

PHYSICAL EDUCATION WELLNESS BOOK

GRADES
4-5



"Eat Healthy"



Wellness Tips
for
Healthy Living!

"Exercise Regularly"



"Drink Plenty
of Water"



"Relax Your
Mind"



"Sleep Well"



"Be Caring and
Respectful"



Name _____

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Dear _____

This is your very own wellness book. You will use it to learn about wellness and also share your wellness lessons with your family.

You will find in here:

- 1) Places to draw
- 2) Things to tell your parents about
- 3) Questions to ask your parents about
- 4) Contests to enter
- 5) Fun stories to read
- 6) Awards for yourself
- 7) Lots of great new ideas to make you and your family healthy and happy

Log on to our P.E. Gang website (www.pegang.com) for fun fitness activities and games to keep you healthy and fit!

Now, let's get started!



Guidelines for Parents

- 1) Take an interest in your child's wellness achievements, knowledge and enthusiasm.
- 2) Use a refrigerator magnet to hang wellness surveys, fitness reports, and accomplishments in a special visual place in your home.
- 3) Cooperate with your child's request to participate in certain surveys, and to discuss selected topics.
- 4) Help your students to return the "Wellness Book", appropriate survey sheets, or parental response sheets to their Physical Education teacher the date requested.

Parent/Guardian Signature

Three Parts of Wellness

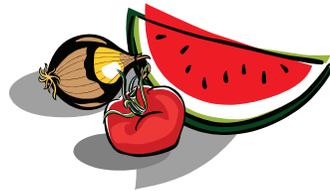
EXERCISE



BE HAPPY



EAT HEALTHY



Color in the three parts of wellness

ALL ABOUT ME

I AM

YEARS OLD

ME

I WANT TO
LEARN HOW TO

I AM ALREADY
GOOD AT

FAVORITE PLACE

FAVORITE WORD
OR SAYING

I LOVE MYSELF
BECAUSE

FAVORITE GAME
OR SPORT

MY SUPERPOWERS

Check the boxes below

- My kindness
- My imagination
- I can learn anything
- My powerful brain
- I make cool things
- I never give up
- My funny jokes
- I am a good friend
- I help others
- My great ideas
- I love to dance
- I can do anything



<input type="checkbox"/>	_____	<input type="checkbox"/>	_____
<input type="checkbox"/>	_____	<input type="checkbox"/>	_____

My Wellness Checklist

Three things I like to do for exercise.

1)

2)

3)

Three things my family does for exercise.

1)

2)

3)

Healthy snacks my family eats.

1)

2)

3)

Do you think you watch too much T.V.? ____ yes

____ no

Do you like to exercise to music? ____ yes ____ no

What happened lately that made you upset?

A HEALTHY YOU

Draw a picture of you and your family including pets.



Make a list of what you think the word Healthy means. Someone at home may help you. Think about the 3 parts of Wellness in your answers.

- | | |
|----|-----|
| 1) | 6) |
| 2) | 7) |
| 3) | 8) |
| 4) | 9) |
| 5) | 10) |

Muscle Strength and Muscle Endurance



MUSCLE STRENGTH is when you move something as hard as you can one time.

- 1) Exercise makes your muscles stronger. For example, you could strengthen your arms by doing push-ups and pull-ups.
- 2) Examples of strength: to lift something heavy, to throw something far or to push something heavy.

MUSCLE ENDURANCE is to lift something or to keep exercising over and over many times. You must have endurance to keep exercising without getting tired.

- 1) You could increase the exercise you do and after awhile it will seem to be easier and you won't get as tired.
- 2) Examples of endurance: something you do for a long time rather than just once, like jogging or swimming or sit-ups.

MUSCLE STRENGTH and **ENDURANCE** help keep you healthy. Strength and endurance in your tummy muscles help you to stand up straight. In your upper body they help you to open heavy doors or to do daily things.

What does AEROBIC mean?

AEROBIC means "with air".



You can help your heart to work better through a special kind of play called aerobic exercise.

Exercise that is aerobic helps you to take in more air when you breathe. Your blood will carry more oxygen, your heart will not work as hard, you can play longer and you will not get tired so easily.

PULSE is your heart pumping. Can you feel your pulse in your neck or on your wrist? If not, do 20 jumping jacks and then find it. Your heart will work harder after jumping jacks and it will be easier to find.

Your pulse rate can tell you all kinds of things about your body. If it is fast, you may have been playing hard. Or you may be excited, scared or sick. If your pulse rate is slow, you're likely to have been sitting or sleeping.

Circle the correct word in each sentence.



The girl has a (fast, slow) pulse rate



The boy has a (fast, slow) rate

What does ANAEROBIC mean?

ANAEROBIC means "without air".



You can help your muscles to work better through a special kind of play called anaerobic exercise.

Anaerobic exercise is short, fast, high-intensity exercise that doesn't require the body to utilize oxygen as its energy source. This type of exercise builds muscle strength in ways that improve your endurance and heart health.

This differs from aerobic in that it involves quick bursts of action followed by periods of rest in between. Although the heart rate will still rise when active as in aerobic exercise, it does not stay there for long periods

Jumping and climbing are anaerobic exercises. So are sit-ups and push ups.

Circle the correct word in each sentence.



The girl is doing an (aerobic, anaerobic) exercise



The boy is doing an (aerobic, anaerobic) exercise

FLEXIBILITY



FLEXIBILITY means you can bend, stretch and twist easily so you can play without your muscles hurting.

Can you touch your toes easily without yelling "ouch"? Most kids are pretty flexible, which means that they can bend and stretch their bodies without too much trouble. But as people get older they tend to get less flexible, so that's why it's important to exercise when you're a kid - so you can stay flexible.

FLEXIBLE THINGS include anything that bends easily like a rubber band. Can you think of 3 more flexible things?

1. _____ 2. _____ 3. _____

HOW TO BE FLEXIBLE: if you stretch your muscles everyday, before and after you play, your muscles stay long and flexible instead of tight and stiff.

TRY THIS! Get some clay and notice:

- 1) When the clay is cold, it is like a cold muscle that does not bend or does not work well.
- 2) Work the clay for a few minutes between your warm hands.
- 3) The warm clay works like warmed up muscles and it stretches and bends easily.

FLEXIBILITY CHALLENGE



1. Give two reasons why it is important to have good flexibility.

2. Give two examples of how flexibility is needed in physical activities and explain why its so important.

3. If you are going to exercise, when should you stretch and why?

4. (_____T or _____F) Stretching cold muscles is a good idea.

Explain your answer:

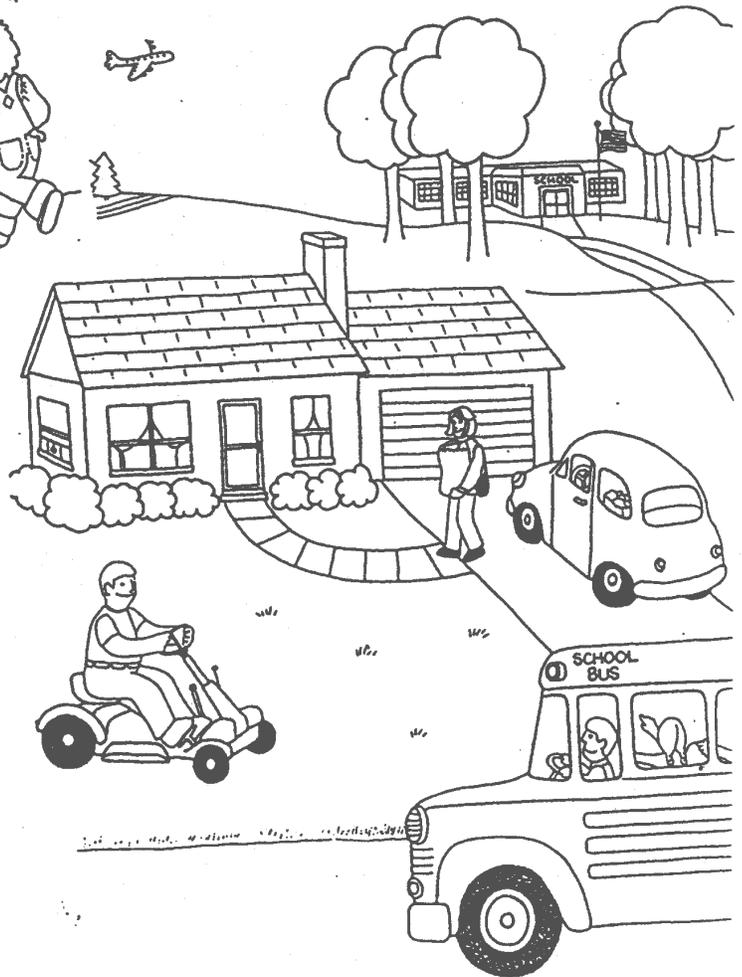
Boy, how times have changed!!!

What is the same?

LIFE LONG AGO



LIFE NOW



What is the different?

Do You Know Mistakes Grow Your Brain?

Something special happens to our brains only when we make a mistake. Mistakes cause our brains to spark and grow. In fact, when you get something right, your brain does NOT grow.

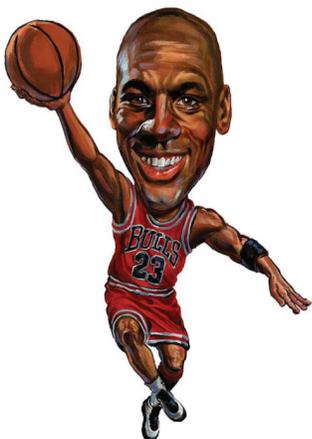


Mistakes Help You Grow

It's normal to be afraid of failing. Almost everyone is afraid to fail at some point. But what if you see your failures and mistakes differently? Not as things to fear but as experiences that help you grow and eventually succeed!

Think about a time when you made a mistake or failed at something. Describe what happened.

What can you learn from this experience?



"I've missed more than 9,000 shots in my career. I've lost almost 300 games, 26 times I've been trusted to take the game winning shot and missed. I've failed over and over again in my life. And that is why I succeed."

-Michael Jordan

What Else Helps Your Brain Grow ?

MOVING YOUR BODY

What's your favorite sport to play?

GETTING ENOUGH SLEEP

What's one thing you like to doing before bed?

LEARNING NEW THINGS

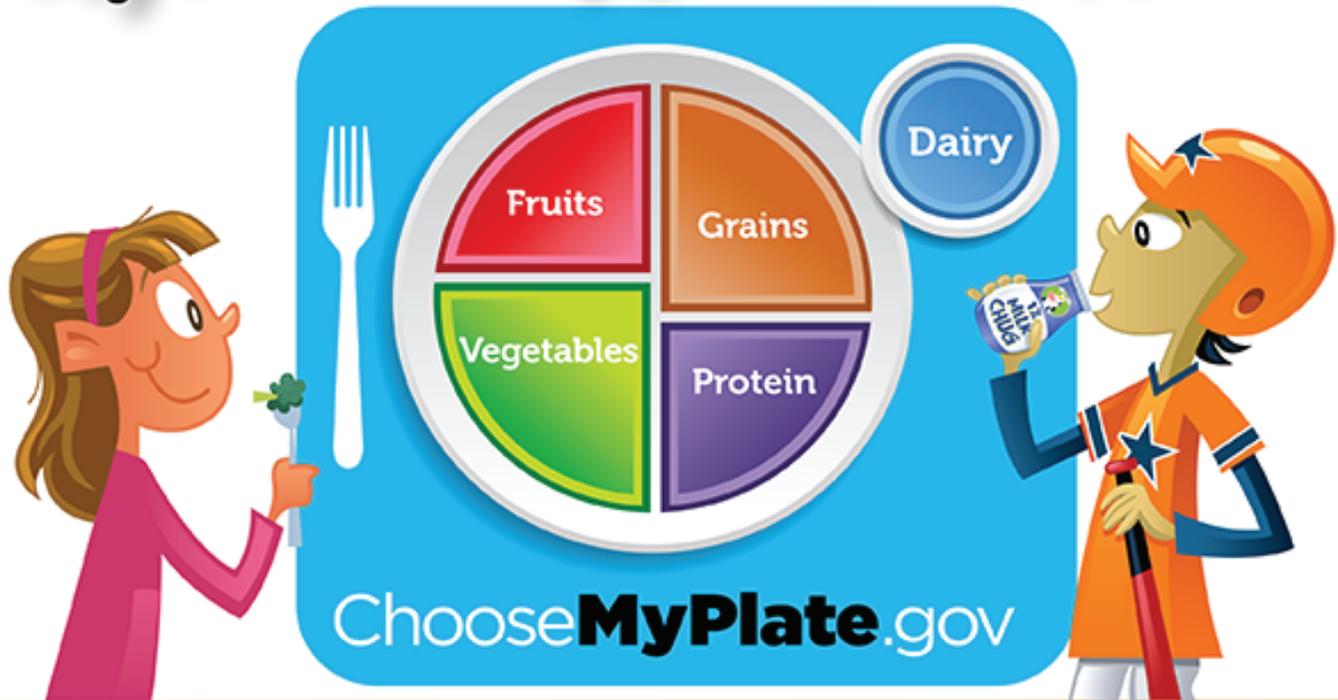
What is one new thing you learned recently?

EATING HEALTHY SNACKS

What is your favorite healthy snack?

MY PLATE

MyPlate Kids' Place



MyPlate is a reminder to find your healthy eating style and build it throughout your lifetime. Everything you eat and drink matters. The right mix can help you be healthier now and in the future. This means:

- Focus on variety, amount, and nutrition.
- Choose foods and beverages with less saturated fat, sodium, and added sugars.
- Start with small changes to build healthier eating styles
- Support healthy eating for everyone.

WHAT KIND OF FOODS DO YOU LIKE

What are the five foods you like better than any others? What food groups do they belong to?

My favorite foods

Food group

1	_____
2	_____
3	_____
4	_____
5	_____

WORD SCRAMBLE-WHOLE GRAINS

Grab Some Grains!

Unscramble the words and place the correct spelling in the boxes. Copy the letters from the numbered boxes into the

boxes at the bottom of the page with the same number to decode the hidden message.

PCNROPO

--	--	--	--	--	--	--	--

10

NRBOW ICER

--	--	--	--	--	--	--	--

13

12

LEISUM

--	--	--	--	--	--	--

14

EKAWTBHCU

--	--	--	--	--	--	--	--	--	--

2

HOEWL TEWAH ABDER

--	--	--	--	--	--	--	--	--	--

4

11

3

8

TEAMALO

--	--	--	--	--	--	--	--

6

7

LEWOH NIAGR YABELR

--	--	--	--	--	--	--	--	--	--

5

9

1

--	--	--	--	--	--	--	--	--	--	--	--	--	--	--

1

2

3

4

5

6

7

8

9

10

11

12

13

14

Have Fun With Fruits and Vegetables

Find the hidden fruits and vegetables in the puzzle. Words can read up, down or across, from left to right or right to left.

Find:

Apple

Banana

Broccoli

Carrots

Celery

Eggplant

Grapes

Kiwi

Orange

Papaya

Pear

Peas

Squash

Yams

B F S E A Y A P A P

R C Q L S R P E A R

O H U P B A N A N A

C P A P Y R E L E C

C S S A Y A M S T E

O A H E G N A R O K

L E C A R R O T S I

I P G R A P E S K W

B E G G P L A N T I



Fruit and Vegetable Goals

Name a fruit you would like to try: _____

Name a vegetable you would like to try: _____

How will you eat the fruit and vegetable? (As a snack, with dip, with lunch or dinner.)

THINGS TO KNOW ABOUT SUGAR



Foods made of too much sugar are not good because sugar can hurt your blood vessels (tubes for blood) and your heart.

Sugar isn't in only sweet-tasting foods like ice-cream, cookies or candy. It is also hidden in soup, cereal, sandwiches, or salad dressing.

To help your heart eat less sugar. Eat more fresh foods that don't have sugar already added to them.

If you do eat sugary food, make sure you play or work hard. The exercise will help your body burn up the sugar.



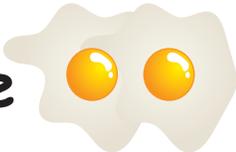
FUN PAGE!!!

WHAT AM I?

I'm in 

but not in 

I'm in  

but not in the  you fry.

A little of me is O.K. for you.

Too much hurts your  and your  too!

I'm _____

The next time your family buys food, read the labels on the cans, boxes, bags and bottles. The small writing will tell you what is in the food. Which foods have sugar in them? Do you ever add more sugar in them. Do you ever add more sugar to foods that are made with sugar?

THINGS TO KNOW ABOUT FATS

To keep your heart healthy, make sure you don't eat too much fat from animals. Not all fats are the same. Fats from fish, grain, nuts or seeds help your healthy heart.



Bad Fats

(Saturated Fats, Trans Fats & Hydrogerated Fats) These Fats are found in foods like milk shakes, donuts and fried foods. Bad Fats make your blood like pasta and raise your cholesterol, These fats are not good for your heart!



Good Fats

(Omega Fatty Acids, Polyunsaturated and Monounsaturated Fats) These fats are found in foods like avocados, nuts, fish and olives. Good fats make your heart healthy!

WHAT TO DO

Your grandfather always eats eggs, bacon and buttered toast for breakfast. At lunch he often has cheeseburger or a ham sandwich and some ice cream. For dinner, he likes steak and chocolate cake.

Lately he seems very tired. And he gets pains in his chest sometimes. What do you think is happening? Is there some way you can help him?

PUTTING FUEL INTO YOUR MACHINE



It is important to watch your body weight as you grow.

1) Your body, just like a car, needs fuel or food in order to work well.

- Use good food for fuel or your body won't work well.
- Keep adding more fuel or eat more food as it is used up exercising.
- If you do not exercise, then do not eat as much food.

2) Food is measured in CALORIES

- If you use all that you ate then your weight stays the same.
- Eat too much or too few will result in weight gain or loss.

3) How to watch your weight

- Eat the correct healthy foods
- Do healthy exercise

THE BEST WAY TO LOSE UNHEALTHY WEIGHT AND KEEP IT OFF IS TO DO MORE

When it's sunny, walk to school or ride your bike. After school, get outside and play games that keep you moving. On weekends, try to go hiking or biking with your family. Or have fun together playing basketball, skating, swimming, sledding and so on.

If you use your body enough, you can eat plenty of good food and not get over weight. If you're over weight, you can get healthy by playing harder and longer.

MyPlate
Kids'
Place

be a fit kid

10 tips for being active every day



Fit kids are physically active and play for at least 1 hour every day. Look for ways to make physical activity a part of your day. Do activities that build your muscles, get your heart pumping, and make you feel good about yourself.

1 tie up your laces and walk

Go for a walk around your neighborhood or walk to your friend's house instead of taking the bus or asking for a ride. Forget the elevator and take the stairs every chance you get! Remember to be safe by using sidewalks and crosswalks.

2 turn up the music

Shake, rattle, and roll to your favorite songs. Turn on some hip hop, country, salsa, or pop music and move your body. Dancing is a great way to get some physical activity.



3 ride a bike

Grab your helmet and safety gear and go for a bike ride. Ride your bike to school or grab your friends and enjoy a ride in the neighborhood.

4 join a team

Show your team spirit and join a sport at your school or community center. There are tons of fun teams such as basketball, baseball, gymnastics, dancing, soccer, swimming, and tennis. Choose an activity that you like and have fun!

5 go out and play

Ditch the TV and go outside with friends, family, and even your pets! Walk your dog. Make a snowman. Fly a kite. Have a Hula-Hoop contest. Play basketball with friends. Try jumping rope. Or simply play a game of tag.



6 dive right in!

Go to your local indoor or outdoor pool and swim. Swim laps, play water games with friends, or have diving contests for fun.

7 get paid to be fit

Earn extra cash by mowing lawns, washing cars, shoveling snow, or walking dogs for your family or for your neighbors. Listen to music while you work to keep you going.

8 try skating or skateboarding

Grab your friends and go to a local park or indoor skating rink! It's easy to learn and a great way to be active while still having fun! Remember to wear your helmet and safety pads.



9 plant a garden

Plant and grow flowers, fruits, and vegetables with your family, or even with your friends! Creating a garden is tough work and a good way to keep fit. Be sure to check on your plants and water them every day!

10 stuck inside?

Play a game of hide-and-seek or plan a scavenger hunt in your house with friends and family. Another great way to stay active indoors is by doing crunches and jumping jacks—see how many you can complete!



DAILY MENU



List what you ate today.

The day _____

Your name _____

BREAKFAST

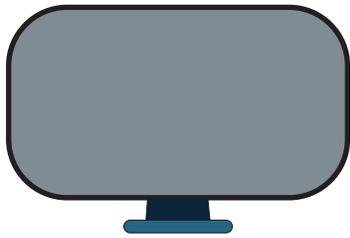
LUNCH

AFTERNOON
SNACK

DINNER

EVENING
SNACK

A Saturday or Sunday Survey of Exercise and T.V.



TV- Mark the time you watched T.V.

EX- Mark the time you exercise including running, bicycle and sports.

- Leave blank the time you sat, ate or were sleeping.

★ - Put a star if one of your parents participated with

7:00-8:00 _____

9:00-10:00 _____

10:00-11:00 _____

11:00-12:00 _____

12:00-1:00 _____

1:00-2:00 _____

2:00-3:00 _____

3:00-4:00 _____

4:00-5:00 _____

5:00-6:00 _____

6:00-7:00 _____

7:00-8:00 _____

8:00-9:00 _____

9:00-10:00 _____

10:00-11:00 _____

Have a parent help you to get your score.

Add 2 points for each EX
Subtract 2 points for each TV add one point for each ★

Score:
7 or more-very good
4-7 O.K.
2-4 could do better
0-2 must improve

THINGS TO KNOW ABOUT STRESS



1) When you are upset it is called **STRESS**.

2) Your brother or sister may tease you, you might have to take a test or you might have to face an angry parent or teacher. These could all cause **STRESS**.

3) Our body will get ready to fight when it sees stress. Your heart will go faster, you might breathe hard, your tummy may feel funny, you may have trouble sleeping, your voice may sound funny, you may feel shaky. You may also feel like crying, starting a fight, or even hiding.

4) If you are under **STRESS** often, it can hurt your heart and other parts of your body.

5) Here are 3 things to do if you feel **STRESS**.

A) Talk to your friend, teacher or parent about it, or talk to the person that upset you.

B) Ask yourself why do you feel bad; You might decide it's not really so bad.

C) Exercise: walk, jog, bicycle or play a fast moving game.

A Saturday or Sunday of "Happy" Checklist



H- Mark the "H" each time someone made you happy today.

F- Mark "F" each time you think you made your friend or your family happy.

B - Mark "B" each time your parent, sister, brother, or your friend got upset or yelled at you.

H

F

B

Have your parents help you score:

Give yourself one point for each H

Give yourself one point for each F

Subtract one point for each B

Mark your score _____

Score: 10 or more you had a good day

I AM GREAT AND I CAN DO IT!



It is good to find the things you do well.

Have your parents help you to list the things you can do well. Include anything you want to.

The things I am good at are:

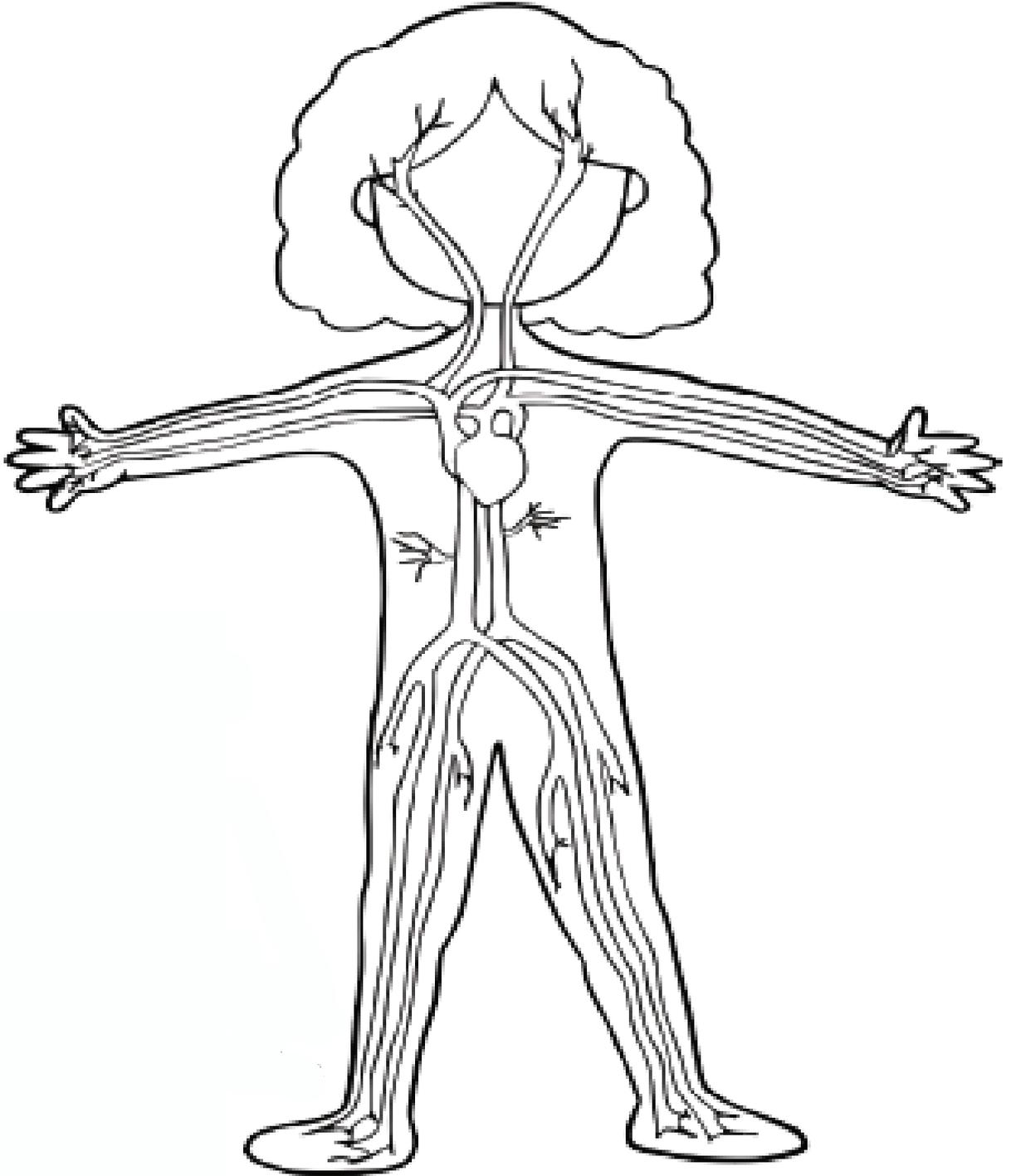


List the things you think you should try to do better:



THE MAIN PUMP

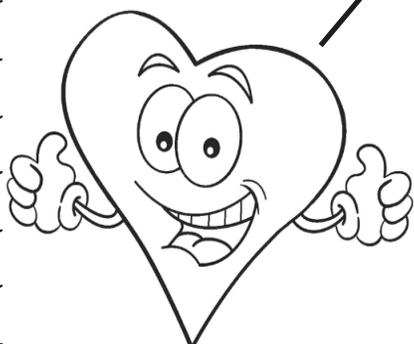
In your body the main pump is your heart, It sends fresh blood full of oxygen to the body thru a big "pipe". Tubes called arteries carry blood. Other tubes are called veins.



Color the tubes red.

Foods that Make your Heart Happy and Healthy

Some foods make your heart happy and healthy. And some foods make your heart sick and sad if you eat them often. Match the right food to the happy heart or sad heart. Then color the hearts.



beans
bacon
fruit
potato chips
pretzels
soda
water
vegetable
whole milk
nonfat or 1% milk
fast food
fried french fries
baked french fries
buttered popcorn
popcorn without butter
100% wheat bread
sugary cereals
cheese pizza
veggie pizza with lowfat cheese
nuts
cheese hot dog



FUN FACTS ABOUT THE HEART

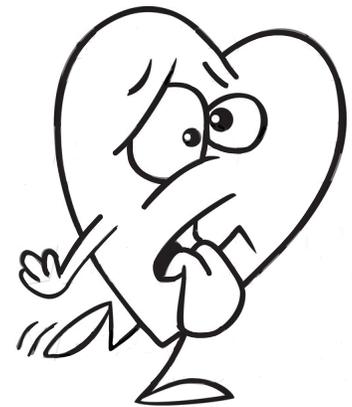
- The average heart is the size of a fist in an adult.
- Your heart will beat about 115,000 times each day.
- Your heart pumps about 2,000 gallons of blood every day.

Activities that Make your Heart Strong and Healthy

Some activities give your heart energy and strength. And some activities make your heart take away it's energy. Match the right activity to the energetic heart or tired heart. Then color the hearts.



- running
- watching TV more than 2 hours a day
- playing on the computer for hours
- dancing
- walking
- P.E. class
- sports
- hiking
- sleeping less than 8 hours
- skipping lunch
- no exercise
- sitting all day
- gardening
- being active everyday
- doing house chores
- snacking all day
- laying on the couch
- helping in the kitchen
- skipping breakfast
- walking the dog



FUN FACTS ABOUT THE HEART

- Exercise makes your heart become more efficient and better able to pump blood throughout your body.
- Like other muscles, your heart becomes stronger with regular physical activity.

Our Bodies Were Made to Move!

We All Need It

Physical activity is good for all ages. It helps you move better and feel better. It also keeps your heart in good shape. Heart disease sounds like an adult problem. It usually is. Starting good health habits now will help you grow into a healthy adult. Being active is a good habit. It builds your muscles, and it makes you feel good.



I'm Too Busy!

Everyone is busy today. Adults are busy with work. Kids are busy with school. You can still fit in physical activity. Move around! Don't just sit in front of the TV or computer. Most people do not get enough physical activity. Kids need 60 minutes every day. They should also limit TV and computer time to one to two hours a day.



How Do I Start?

Getting active is easy. You don't need to go to a gym. Play outside with your friends. Walk the dog. Ride your bike. Rake leaves. Weed the garden. Try different activities and be active with your whole family. It will help make everyone feel good. Most important, have fun!



Our Bodies Were Made to Move!

Questions



Write the answers.

1. Physical activity keeps your _____ in good shape.
2. True or False: Starting good health habits now will help you grow into a healthy adult. _____
3. Kids should get how many minutes of physical activity a day? _____
a. 30 b. 60 c. 100
4. Kids should limit TV and computer time to _____ a day.
5. What are some ideas for getting active?



In A World Where You Can Be Anything, Be Kind!

Did you know you already have one big superpower? It's the superpower of kindness! You can make someone's day better, and make them feel instantly good, simply by being kind to them.

Think about a time you did something kind for someone. Write what happened below.

I was kind when _____

When I do something kind for someone, I feel...



When someone says "thank you" to me, I feel...





You can share your kindness every day by showing others you care. Finish the sentences in the boxes below.

I can ask, "Can I help?" when someone

I can ask, "Would you like to join?" when someone

I can ask, "Is everything alright?" when someone

H₂O
is our
favorite!



All About Water In Your Body!



- H₂O is another way of saying water. Your body is made up of approximately 75% water. You need to drink about 8 glasses or more each day to stay healthy.
- When you exercise, you lose water by sweating. Sweating is how your body cools off and prevents you from overheating.
- You get water from the things you drink and from the foods you eat. Some foods contain a lot of water such as watermelon and lettuce.
- When your mouth feels dry or you become very thirsty, your body is giving you a sign that you may be dehydrated.
- Eating too much sugar and drinking too many sodas will turn your body very “acidic” making it easier for you to get sick and have diseases.
- Eating fruits, vegetables and drinking lots of “water” will help make the water in your body more “alkaline” keeping you healthy!

Fill in the blanks with the missing words below.

1. H₂O is another way of saying _____ .
2. When you feel thirsty your body might be _____ .
3. The body is made up of approximately how much water? _____ .
4. You need to drink about _____ glasses of water each day to stay healthy.
5. _____ is a food with lots of water in it.

dehydrated

lettuce

8

water

75%



P.E. GANG WEEKLY FITNESS CHALLENGE

To encourage children to exercise and to be fit we have created the “P.E. Gang Weekly Fitness Challenge”.

The “P.E. Gang Fitness Challenge” is open to all students in Kindergarten through 5th grade. We are also encouraging all family members to participate in the challenge. The challenge is to stay active every day for at least 60 minutes by choosing to perform as many physical activities as you choose. The different physical activities are assigned varying point values which will count toward your overall score. Attached are suggested ways to be active at home. You will notice there is a wide variety of activities to choose from. Activities include sports, leisure, exercise and other activities that are already incorporated into your daily lives and routines. You can also earn points by choosing your own activities. This challenge is flexible so you can modify to fit your lifestyle. The purpose of this challenge is to encourage everyone to stay healthy, physically and mentally, as we get fit together!



LETS GET FIT TOGETHER!

Mark the enclosed calendar each day with a point value of all the activities you completed. At the end of the week add your daily scores together and see what grade you earned. Hopefully, you were able to achieve an awesome score. Attached is an example of how to keep track of your activities and a chart of how well you are doing. Good Luck and have fun staying healthy and safe!

- | | |
|---|-----------|
| A. Thoughtful and Kind Calendar | 20 points |
| B. P.E. Gang Fitness Video, click here! | 20 points |
| C. P.E. Gang Adventure Game, click here! | 20 points |
| D. P.E. Gang Sports Calendar | 20 points |
| E. P.E. Gang Fitness Calendar | 20 points |
| F. Bike riding/Skateboarding/Scootering | 10 points |
| G. Soccer/Football/Baseball/
Basketball/Hockey/Softball/Tennis | 10 points |
| H. Jump rope | 10 points |
| I. Hopscotch | 10 points |
| J. Tag/Manhunt | 10 points |
| K. Dancing | 10 points |
| L. Swimming | 10 points |
| M. Walk around the block (with parent) | 10 points |
| N. Yardwork (with parent) | 5 points |
| O. Bowling | 5 points |
| P. Walking | 5 points |
| Q. Jogging/Running/ (for 10 minutes) | 10 points |
| R. Shoot 25 foul shots | 10 points |
| S. 25 push-ups or 25 sit-ups or 25 curl-ups | 10 points |
| T. Ice/Roller Skating | 10 points |
| V. Hiking | 10 points |
| U. Swingset/Playground | 5 points |





LET'S GET FIT TOGETHER



EXAMPLE: Record the letter and point value for each activity you completed for that day. Add the points together at the end of the week for your weekly total. Below is an example of how to record your activities and score. Use the chart below to see how you did!

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	WEEKLY
1 A. Yardwork 5pts G. Basketball 10pts M. Karate 10 pts P. Walking 5pts	2 G. Soccer 10pts H. Jump Rope 10pts I. Hopscotch 10 pts J. Tag 10pts	3 Q. Jogging 10pts F. Bike Riding 10pts G. Baseball 10 pts A. Swingset 5pts	4 S. Push Ups 10pts S. Sit Ups 10pts K. Dancing 10 pts A. Swingset 5pts	5 V. Hiking 10pts E. 25 Jumping Jacks 10pts B. Yardwork 5pts A. Swingset 5pts	6 Q. Jogging 10pts F. Bike Riding 10pts I. Hopscotch 10 pts J. Tag 10pts	7 C. Walking with parent 5pts K. Dancing 10pts B. Yardwork 5 pts H. Jump Rope 10pts	240 points



SUPERHERO LEVEL
any number over
150 points



GOOD JOB LEVEL
50 to 95 points



OUTSTANDING LEVEL
100 to 145 points



LITTLE MORE EFFORT LEVEL
0 to 45 points

SPORTS CHALLENGES



BASKETBALL

50 JOBS!

- Dribble 10 times with right hand
- Dribble 10 times with left hand
- Dribble 10 times while alternating hands

WITH A PARTNER (10' away)

- Make 10 chest passes to partner
- Make 10 bounce passes to partner

HOCKEY

50 JOBS!

- Stickhandle in place for 10 seconds
- Stickhandle while moving for 10 seconds

WITH A PARTNER (10' away)

- Make 10 forehand passes to partner
- Make 10 backhand passes to partner
- Stickhandle around partner 10 times (keep head up!)

SOCCER

50 JOBS!

- 10 alternating toe taps on top of ball
- 10 foundations (tap ball side to side)
- Dribble while moving for 10 seconds

WITH A PARTNER (10' away)

- Make 10 inside of the foot passes to partner
- Make 10 outside of the foot passes to partner

FOOTBALL

50 JOBS!

- Jog in place for 10 seconds, carrying football in right hand
- Jog in place for 10 seconds, carrying football in left hand

WITH A PARTNER

- Throw/catch football 10x's to partner
- Center football 10x's to partner
- Jog around partner with football 10x's

VOLLEYBALL

50 JOBS!

- Set balloon (volleyball) 10 times
- Bump balloon (volleyball) 10 times
- Alternate setting and bumping 10 times

WITH A PARTNER (10' away)

- Make 10 set passes to partner 10x's
- Make 10 forearm passes to partner 10x's

BASEBALL

50 JOBS!

WITH A PARTNER (10' away)

- Make 10 underhand throws to partner
- Make 10 overhand throws to partner.
- Roll 10 grounders to partner
- Toss 10 pop-ups to partner
- Toss to a partner on the move 10 times.

OTHER/SPORTS

Invent a sport that moves a ball from partner to partner!

Practice dribbling a basketball with 1 or 2 people guarding you.

For 5-10 minutes, practice sending and receiving a hockey ball or puck with a family member while moving.

Face a partner 15' away and see how many exchanges the two of you can make with a soccer ball in 1 minute.

Face a partner 15' away and see how many exchanges the two of you can make with a football in 1 minute.

Practice passing a balloon or volleyball with a partner while both of you are moving.

Face a partner with a baseball/softball. Take turns throwing the ball back and forth, taking a step back after making 10 successful throws.

Find and read a sports story from a magazine or book. Then go and play that sport!

Find a basketball and a goal, and work on setting a new personal record for consecutive baskets.

Practice shooting a hockey ball or puck.
-10 wrist shots
-10 backhand shots
-10 slap shots
-10 snap shots

Show a partner dribbling a soccer ball. Switch after 30 seconds and repeat 3 times!

Find a partner. Use an empty plastic bottle as a pin and agree on a challenge, like 10 jumping jacks. See who can beat the challenge and knock down the pin while carrying a football.

Find a balloon and play a volleyball game over a chair or place a towel on floor.

For 10 - 15 minutes, practice sending and receiving a baseball or softball with a family member.

Practice a sport you can play when you become an adult.

Practice dribbling a basketball with your head up while jogging (running) for 5 minutes.

Practice passing with a hockey ball or puck with a partner while both of you are moving.

Practice dribbling with the inside of your big toes while jogging (running) for 5 minutes.

For 10 - 15 minutes, practice sending and receiving a football with a family member.

The challenge is to volley a balloon 10 times in a row without the balloon hitting the ground. Each person must contact the balloon at least twice but may not strike it twice in a row.

Practice tossing a baseball upward. Can you catch it above your head? Can you catch it below your waist? Can you catch while running?

Pick a sport. Organize a family game!

BASKETBALL CHALLENGE!

WITH A PARTNER (20' away)

Partners must be standing behind a line. On the go signal the children must make 20 successful chest passes in 60 seconds while moving back and forth (dribbling) between the lines.

HOCKEY CHALLENGE!

WITH A PARTNER (20' away)

Partners must be standing behind a line. On the go signal the children must make 20 successful passes in 60 seconds while moving back and forth (stickhandling) between the lines.

SOCCER CHALLENGE!

WITH A PARTNER (20' away)

Partners must be standing behind a line. On the go signal the children must make 15 successful passes in 60 seconds while moving back and forth (dribbling) between the lines.

FOOTBALL CHALLENGE!

WITH A PARTNER (20' away)

Partners must be standing behind a line. On the go signal the children must make 25 successful throws and catches in 60 seconds while moving back and forth (carrying the football) between the lines.

VOLLEYBALL CHALLENGE!

WITH A PARTNER

The challenge is to volley a balloon 20 times in a row (volleyball 10 times) without the balloon hitting the ground. Each person must contact the balloon at least twice but may not strike it twice in a row.

BASEBALL CHALLENGE!

WITH A PARTNER (20' away)

Throw and catch a baseball with a partner, 30 times in a row without a miss. If the throw or catch is dropped the task must be started again. Each partner will complete 15 throws and 15 catches for a total of 30.

Play a one-step-back game with a partner or friend. Each time you catch a ball, take a step back,



FITNESS CHALLENGES



How much do you weigh? Subtract your age. Can you perform the difference in jumping jacks in 2 minutes.

Underhand Toss Target Practice
Using an empty laundry basket or bucket, practice tossing a small object inside. Each time you make it take a step back.

Crazy 8's
8 jumping jacks
8 silly shakes (just shake as silly as you can)
8 high knees
8 scissor jumps

You're a Frog!
Practice your frog jumps by traveling as far as you can in 30 sec. Repeat 5 times trying to get farther each time.



Cow-Cat Pose
Try your cow and cat yoga poses together.



Do bicycle legs with a family member or friend for 60 seconds.



Clap and Catch
Throw a soft object up into the air. See how many times you can clap before you catch it.

Put your favorite song on and make up a dance or fitness routine!



Take a 5 minute fast walk. Now alternate walking and jogging at your own pace for 10 more minutes. Bring a grown up!

Musical Frogs
This game is just like musical chairs except players hop around like frogs and sit on lily pads (pillows).



Practice tossing and catching a rolled-up sock while sitting on a chair with a family member.

Make up a dance routine using 8-12 steps.

Practice the dance then teach it to someone else!

Print the alphabet while in a push-up position.



Do 20 front lunges per leg with a family member or friend.



Challenge a family member or friend to a "plank without laughing" competition.



Commercial Stroll
During a commercial break take a walk around your entire house. Still a commercial? Go again this time speed walking so you don't miss a thing!

Challenge someone to a "Who Can Go the Longest" contest each time a TV commercial comes on. Who can sit with arms & legs raised or stand on one foot the longest!

Who in your family can do the most jumping jacks in 20 seconds?



Hold hands with a family member or friend and do 25 squats together.



Measure off 50 feet.
Practice sprinting the distance 10 times



Find a partner. Use an empty plastic bottle as a pin and agree on a challenge, like 10 jumping jacks. See who can beat the challenge and knock down the pin first.

Jump side-to-side over an object or line for 1 minute straight. Go again but jump front to back. Repeat each jump twice.

High Knees & Stretch
High knees for 30 seconds then stretch a body part. Repeat stretching a new bodypart each time.

Exercise or dance to 3 of your favorite fast songs.



Find a jump rope and a family member. Can both of you jump the same rope?



Jog in place while watching 3 commercials on T.V.



Grab hands with a partner and see who can touch the other partner's foot 10 times first. Play safe!

Limbo
Grab a broom stick and have 2 people hold it. Take turns going under the stick arching backwards. Lower the stick after each successful pass. How low can you go?

What time is it? Perform a jumping jack for each minute after the hour. For example, 8:35 - 35 jumping jacks.



With a real or an imaginary jump rope, jump in place for 3 minutes



I, Spy Walk

Go for a 10 minute walk with your family while playing a game of I, Spy.

Do 20 push-ups with a family member or friend.



Go outside and toss a ball around with a family member or friend. Can you catch and throw 100 times?



Challenge a family member or friend to a "balance on one foot with eyes closed without losing balance" contest.



Face a partner with a ball. Take turns passing the ball back and forth, taking a step back after each successful catch.





THOUGHTFUL AND KIND CHALLENGES



Thank a friend for the joy they bring into your life

Smile and be friendly, even while you're social distancing

Show your appreciation to those who are helping others

Create a list of your favorite memories you feel grateful for

Enjoy trying a new recipe or cooking your favorite food

Be kind to yourself the way you would treat a friend

Send a positive note to a friend who needs encouragement

Eat food that makes you feel good and really savour it

Watch something funny and enjoy how it feels to laugh

Share a happy memory with someone who means a lot to you

Look for something to be thankful for where you least expect it

Make a list of the joys in your life (and keep adding to them)

Notice how positive emotions are contagious between people

Go outside and find the joy in doing something active

Notice three things that are beautiful in the world around you

Say "Good Morning" to everyone at the start of the day

Take a small step towards an important goal

Find a fun way to do an extra 10 minutes of physical activity

Have an arts and craft day with your family

Make popcorn/special snack and watch a family movie - outside or inside

Pick an activity that the family enjoys together and do it today

While lying in bed place your hands on your stomach and pay attention to the up and down of your belly as you breathe

Give kind comments to as many people as possible today

Play a board game with your family

Spend less time sitting down today - get up and move more!

Can you go without your tablet, TV or internet? Try to go device free for 4 hours.

Enjoy washing your hands. Remember all they do for you!

See how many different people you can smile at today

Share a happy memory or inspiring thought with a loved one

Today give someone a compliment. Examples: I like your hairstyle I like how you're helpful

Do something helpful for a friend or family member

Find a caring, calming phrase to say to yourself when feeling low

Notice the things you do well today, however small

Enjoy moving to your favorite music. Really go for it!

Do something active and fun like air guitar or a silly walk



P.E. GANG WEEKLY FITNESS CHALLENGE



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	WEEKLY



Sam

A.J.

Katherine

Casey

Matthew

Jimmy

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.





Hi! My name is Anthony Joseph, but my friends call me "A.J." for short. I totally love to play baseball! In physical education class, our teacher Mr. Fitter taught us how to hit the ball and field balls above and below our waist. He also teaches us how to be a fair person by treating our classmates the way we would want to be treated, which always means playing by the rules.

You wouldn't believe it, but Mr. Fitter rarely ever keeps score in class because he says that although winning feels great, we need to remember that there's always a team that loses. This keeps us focused on the fun of the sport, so that feeling sad is not an option!

My dad and I spend a lot of time together practicing my baseball skills. Then, when my mom and dad come to my baseball games and watch me play, I try even harder and give it everything I've got. So far, they haven't missed any games, and that makes me feel awesome!





Hi! My name is Katherine and my all-time favorite sport in physical education class is soccer - I love it! I started playing soccer when I was four years old, and I'll never stop!

Our P.E. teacher, Mr. Fitter, taught us how to dribble, pass, and shoot the soccer ball. He says that for true teamwork to happen, we have to show responsibility first. Mr. Fitter reminds us that when you're playing soccer or any sport, you shouldn't make excuses, lose your temper or blame others when you make a mistake.

I love to run around and keep moving, and Mr. Fitter says soccer is a great activity for me to stay healthy and be strong. My mom's friend Ken and I practice all the time in the backyard. He says if you want to be good at something, you have to practice. All I know is I just like spending time with him doing what we do best - playing soccer!





Hi! My name is Jimmy and I think the best sport in the entire world is hockey. My favorite team is the Buffalo Sabres. In P.E. class, Mr. Fitter taught us how to hold the hockey stick correctly and how to pass and stick handle.

The coolest thing about Mr. Fitter is that he's always reminding us of how important it is to be a caring person, and to show that by encouraging each other in P.E. class to be our best. He says that instead of reminding each other about our mistakes, we should try to make each other feel good about playing by saying things such as "nice try" and "good effort," instead of things that might hurt each other's feelings.

I started ice-skating when I was three years old. My Uncle Pete and I practice a lot on the rink he built in our backyard. I'm ten years old now and play on our town's ice hockey team. When I ask my Uncle Pete who his favorite hockey player is, he says "me." That's just as nice as being on the ice!



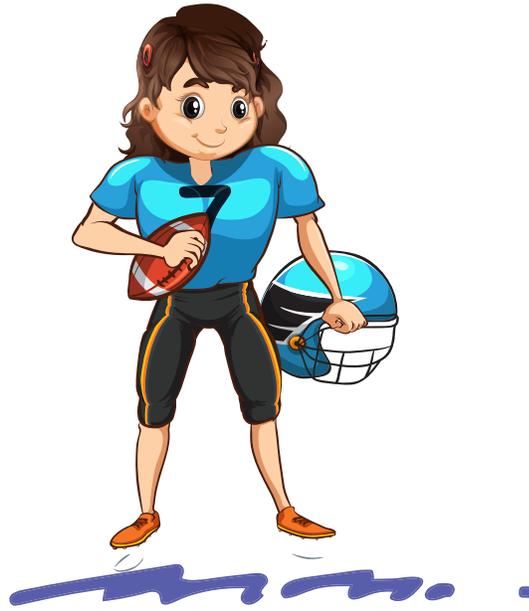
P.E. GANG



Hey there, it's me Samantha, and I'm looking up! All my friends call me "Slamming Sammie" because my favorite activity is volleyball. Mr. Fitter taught us the underhand serve, the forearm pass and how to set the ball. We started with balloons first and then used beach balls to help us keep the ball in the air. After that, we started using real volleyballs.

Mr. Fitter teaches us how to be a respectful person. He shows us how to be respectful through his own actions. We learn how to listen to what other people have to say, and to not argue with our coaches, teammates, or officials, and to be courteous and polite. I'm looking forward to playing on the high school team when I get older. My mom tells me stories of the friendships she made while playing on her volleyball team when she was a kid. Her best friend was on her team and they still talk about the special times they shared together playing volleyball. Wow - that's so incredible!





Hut hut! My name is Casey and my favorite sport is football. To me, the best team on the planet is the Buffalo Bills. In Physical Education class, Mr. Fitter has taught us a lot of football skills. We've worked on gripping and throwing the ball, catching, kicking, punting, centering, and carrying the ball the correct way.

Mr. Fitter also teaches us how to be a trustworthy person by giving us opportunities to be honest and do what is right even when it's difficult. He shares his own life experiences, too, like when he was faced with tough times but still did the right thing.

My dad and I spend a lot of time at the park working on our football skills. When we're driving home, he tells me all the important values he learned playing football, like hard work and discipline, and how he applies it in everything he does. He says the teamwork you learn in football gets you ready for adult life. Dad says that the friendships you make playing football are more like being brothers, because you're always there for each other. I can't wait to play on a football team!





Hi! My name is Matthew, but my friends call me M.J. - short for Michael Jordan - my all-time favorite basketball player. In Physical Education class, Mr. Fitter taught us how to dribble, pass and shoot the ball. I'm really good at the jump shot - swoosh, there it is!

Mr. Fitter teaches us how important teamwork is, both on and off the basketball court. He says that good teams encourage each other and cooperate to meet their goals, always working together as a team.

Everybody in my family plays basketball. My mom bought us a basketball net for the driveway and all of my friends like to come over to play. My older sister, Jamie plays on the high school basketball team and she loves it. Last year, she didn't make the team and I remember her crying when the coach told her the news. Jamie might be my sister, but I'll tell you, she sure has guts! She never gave up her dream of playing and kept practicing everyday. This year, she made the team because of her hard work. That's what it's all about!



STORY 1

"You never know how much you can do until you try."

Hello again, it's me Anthony. All my friends call me A.J., remember? I totally love to play sports. My favorite sport hands down is baseball, but I also enjoy playing football, basketball, and hockey. Can you guess what my favorite subject is in school? Yep! You got it: it's Physical Education, also known as "P.E."

My dad and I practice sports every day of the week except Sunday, because after church, we have a lot of work to do around the house. I have a younger brother Zachary, who is three. He doesn't enjoy sports as much as I do. His idea of sports "fun" is taking the ball away from my friends and me during a game, and then running away with it. Zach would much rather be playing in the dirt with his trucks and construction vehicles, and that's okay, because that's what he loves!

The neighborhood that I live in is great. Everyone is really friendly and helpful. My best friend Bobby lives down the street from me. When we aren't playing or practicing baseball, we can usually be found at one another's house hanging out together.

My dad is the coach of our baseball team, and he holds practice every day after school, so long as the weather is nice. 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 that getting better at your sport and having fun is more important than winning. He proves that to us in practices and games by giving everyone a chance to play different positions, no matter how good they are at it.

After baseball season is over, football season soon begins. My dad and I enjoy watching the Buffalo Bills, our local football team, on television. Sometimes he takes me to the live games. One day last season, my dad took me to see a Bills game, and right before it started, he took us down to the field to get some autographs from the players. The players seemed larger than life to me, but as they started talking, I realized how friendly and "normal" they were. Just regular guys, like my dad and me.

After they signed our jerseys, they reminded us to cheer as loud as we could whenever the other team had the ball. I guess this made it difficult for the quarterback to give signals to his players. During the game, a player from the other team scored a touchdown and started doing some crazy dance afterwards in the end zone. He sure was funny, but my dad said that that kind of "end zone nonsense" was unnecessary and just an example of a player being a showoff.

I am so happy in my neighborhood and I really love all of my friends, so you can imagine how disappointed I was when my dad came home one day and told the family we had to move. His company had asked him to relocate somewhere far away.



I couldn't imagine how I was ever going to survive without my buddies or leave my sports teams. I really couldn't even think about leaving Bobby. 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. I was so upset, I couldn't even think about that.

Well, the first day at my new school was a little frightening to say the least. The building seemed so much bigger to me than my old school and of course, I didn't know anyone. But the principal walked me down to my classroom, and I took a seat next to a boy named Jimmy. He asked me if I was "newbie" and I told him I had just moved here and didn't know anyone. He said he'd be happy to show me around the neighborhood and would introduce me to some other kids. He even lived around the block from me - what a relief!

When Saturday morning came around, Jimmy kept his promise and came knocking at my door. He had his bat and glove and asked if I wanted to play baseball with him and the other kids. We played in a field behind the old warehouse down the street. When we met up with the other kids, Jimmy introduced me to everyone and it felt great. One of the kids shouted, "Are you any good at baseball?" My first reaction was to say that I was the best player on my team back home, but then I remembered my dad's words, "Don't brag about being good at something, just show it." So instead I said, "I played on a team back home."



The 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 sure didn't feel good. Then, the captain of our team told me to play right field. I thought to myself, how will I ever show anyone how good I am out in right field?

It was finally time for me to bat. I was never so nervous in all my life! It used to feel so natural back home when I played sports. When I stepped up to the plate, my legs were shaking and the bat felt too heavy to swing. The first pitch was over my head, but I swung anyway. The second pitch was right over the plate and as I swung, I heard, "strike two." I couldn't believe this was happening to me. I couldn't even remember the last time I struck out. Finally, the third pitch came and, even though it was a little outside, I reached out and swung. As I hit the ball, it rolled to the pitcher and before I knew it, he had thrown it to first base and I was out.

It was getting late and I knew there wasn't much more time to show them that I was really good at this game. A player from the other team said this was going to be the last inning. The score was 5 to 3 and we were winning. The other team had two players on base with two outs. Our pitcher threw the ball and the batter smacked the ball into the air. It was coming right for me. I took a step in and then realized the ball was going over my head. I put my head down and started to run as fast as I could after the ball. At the last moment, I jumped into the air, stretched my arms out, and as I was falling to the ground, 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 it was. It felt like I was back home again.

After a few weeks, I was definitely feeling better. I had met new friends and was enjoying school again. In P.E. class, I was always the first one picked on the team and that felt good. However, I often thought about that day I was chosen last during the baseball game. So one day I asked my P.E. teacher if there was any way we could make teams up without having to choose players. The teacher thought it was a great idea, so that day we chose our teams by counting off by numbers.

After that day, we sometimes chose teams by what color we were wearing or by what month our birthday was in. This new idea definitely made everyone feel less "singled out." The whole thing 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. Then we have Samantha, who we call Sammie, and she loves to play volleyball. Katherine enjoys playing soccer. Jimmy is a hockey lover and Mattie, short for Matthew, loves basketball. And, I'm sure you can guess that I am the baseball player. We have a lot of fun playing together. We created a P.E. promise and if you want to join the P.E. Gang, you must follow these rules:



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

Mr. Fitter loves our idea. He also suggested that if a student wanted to join, he or she would have to be nominated by one of the "members," and then invited to join either by Mr. Fitter or another adult at school.

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

I wrote to 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 the first Sunday of every month, 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.





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!



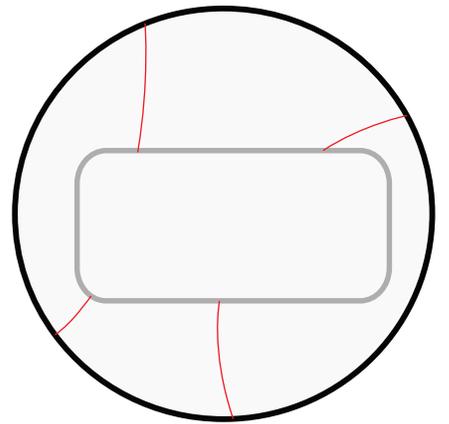
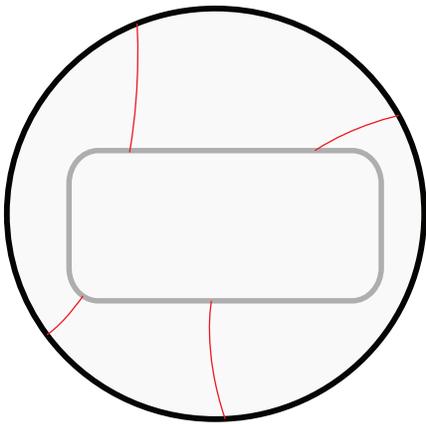
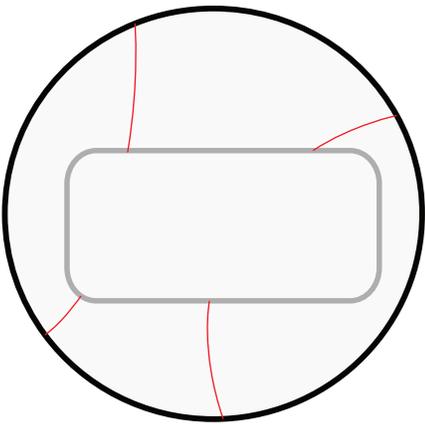
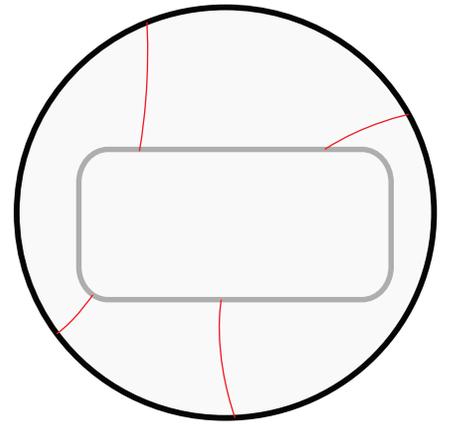
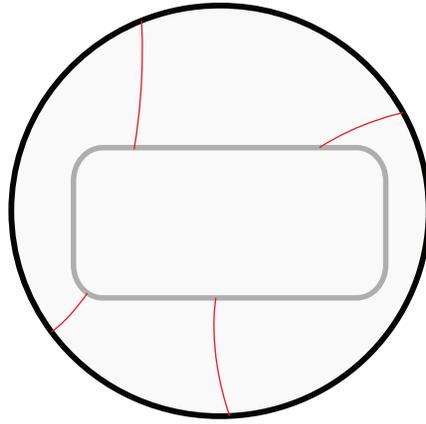
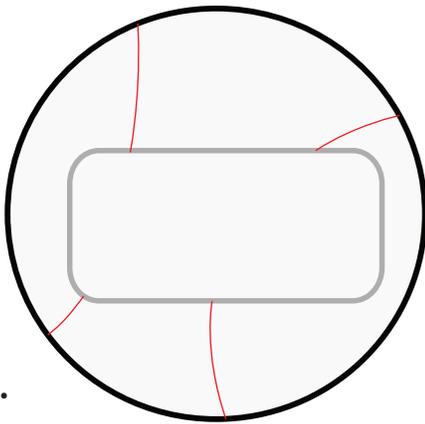
Hit a Home Run - Use the Baseball of Caring!

The basic qualities of caring include:

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



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



Caring Words

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







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



A.J.



STORY 2

"You can always be a better person today than the one you were yesterday."

Mr. Fitter, or "Mr. Fitness" as we call him, gave us our first job as the newly formed P.E. Gang. He wants us to work with a student in our fourth grade class named Patrick. Patrick is very disrespectful and is always fighting, complaining, or arguing with his classmates. His way of "fitting in" is to act goofy in class.

When Mr. Fitness sat us down to tell us about the job, no one really seemed too interested in the assignment.

"This is a pretty scary job. Patrick is a bully and if we try to help him, he'll probably beat us all up," Matthew said rather nervously.

"I think Patrick is just trying to fit in with the other kids but doesn't really know how. If you've ever watched him in P.E. class, you've probably noticed he isn't really good at any of the activities we do. Maybe we should invite him over this Saturday to see if he'd be interested in playing in a neighborhood football game," I suggested.

Katherine yelled, "Are you crazy? Do the math! Patrick and his tackle equal a heck of a lot of pain."

"First of all, Katherine, we don't play tackle football, we play two hand touch," said Sammie.



“And guess what, I’ve got a great idea! Why don’t we tell him the game starts at 1:00 p.m., when it really starts at 2:00 p.m.? This will give us an hour to help him with his football skills so he’ll feel more successful.”

“A.J., you show Patrick how to throw and catch the football. Katherine, since you play soccer, you should show Patrick how to punt and kick the ball. Casey, you are the football expert so you should show him how to throw the ball. Sammie and I will teach Patrick how to hike and run with the ball. Now, which one of you is going to ask him to play?” Matthew asked.

“I will,” I volunteered. I’m beginning to think the initials in my name stand for “always joining” instead of Anthony Joseph.

Before long Friday rolled around and that was our day to have Phys. Ed. in school. As usual, Patrick was being his same old, difficult self. Mr. Fitter was teaching us how to throw and catch the football. Patrick was throwing the ball as fast as he could to his partner, and it sailed over his head.

I went over to Patrick and asked him if he’d be interested in playing touch football over the weekend with some kids from school. I told him it would be at 1:00 p.m. at the old warehouse at the end of our street. Patrick looked at me rather suspiciously, and then asked “Why are you asking me to play?”



"Well, we're short some players and we thought you might want to give the game a go" I told him.

"Sounds like fun. You can count me in," Patrick replied.

Saturday came with a cold snap, but the sun was shining brightly which makes for great football weather. Everybody in the club showed up, but by 1:15 p.m., no Patrick.

"I don't think he's going to come," grumbled Katherine. "He's probably grounded from being so bad in school."

"I'm here," blasted Patrick as he ran forward, out of breath. "I'm sorry I'm late, but I had to beat up some bratty kid for not giving me his lunch money yesterday... Ha ha, only kidding. I was really helping my dad cut the grass. Where is everybody?"

"Well," Samantha began, "Matthew had a great idea to practice before the game actually starts. He thought if we went over some plays and worked on our football skills, we would be ready for the other team."

Patrick must have thought that was a great idea too, because he said, "Why don't we start playing catch to warm up our arms?" Patrick threw the ball to Casey and it went flying over her head.

"Not bad Patrick," said Casey. "Try this instead. Place your fingers on the laces and then place your hand slightly back from the middle of the ball like this.



When you throw, step with the opposite foot of your throwing hand, then twist your hips away from your target and throw."

"Wow! Where did you learn how to throw like that?" asked Patrick.

"In Phys. Ed. Class," Casey beamed. "Katherine, can you show Patrick how you are able to kick the ball so far?" asked A.J.

"Okay," said Katherine. "The most important part of kicking the ball is to watch with your eyes as your foot kicks the ball. If you look up while you're kicking, you're not going to kick it on the right spot of the ball. Remember to point your toes down and follow through with your foot after you kick. Watch this." Katherine then picked up the football and kicked it so far that it went sailing over our heads into the parking lot. "We learned that in our soccer unit," she said. "Don't you remember?"

"I guess," Patrick replied, rather unsure of himself.

"Patrick, now I'll show you how to hike and carry the ball," I said. "When you carry the football, place one hand over the end of the ball, like this, and hold it close to your body."

"When hiking the ball," said Sammie, "just pretend you're going to throw, then place the ball on the ground between your feet. With your feet spread apart, slide the ball back to your quarterback."



"Let me guess who taught you guys how to do that. Was it Mr. Fitness himself, Mr. Fitter?" said Patrick.

"You're right, Patrick," Matthew said. "By teaching us sport skills, he also teaches us how to stay active."

"Remember the day he sat us all down and said how difficult it is to learn when you act silly?" asked Sammie. "P.E. is fun and the easiest grade to get in school. All you have to do is follow directions and have fun."

"Maybe that's why it bugs me so much," said Patrick. "I'm not really good at sports. I try, but it's major hard for me to keep up with you guys."

"We are going to help you. We figure that if you want to learn, we, as a team, can show you all kinds of ways to be good at sports. The most important part of playing is to always play fair, be honest, work together with your teammates, and treat people with respect. When we play fair, we rarely get mad at each other. If we disagree on something, we try to work it out. Arguing and complaining is just a waste of time," said Katherine.

"Patrick, are you ready to play some football?" asked A.J.

"You know it!" shouted Patrick.

"Awesome! Before we start, let's work on throwing and catching a little bit" I told him.



Monday at school, we told Mr. Fitter all about Patrick and how the football game worked out so well. We told him that Patrick was willing to let us help him with his sports skills and how nice and respectful he had been.

"Great job," Mr. Fitter beamed. "I've seen this happen in my P.E. classes in the past. I'll have a student who wants to do well, but acts out to try to gain acceptance from peers. It will be interesting to see how Patrick behaves in class now."

"Do you think Patrick can join our P.E. Gang?" I asked.

"Let's give him some time to show us how well he can do first. If all goes well, then we'll ask him. You guys did a great job today, I'm proud of all of you." When Mr. Fitter was proud of you, you knew you had "done well." And we knew.



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.



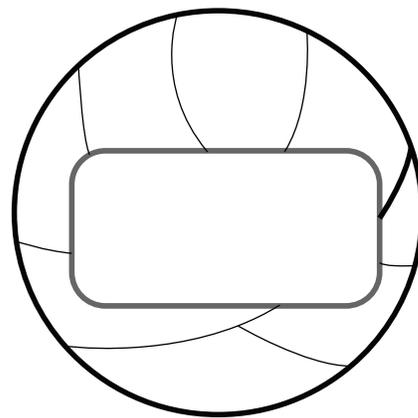
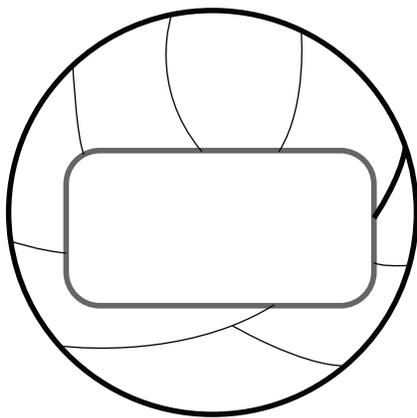
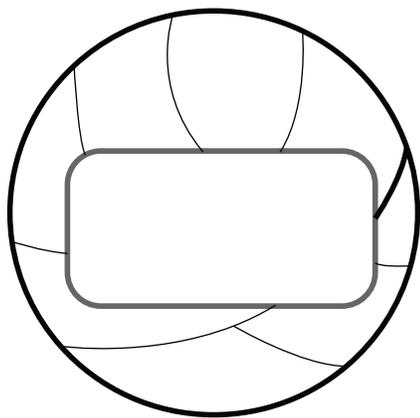
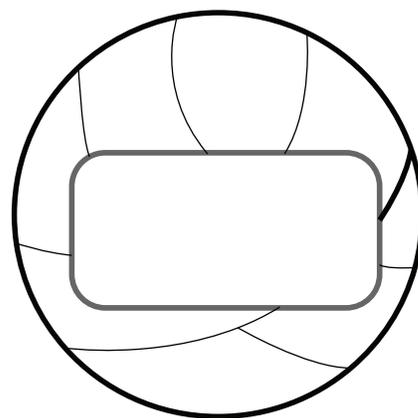
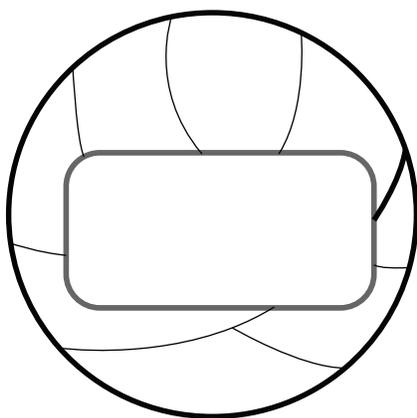
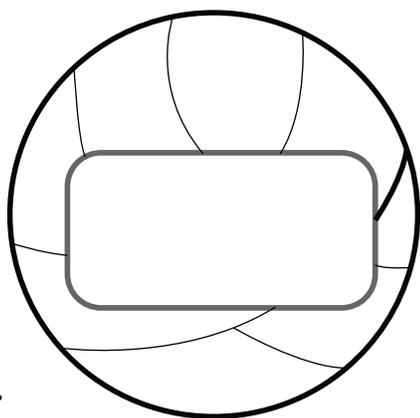
Lob the Volleyball of Respect!



The basic qualities of respect include:

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

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



Respect the Golden Rule



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

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



How many new words can you make with the letters used in trustworthiness?



Trustworthiness

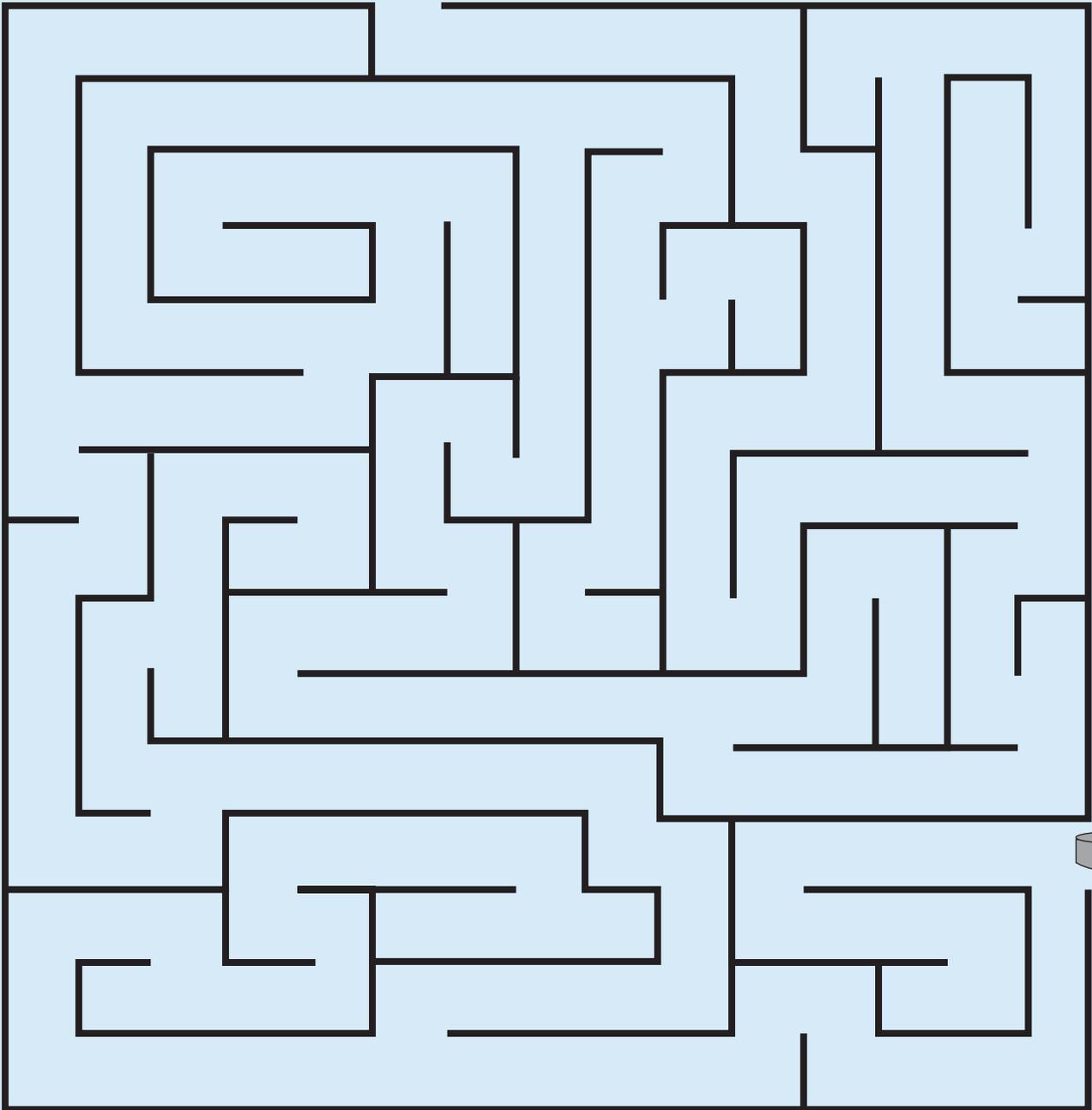
trust

thin



Help Jimmy find his
hockey puck to practice
for the big game!

START



Word Scrabble

Unscramble each of these words, using the clues

CRAIGN

(help people in need)

RTTOTRUWHSY

(be honest with others)

FSSNIRAE

(play by the rules)

RPTCESE

(be courteous and polite)

RPSSIEBNOEL

(be reliable and dependable)

CZIIHSPINTE

(be a good neighbor)

KNEHRETAI

(loves to play soccer)

MHTTWEA

(loves to play basketball)

What doesn't belong?

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



Group 1
Respect
Caring
Responsibility
Dishonest
Cooperation

Group 2
Basketball
Sneakers
Backboard
Goalie
Rim

Group 3
Banana
Chocolate
Kiwi
Peaches
Blueberries

Group 4
Running
Video Games
Biking
Roller Blading
Swimming



P.E. GANG CHARACTER SEARCHING

CARING CITIZENSHIP FAIRNESS HELP RULES

MANNERS POLITE SHARE RESPONSIBILITY

TRUTH TRUSTWORTHINESS RESPECT

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

GOOD CHOICES FOR STUDENTS

- Wants to learn
- "I can improve"
- Compliment others
- Being humble
- Embraces Challenge
- Works hard
- Forgive others
- Learns from failure
- Reads every day
- Accept responsibility
- Is thankful
- Set goals
- Exercises and eats healthy



NOT SO GOOD CHOICES FOR STUDENTS

- Bored of learning
- "I can't improve"
- Criticize others
- Being a bragger
- Fear change
- Works when they have to
- Hold a grudge
- Gives up after failure
- Video games every day
- Blame others for their failures
- Have a sense of entitlement
- Never set goals
- Watches TV most of the time and eats unhealthy





P.E. GANG WEEKLY FITNESS CHALLENGE



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	WEEKLY



P.E. GANG WEEKLY FITNESS CHALLENGE



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	WEEKLY