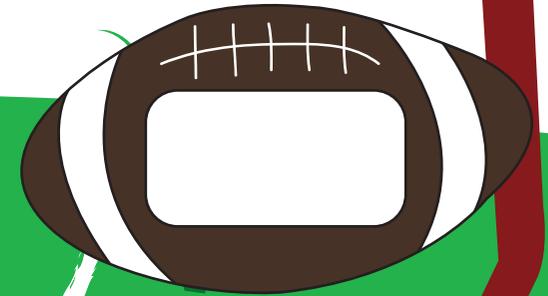
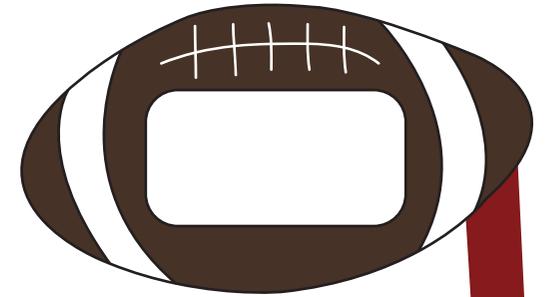
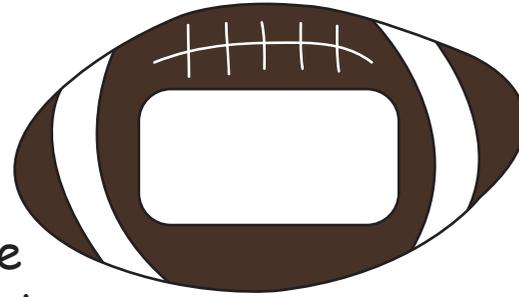
2. What does it mean to be a trustworthy person?

3. Do you feel that you are a trustworthy person? If so, provide one real life examples that demonstrate your trustworthiness.



Trustworthy Footballs

Directions: Think about and be on the lookout for ways you are showing how to be trustworthy. Write your name on the football, only when your teachers says you are showing how to be trustworhty. Then, place one of the footballs on the football field.



Directions: Color the character from the P.E. Gang



Casey



Hi! My name is Matthew. My favorite sport is basketball. In Physical Education class, Mr. Fitter teaches us how important teamwork is. He says that good teams encourage each other and cooperate to meet their goals, always working together as a team.

Congratulations on completing the 5th level of the P.E. Gang! You have hopefully learned about how important it is to be trustworthy. Our next story is about being a good citizen. In this story, my friends and neighbors work together to help out a dear friend and coach to many of the kids in the neighborhood.



Helping a Neighbor

It was a sad day in our neighborhood when Mr. Porter said he may have to move. All of us knew that the neighborhood wouldn't be the same without him.

Mr. Porter was everyone's favorite neighbor. He had coached most of us when we were little. He was so nice when my dog died. He bought me my first basketball and taught me how to dribble, shoot and play the game of basketball.

Mr. Porter explained to my mom and I that the house he lived in needed a lot of work and he couldn't afford to have it fixed.

My heart hurt. I was really going to miss him. When dad got home, I told him all about it.



Dad felt as bad as I did. "That is very sad news, Matthew," he said. "Mr. Porter is a wonderful person. He has been a great neighbor and coach to many young kids."

"Mom, do you think we could help him?" I asked.

"Certainly. We will give what we can, but I'm afraid his difficulties are more than we can tackle ourselves," Mom answered.

"There must be something we can do," I sighed, getting up from the table. "I'll be outside shooting hoops and thinking,"

Playing basketball is one of the things I love to do. It always helps make me feel better when I'm feeling sad. As I was dribbling the ball, I kept thinking about Mr. Porter.

Dad," I shouted, "remember the boy on TV who raised money by running a race? How about if I raise money for Mr. Porter by shooting baskets?"



"Matthew that is a fantastic thing to do!" he called back enthusiastically. That evening, the whole family talked about it while we ate dinner and came up with a plan.

My friend Samantha loves Mr. Porter as much as I did. So, I told her about the plan the next day at the playground. Right away she got excited. "I'll do it too, Matthew!" she said. "That way we can raise twice as much money, only I'll jump rope!"

"Awesome!" I cheered.

As I looked around the playground, I watched the kids playing. Some were kicking a soccer ball, some were riding a bike, and others were playing baseball. We all had things we were good at.

It gave me an idea about how we could raise even more money for Mr. Porter.



“Samantha,” I said excitedly. “Let’s put together a Fun Day for Mr. Porter and invite all the kids in the neighborhood to help.”

“Great idea, Matthew. Let’s call everyone together and see what they think.”

“Hey everyone,” I shouted. “Come around here on the basketball court. We have something to ask you.”

Just like Samantha, all the kids wanted to join in, and help Mr. Porter.

“What about a track event?”

“How about a baseball game?”

“And volleyball!”

In the end, we came up with ten activities for the day-everything from a soccer challenge to dancing.



“We’ll do Mr. Porter’s Fun Day here at the playground, three weeks from Saturday,” I announced. “That’ll give everyone time to find their sponsors. I’ll ask my dad to help me write up some flyers so everyone in the neighborhood will know about the date.”

Before I knew it, the special day arrived. It was a bigger than I could have ever imagined. The whole playground was packed with kids and parents. Even a local TV station came to report on the event.

It turned out to be a great day. Whatever our challenge, we were determined to push ourselves to the limit and it was lots of fun. After all, we knew that is was for Mr. Porter, who of course was there, cheering us on.

At the end of the day, Mr. Porter stepped out to the center of the soccer field. He held his hand over his heart and said with tears in his eyes, “I AM TOUCHED. You are so sweet and kind to have done this for me. Not only are you tremendously talented but you are thoughtful beyond words. Thank you.”



When it was all over, we raised a lot of money for Mr. Porter. It was enough to pay for all his house repairs and some left over in case he needed something else done, later on. I felt happier than ever, knowing how much my friends and I helped him.





HOW TO SHOW YOU ARE A GOOD CITIZEN

-  Work to make the community better.
-  Be a good neighbor.
-  Follow laws and rules.
-  Keep the environment safe.
-  Learn about activities in the community.



Think and Talk

What does it mean to be a good citizen? How was Matthew being a good citizen?

Directions: Think about something you do to be a good citizen. Draw a picture of yourself doing it and write a sentence describing your act.



Story Response

Directions: Answer the questions.



1. Have you ever helped someone in need? What did you do? How did it make you feel?

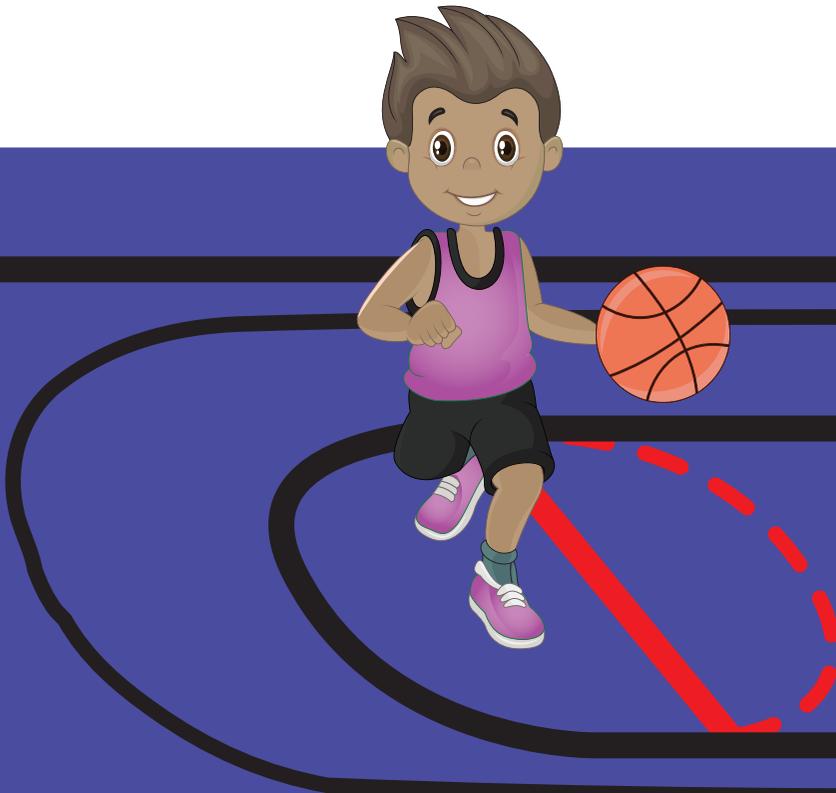
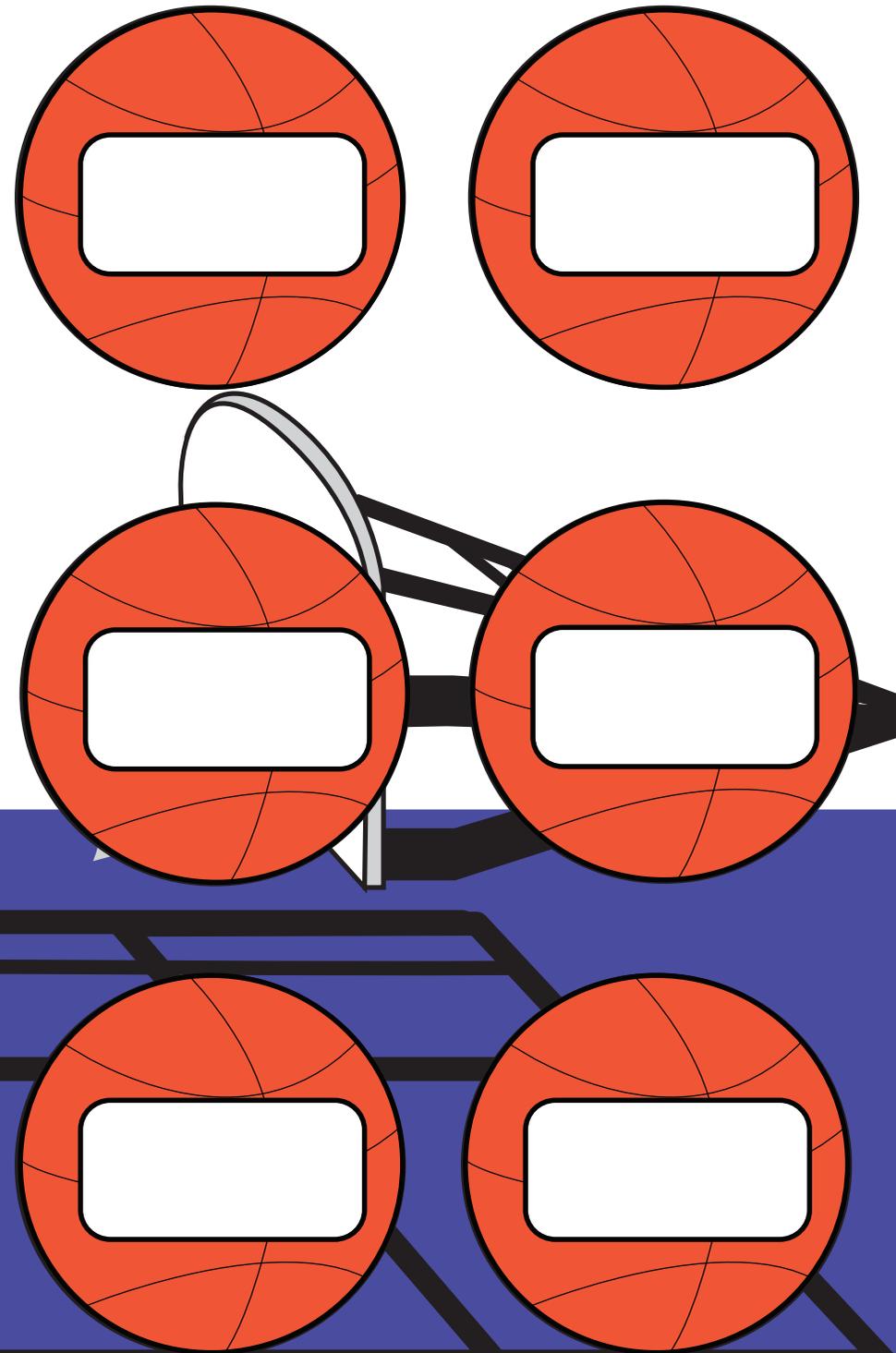
2. If you were a character in story, what would you do for the fun day?

3. If Matthew had not shared his idea with other children, what things would have been different?



Good Citizen Basketballs!

Directions: Think about and be on the lookout for ways you are showing how to be a good citizen. Write your name on the basketball, only when your teachers says you are showing how to be a good citizen. Then, place one of the basketballs on the basketball court.



Directions: Color the character from the P.E. Gang



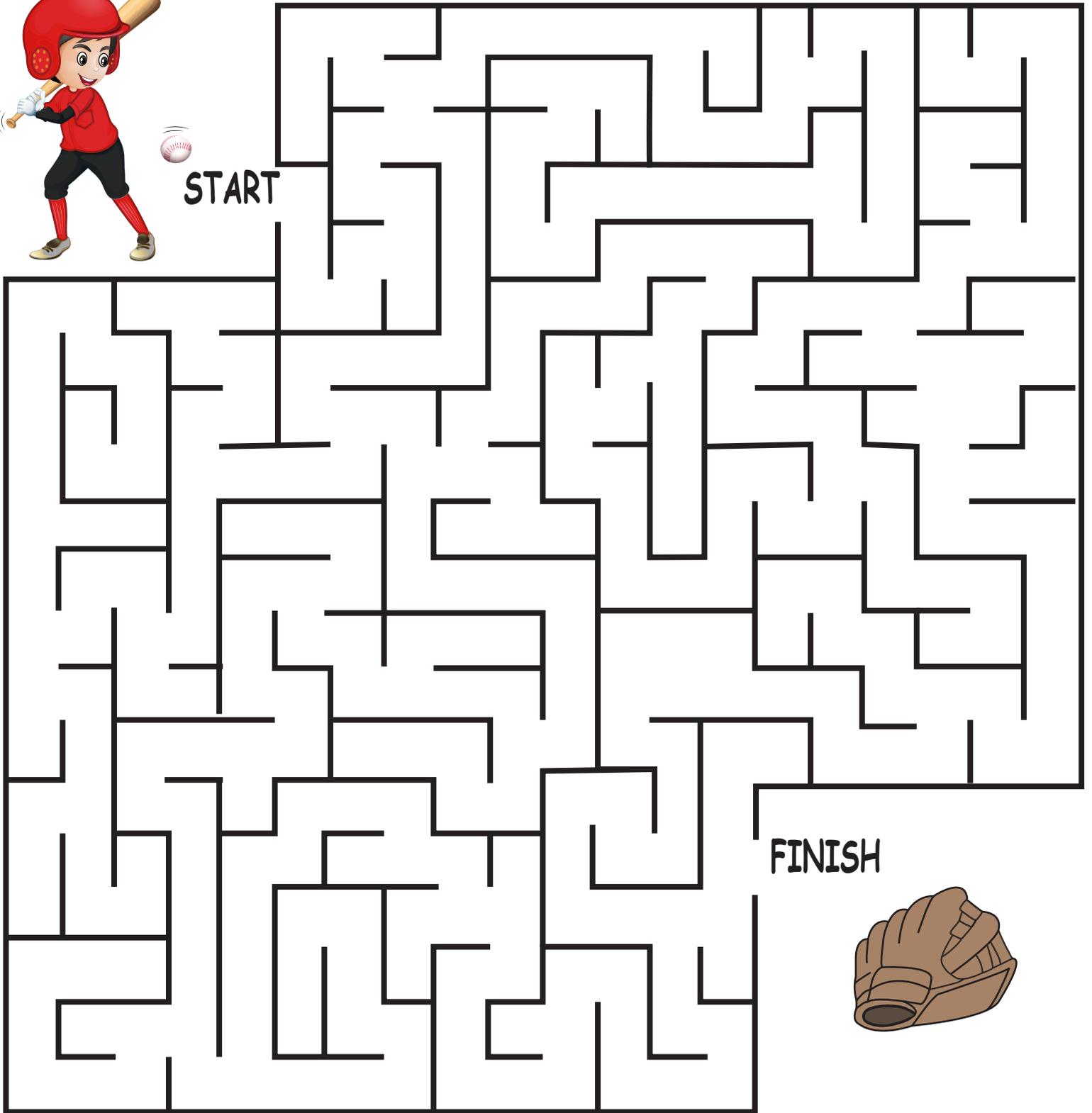
Matthew



Help A.J. find his baseball glove for the big game!



START



FINISH



Good Sports

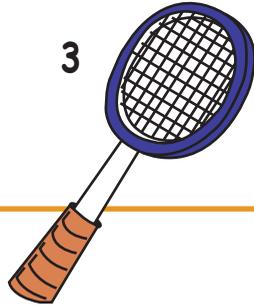
Use the pictures below to complete puzzle.

ACROSS

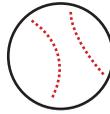
2



3



5



8



9

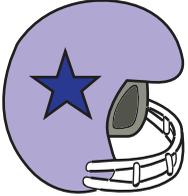


DOWN

1



4



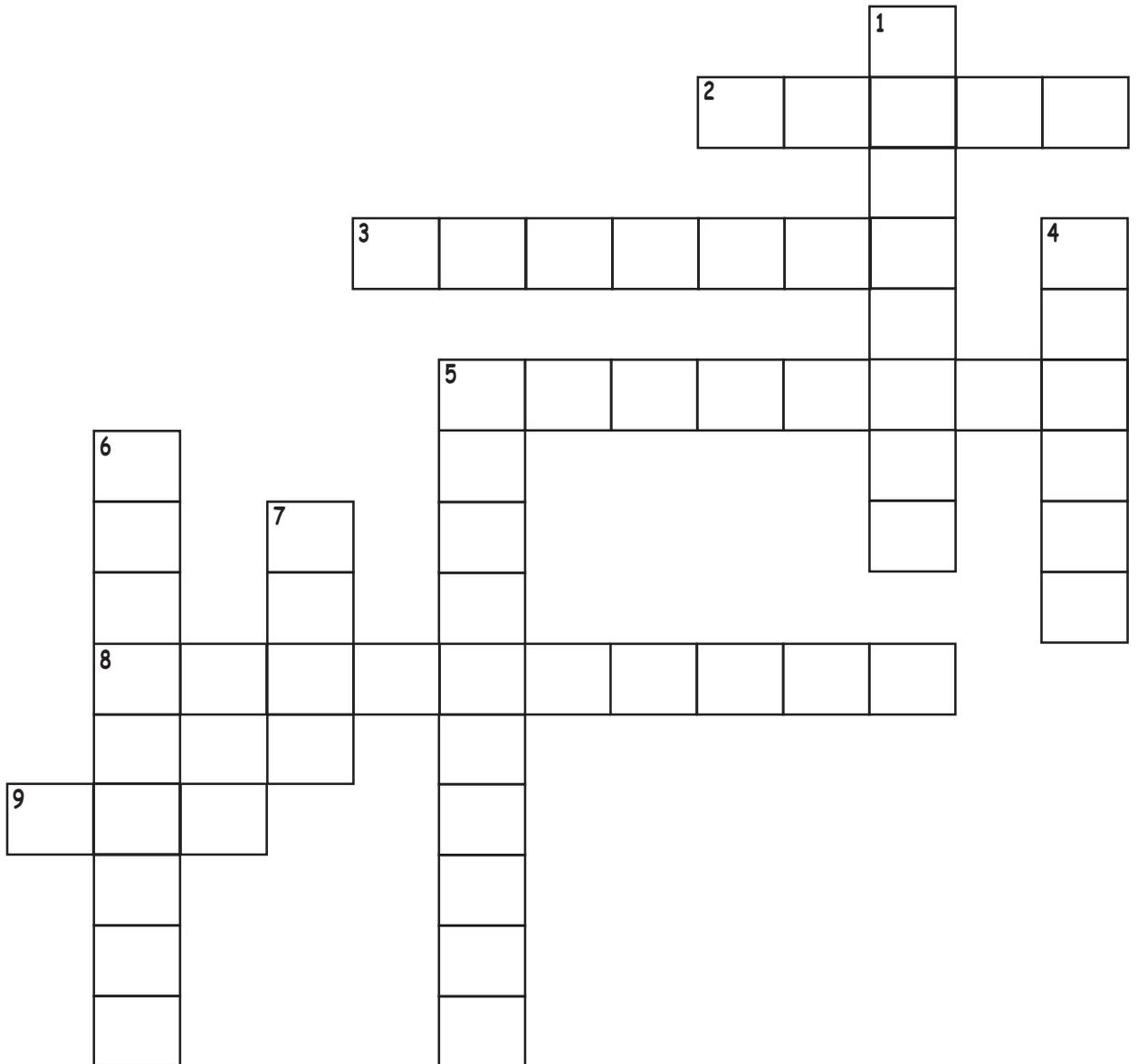
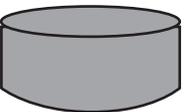
5



6



7



What doesn't belong?

Circle the one thing in each group that doesn't belong.



Group 1
Caring
Fairness
Respect
Cheating
Trustworthy

Group 2
Hockey
Ice Skates
Puck
Goalie
Basketball

Group 3
Apple
Candy
Grapes
Watermelon
Orange

Group 4
Jogging
Watching TV
Swimming
Push Ups
Jumping Jacks

Decode-a-Message



Word Bank

school
team
citizen

neighbor
exercise
park

Directions: Complete each sentence using the word bank. Then, use the code below to find a message that has to do with, what you get when your behavior is in top shape.

1. A good ₁ ₂ ₃ ₄ ₅ works to improve the community.

2. A ₁ ₂ ₃ ₄ ₅ ₆ is someone who lives next to you.

3. People on a ₁ ₂ ₃ ₄ ₅ work together to get a job done.

4. Children go to ₁ ₂ ₃ ₄ ₅ ₆ to learn.

5. A ₁ ₂ ₃ ₄ is a place to swing, slide and play.

6. If you want to stay healthy you have to ₁ ₂ ₃ ₄ ₅ ₆ ₇ ₈ ₉.

 ₁ ₂ ₃ ₄ ₅ ₆ ₇ ₈ ₉ ₁₀ ₁₁ ₁₂

1 6 6 7 5 9 8 4 2 6 3



Healthy Snack Word Search

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

APPLE
BANANA
BREAD
BROCCOLI
CARROT
CELERY
CEREAL
GRANOLA
GRAPES
JUICE
MILK
ORANGE
PLUM
RAISIN
YOGURT

