

# MY HEALTH & WELLNESS WORKBOOK

GRADE  
K

"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 web site ([www.pegang.com](http://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 teacher the date requested.

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Parent/Guardian Signature

# Three Parts of Wellness

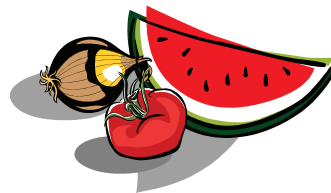
**EXERCISE**



**BE HAPPY**



**EAT HEALTHY**



**Color in the three parts of wellness**



# ALL ABOUT ME

I AM



YEARS OLD

ME

DRAW SOMETHING YOU  
WANT TO LEARN HOW TO DO.

DRAW SOMETHING YOU'RE  
GOOD AT.

DRAW YOUR FAVORITE  
PLACE.

DRAW YOUR FAVORITE  
FOOD.

DRAW YOUR FAVORITE  
TOY.

DRAW YOUR FAVORITE SPORT  
OR GAME

# MY SUPERHERO POWERS

Check the boxes below

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



\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

# My Wellness Checklist

Draw a picture of yourself exercising alone.

Draw a picture of you doing a different exercise with your family.

Draw 3 healthy snacks you and your family eat.

Is too much T.V. a good thing? \_\_\_\_ yes \_\_\_\_ no

Think of a time you were upset? Be ready to tell what happened that made you sad.

# 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)

4)

2)

5)

3)

6)



# 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.

DO YOU UNDERSTAND STRENGTH AND ENDURANCE? TRY THIS CHALLENGE!

Mark: E for Endurance, S for Strength, B for Both

\_\_\_ 1) Jogging

\_\_\_ 11) Furniture Mover

\_\_\_ 2) Batting a home run

\_\_\_ 12) Volleyball Serve

\_\_\_ 3) Swimming

\_\_\_ 13) Carrying Wood

\_\_\_ 4) Throw a ball

\_\_\_ 14) Roller Bladding

\_\_\_ 5) High Jumper

\_\_\_ 15) Sit- ups

\_\_\_ 6) Marathon Runner

\_\_\_ 16) One-mile run

\_\_\_ 7) Cross-Country Sking

\_\_\_ 17) Garbage collector

\_\_\_ 8) Open pickle jar

\_\_\_ 18) Chin-ups

\_\_\_ 9) Running Soccer Field

\_\_\_ 19) Shoveling Snow

\_\_\_ 10) Riding Bicycle

\_\_\_ 20) Mailman

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 2 more flexible things?

1. \_\_\_\_\_

2. \_\_\_\_\_

Think of your muscles like spaghetti noodles. Straight out of the box they are rigid and break if you try to bend them. If they are boiled (warmed-up) you can bend them in to all different ways - you can tie 'em in a knot, you can tie 'em in a bow - without breaking them.

**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.

# FLEXIBILITY CHALLENGE



Draw yourself being flexible below. Then tell someone in your own words what it means to be flexible.

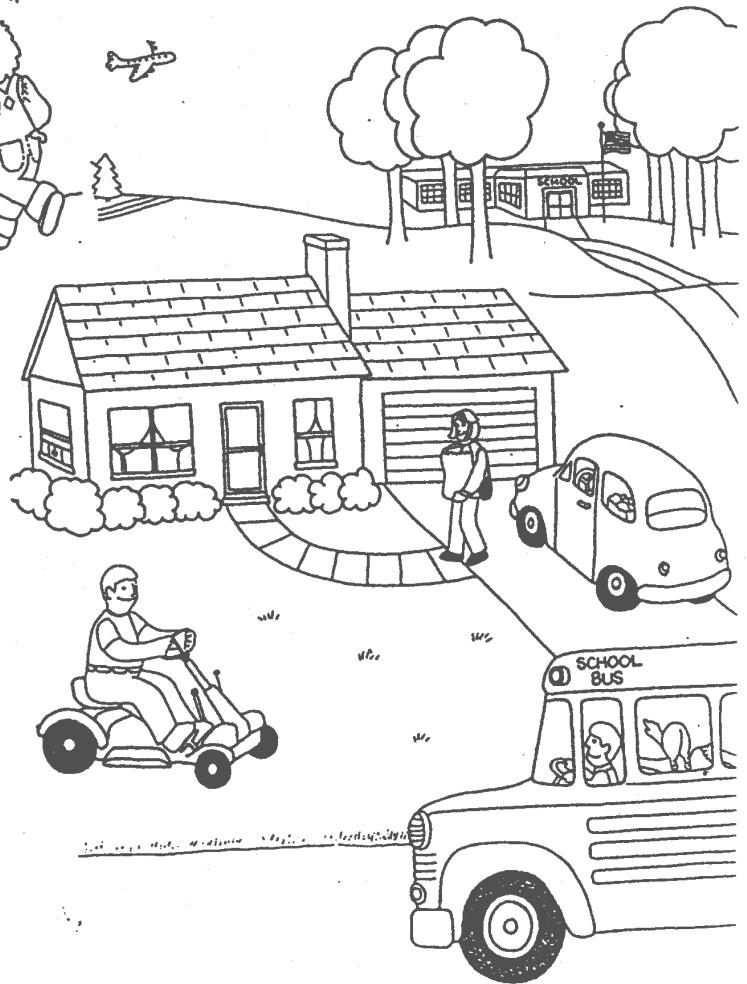
# Boy, how times have changed!!!

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. Draw a picture below showing the mistake you made.



"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

Draw your favorite sport

GETTING ENOUGH SLEEP

Draw one thing you like to doing before bed?

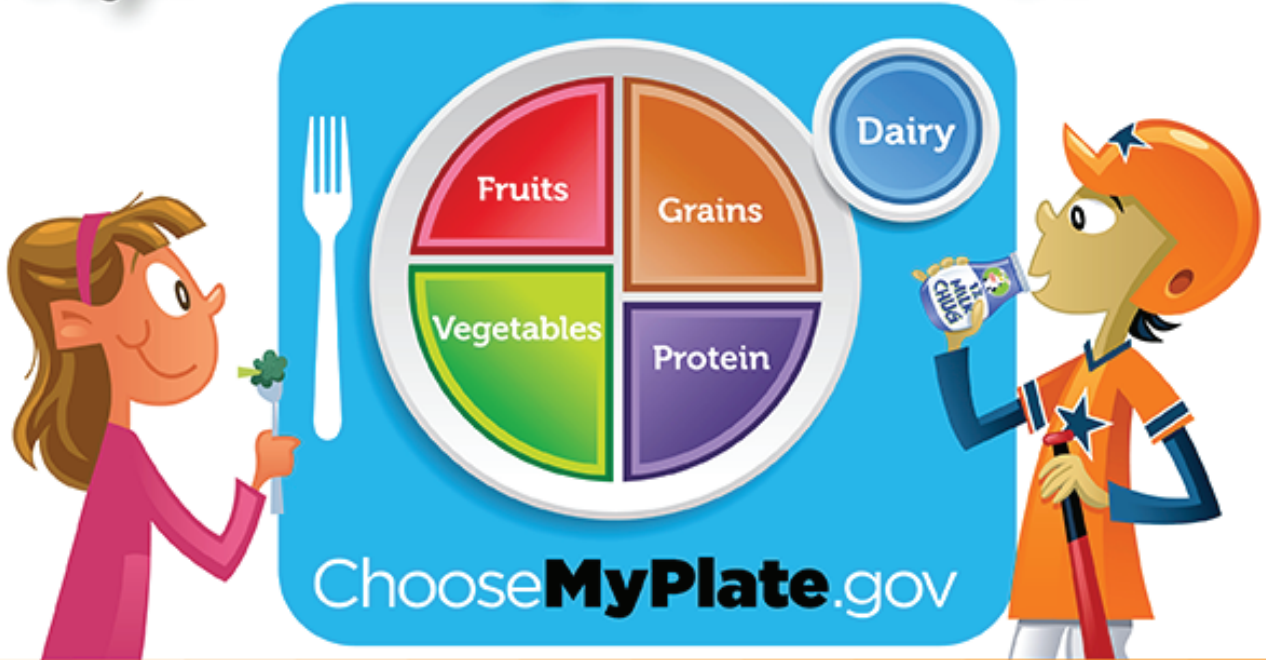
LEARNING NEW THINGS

Draw one new thing you learned recently?

EATING HEALTHY SNACKS

Draw your favorite healthy snack?

# MyPlate Kids' Place

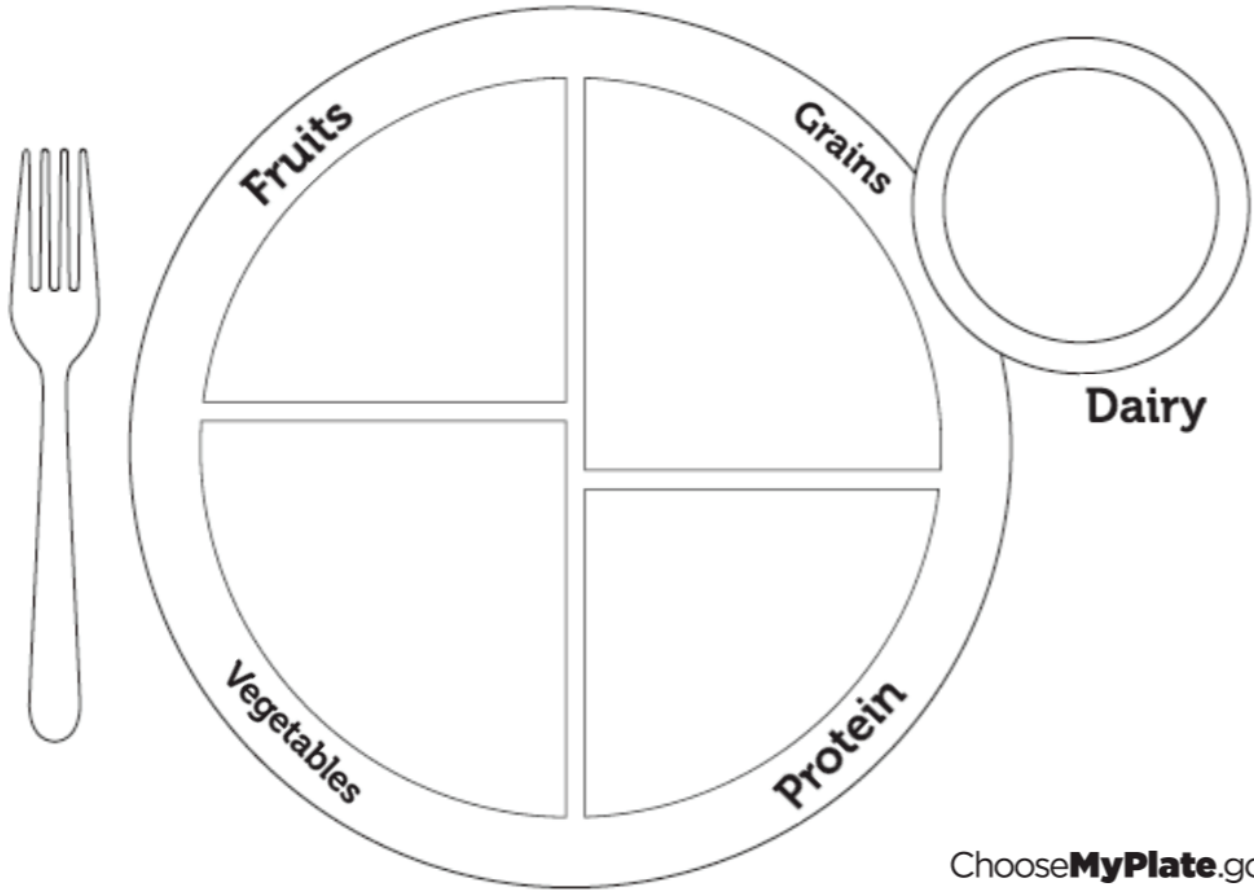


## My Plate-Food Group Servings and Amounts

Grains	Vegetables	Fruits	Dairy	Protein
<p>1 serving = 1 ounce</p>	<p>1 serving = 1/2 cup</p>	<p>1 serving = 1/2 cup</p>	<p>1 serving = 1 cup</p>	<p>3 serving = 3 ounces</p>
<p><b>Make 1/2 your grains whole grains.</b></p> <p>Look for the words "100% Whole grains"</p> <p>1 ounce = 1 cup of cereal 1 slice of bread 1/2 cup of rice/ pasta</p>	<p><b>Veggies are the main source of Vitamin A</b></p> <p>Vary your veggies and don't forget green leafy and orange vegetables like spinach, broccoli and carrots.</p>	<p><b>Fruits are the main source of Vitamin C</b></p> <p>Eat a variety of fresh fruit.</p> <p>Fruit juice can have a lot of added sugar. so try to eat fresh fruits! When you do drink juice look for 100% fruit juice.</p>	<p><b>Milk provides calcium for strong bones and teeth</b></p> <p>Go low-fat or fat-free when you choose milk, yogurt, or cheese.</p>	<p><b>Choose lean or fat free meats and poultry</b></p> <p>Vary your protein choose more fish and beans,</p> <p>1 ounce = small handful of nuts 1 Tbsp peanut butter 1 egg 1/2 cup of beans</p>
<p>Find your balance between food and physical activity. Be physically active for at least <b>60 minutes every day</b>, or most days.</p>		<p><b>Limit Fats and Sugars.</b> Limit foods with added fats and sugars, they only add calories but no other nutrients.</p>		



Draw some foods you enjoy in the correct food group.



ChooseMyPlate.gov

## Eating Healthy with MyPlate

Choose fresh, frozen, or canned fruit without added sugar.

Eat a variety of veggies, especially dark green, red and orange ones.



Switch to low-fat or fat-free milk and dairy.

Make at least half your grains whole grains.

Vary your proteins. Try beans, peas, nuts, soy and seafood.

### Easy guide to portion sizes

**Palm**  
Amount of lean meat



**Fist**  
Amount of rice, pasta, cereal



**Thumb**  
Serving of cheese



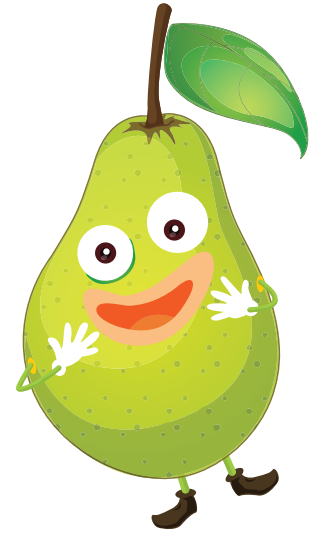
**Thumb tip**  
Amount of peanut butter, mayonnaise



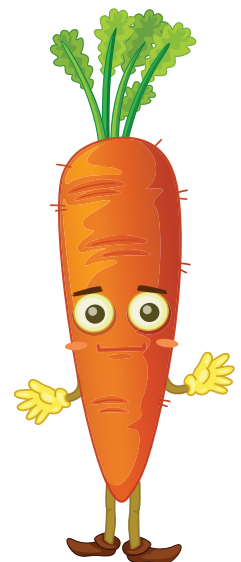
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# Fruit and Vegetable Goals

Draw some fruits you would like to try:



Draw some vegetables you would like to try:



# 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!

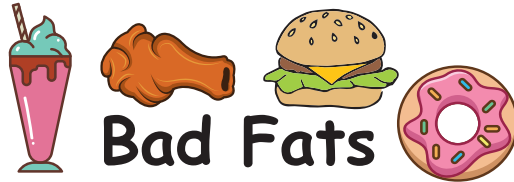
I'm \_\_\_\_\_

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

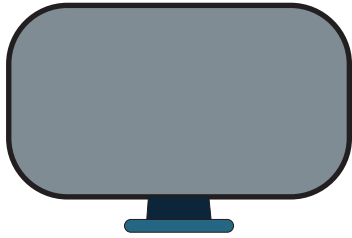
LUNCH

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:

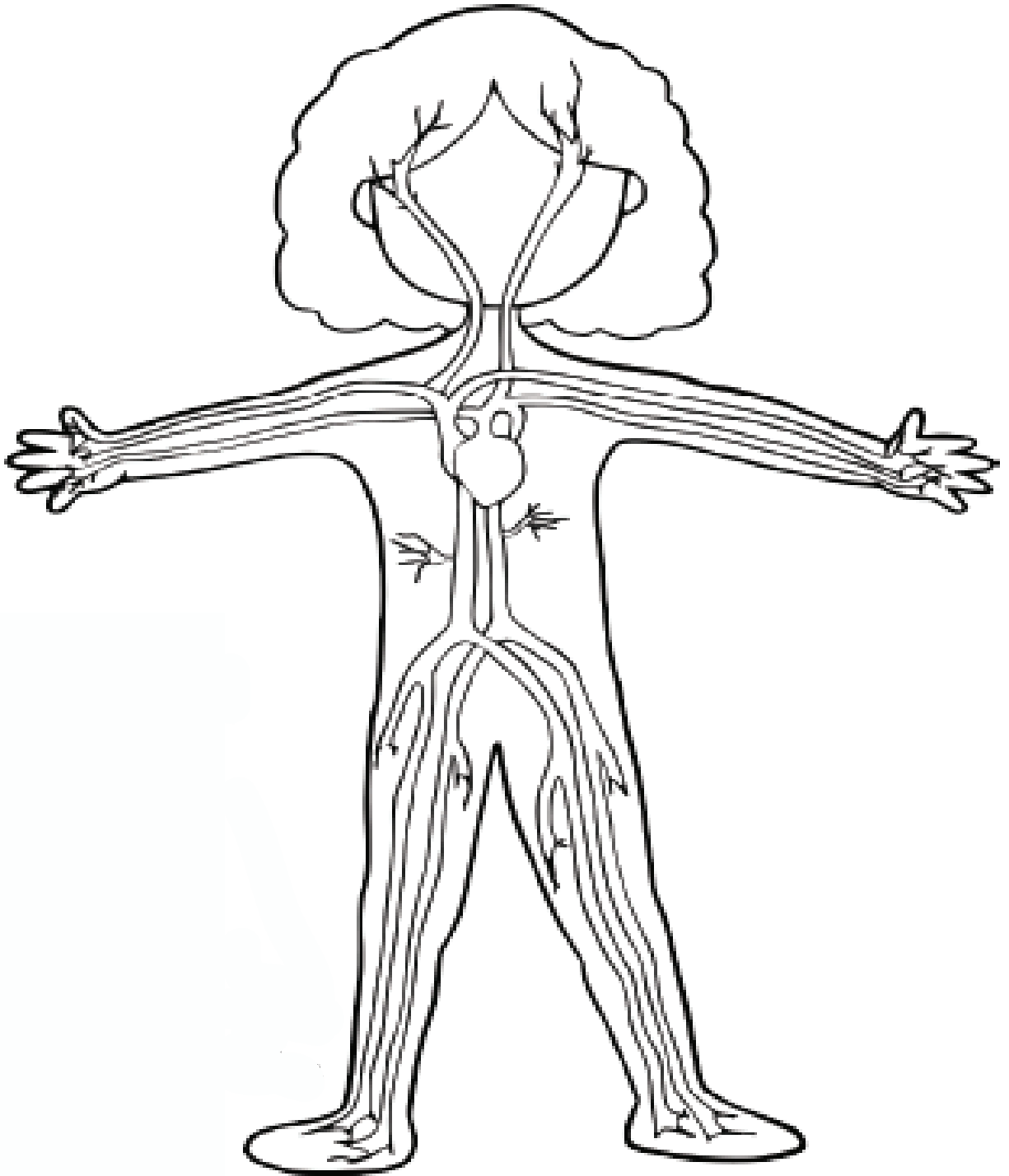


List the things you think you should try to do better:



# THE MAIN PUMP

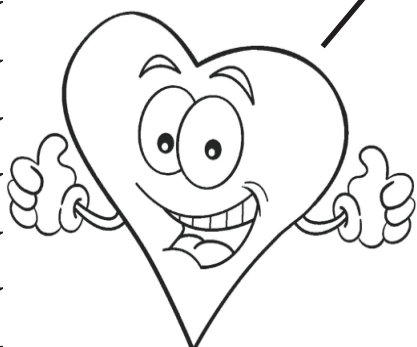
In your body the main pump is your heart, It sends fresh blood full of oxygen to the body thru a big "pipe". Tubes called arteries carry blood. Other tubes are called veins.



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

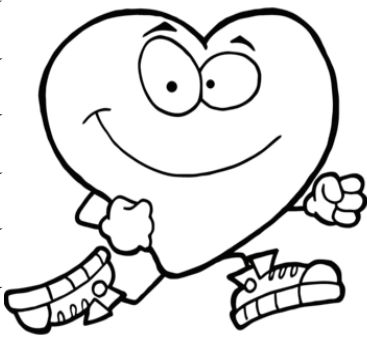


## FUN FACTS ABOUT THE HEART

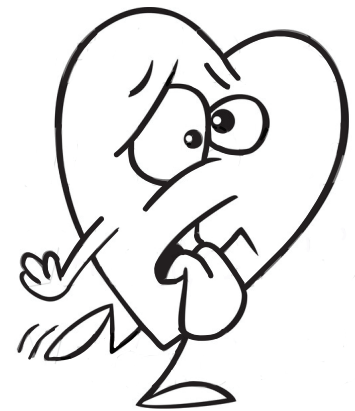
- The average heart is the size of a fist in an adult.
- Your heart will beat about 115,000 times each day.
- Your heart pumps about 2,000 gallons of blood every day.

# 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



Trace the answers.

1. Physical activity keeps your body in good shape.
2. True or False: Starting good health habits now will help you grow into a healthy adult. true
3. Kids should get how many minutes of physical activity a day? 60 minutes
4. Kids should limit TV and computer time to 2 hours a day.

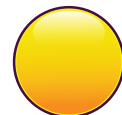


## In A World Where You Can Be Anything, Be Kind!

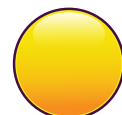
Did you know you already have one big superpower? It's the superpower of kindness! You can make someone's day better, and make them feel instantly good, simply by being kind to them.

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

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. Draw a picture to represent the sentences in the boxes below.

I can ask, "Can I help?" when someone is carrying a lot of bags and boxes.

I can ask, "Would you like to join our tag game?"

I can ask, "Is everything alright?" when someone is crying by their locker.

H<sub>2</sub>O  
is our  
favorite!



# All About Water In Your Body!



- H<sub>2</sub>O 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. H<sub>2</sub>O is another way of saying water .
2. When you feel thirsty your body might be dehydrated .
3. The body is made up of approximately how much water? 75% .
4. You need to drink about 8 glasses of water each day to stay healthy.
5. Lettuce 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                                   | 20points  |
| B. P.E. Gang Fitness Video, <a href="#">click here!</a>           | 20 points |
| C. P.E. Gang Adventure Game, <a href="#">click here!</a>          | 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/<br>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  |







# LETS 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 a 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 HOCKEY SOCCER FOOTBALL VOLLEYBALL BASEBALL OTHER/SPORTS

### 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 chess 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



Month \_\_\_\_\_

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](http://www.pegang.com)





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



A.J.

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!).

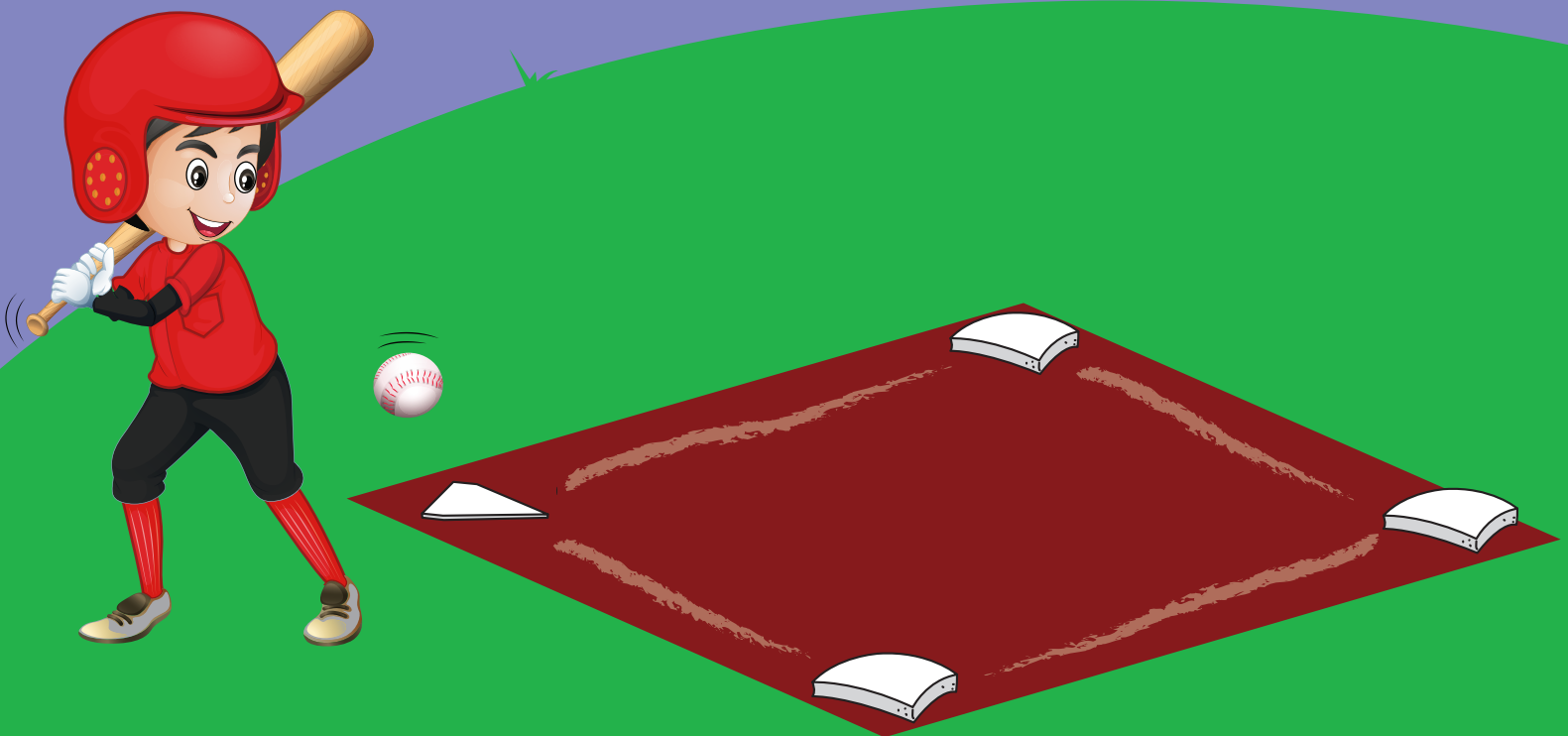
To be a member of the P.E. Gang, all you have to do is read the stories, and with the help of your teacher, complete the activities. This 1st story is about caring and how the P.E. Gang was started. My P.E. teacher, Mr. Fitter, is always teaching us the importance of showing good character.



**P.E. GANG**



Our 1st story is about caring. Our classroom teacher, read us a story about a talented race car named Lightning McQueen. He is so obsessed with winning that he can't be a friend to anyone. After he damages property in a town called Radiator Springs, he is arrested and forced to repair the damages before he can leave. In his travels, McQueen finds true friends and learns that winning isn't everything.





Lightning McQueen was a race car. He was shiny and fast.



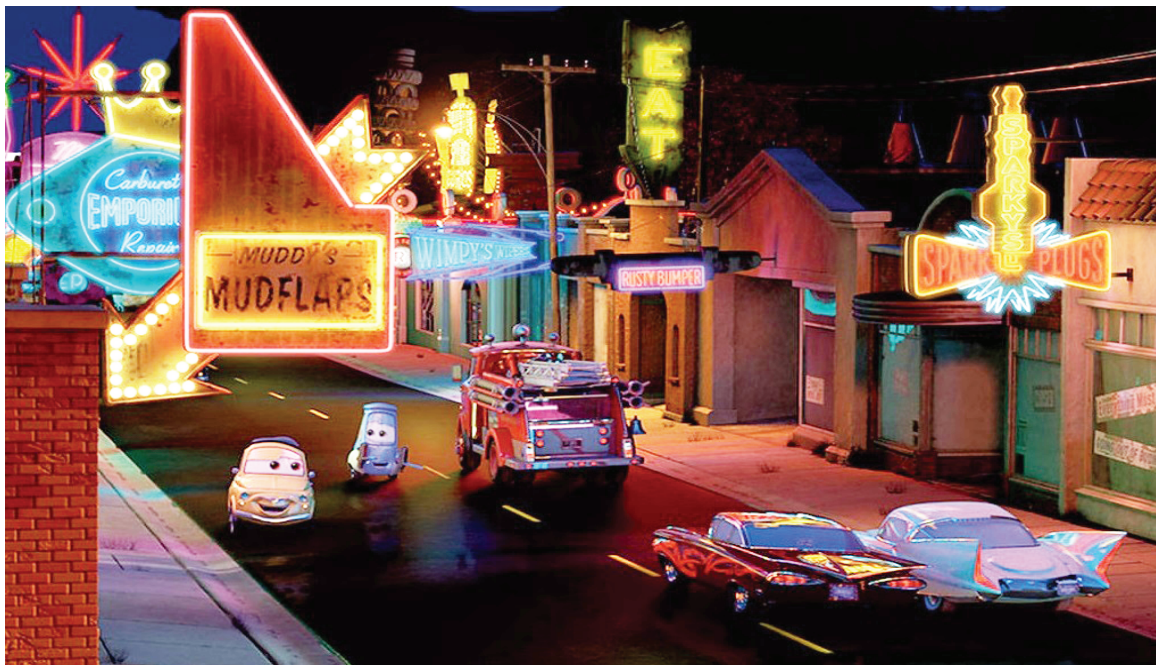
He wanted one thing - to win the big race!







Mater was a tow truck. He was old and rusty. He wanted one thing - a best friend.



Mater lived in a little town. It was called Radiator Springs.

The streets were quiet. Always calm.







One day, Lightning McQueen got lost on his way to the big race. He sped into a little town. A Sheriff chased him.



Lightning McQueen flew into fences, crashed into cones and ripped up the road!







Lightning McQueen was sent to jail for damages he did in Radiator Springs.

In jail, Mater met Lightning McQueen. Right away, Mater liked Lightning McQueen.



Sally, the town lawyer, and all the other cars wanted Lightning McQueen to fix the road.





Lightning McQueen could not leave Radiator Springs until the job was done.



Mater wanted to show him some fun. Lightning McQueen told Mater why he wanted to win the big race because he wanted to have fame. He would be a winner! Mater was happy. He had a new best friend.



Lightning McQueen had fixed the road at last!







Mater was sad to see his buddy leave. So, Mater and his friends went to the racetrack. They wanted to help Lightning McQueen win the race.

But Lightning McQueen still did not win. He helped an old friend win the race instead. Now he knew that winning was not what he wanted most.



What he wanted most was 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!

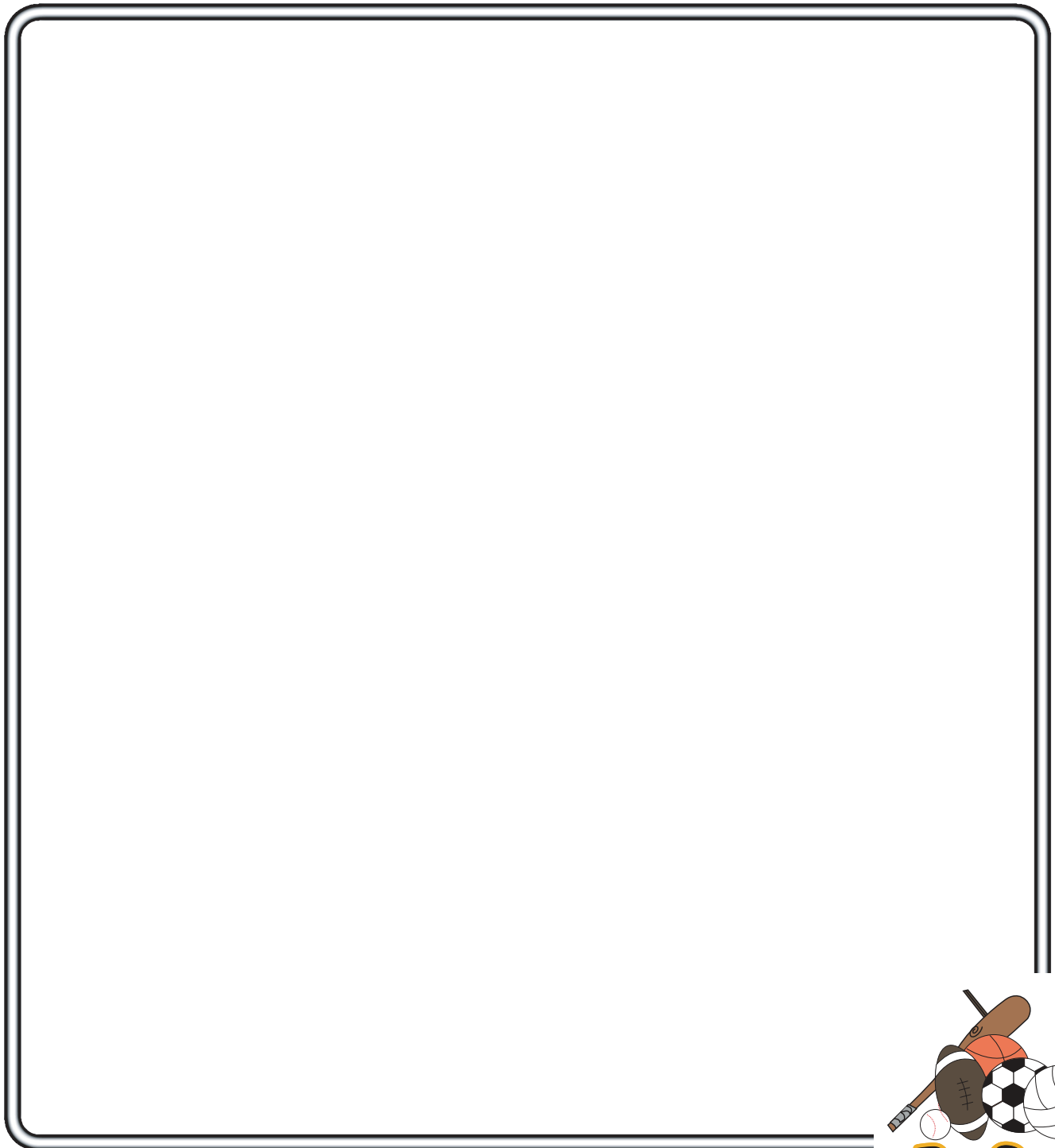




# Think and Talk

What is Caring? How did Mater show caring?

Directions: Think about something you do to be a caring person. Draw a picture of yourself doing it.



# Story Response

Directions: Circle the correct answer.

1. Who did Mater become best friends with?

A. Lightning McQueen



B. Buzz Lightyear



C. Sally



2. What kind of truck is Mater?

A. tow truck



B. dump truck



C. milk truck



3. Circle the picture that shows a caring person.

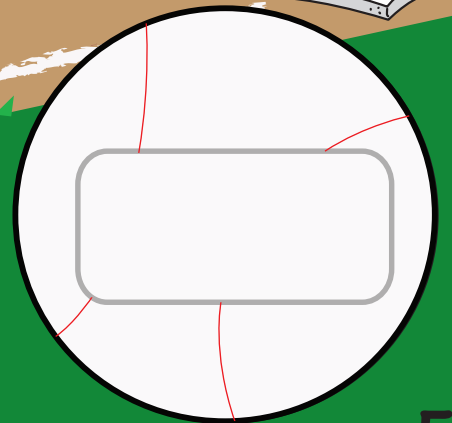
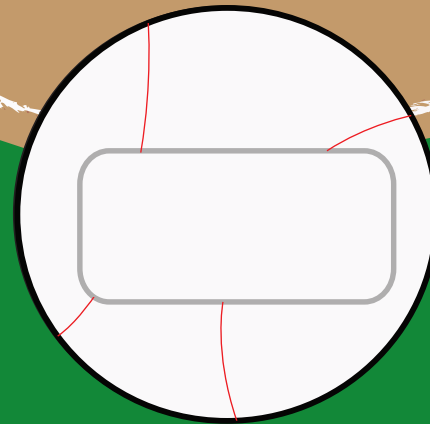
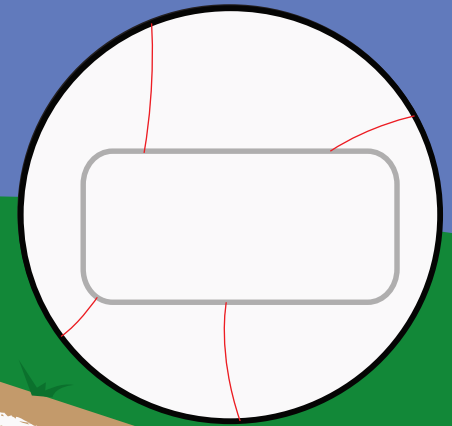
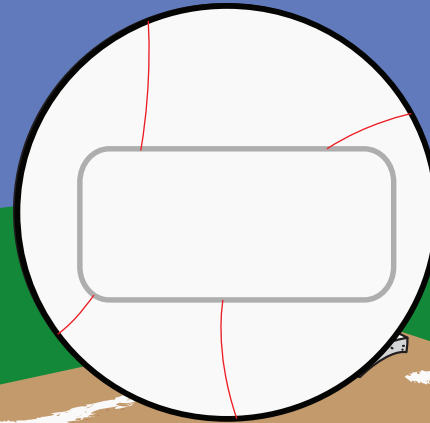
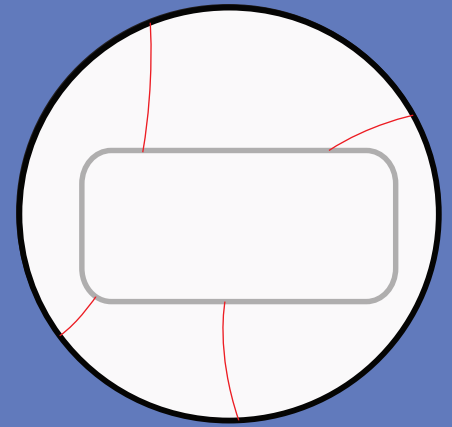
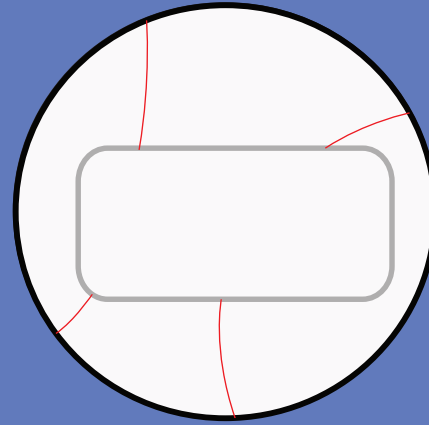


P.E. GANG



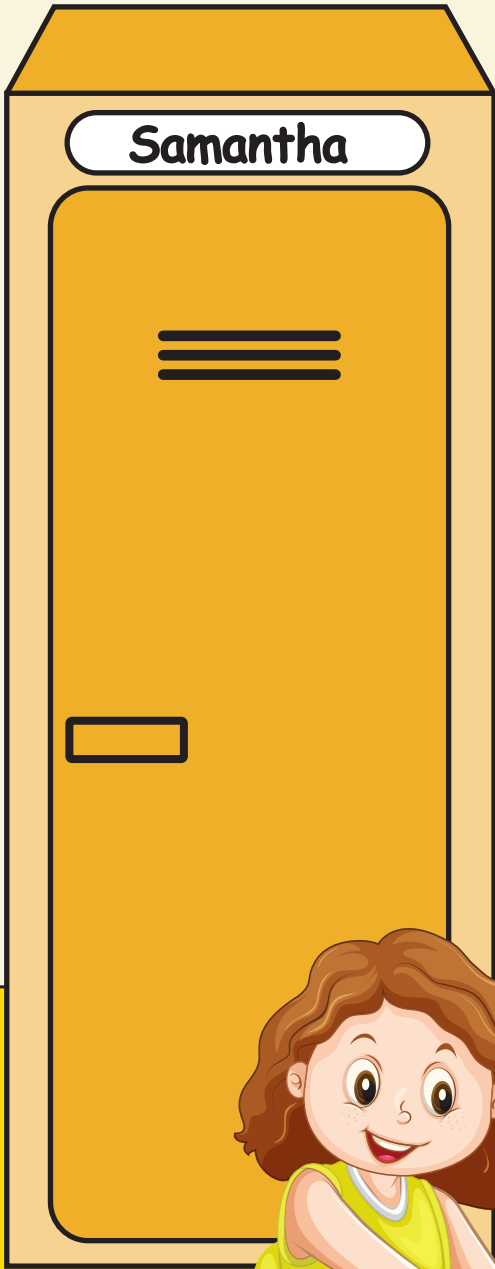
# HOW TO BE A CARING PERSON

**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 says you are showing how to be a caring person. Then, place one of the baseballs on the baseball diamond.



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





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

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

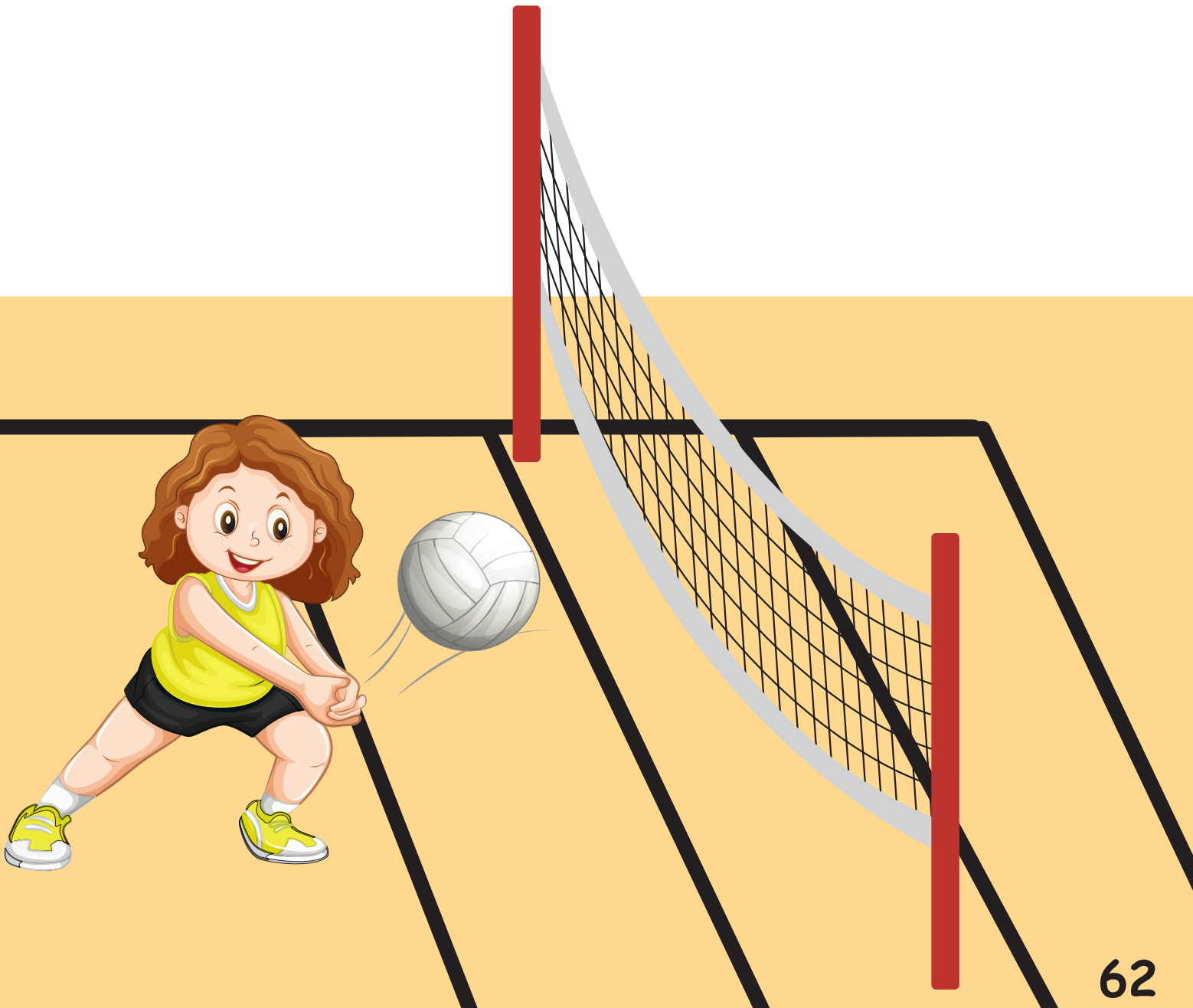


**P.E. GANG**



Congratulations on reading the story about caring, hopefully learned about how important it is to show someone you care.

Our next story is about respect. In this story, a goat named Gilbert is not very well behaved. See what happens when Gilbert starts to understand why it is important to be respectful .



# Gilbert the Goat Learns Respect

by Nancy Battista Morgan  
Illustrated by Holly Bell



Gilbert loved school and his friends. But he didn't always respect others.

When it was time to wash his hands, Gilbert pushed up to the sink so he could be first. His friends said, "Gilbert, please don't do that!"







When Gilbert got excited, he knocked down the blocks. Everyone said, "Gilbert, please don't do that!"



During quiet time, Gilbert was noisy. Everybody said, "Gilbert, please don't do that!"







Gilbert bumped against his friend's paintings while they were drying. His friend said, "Gilbert, please don't do that!"

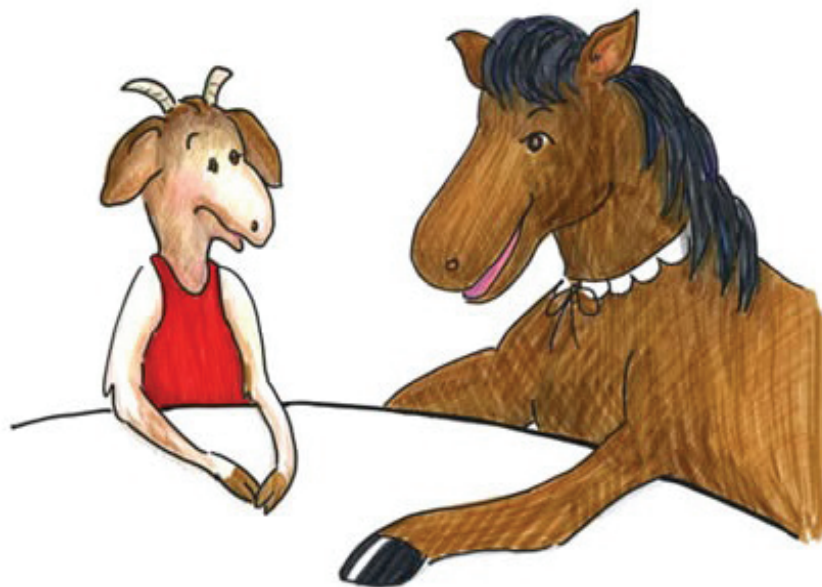


Sometimes Gilbert shouted out in class when it wasn't his turn. The teacher said, "Gilbert, please don't do that!"





At snack time, Gilbert ate the snack, the napkin and the plate. This time, the teacher said, "Gilbert, we need to talk."

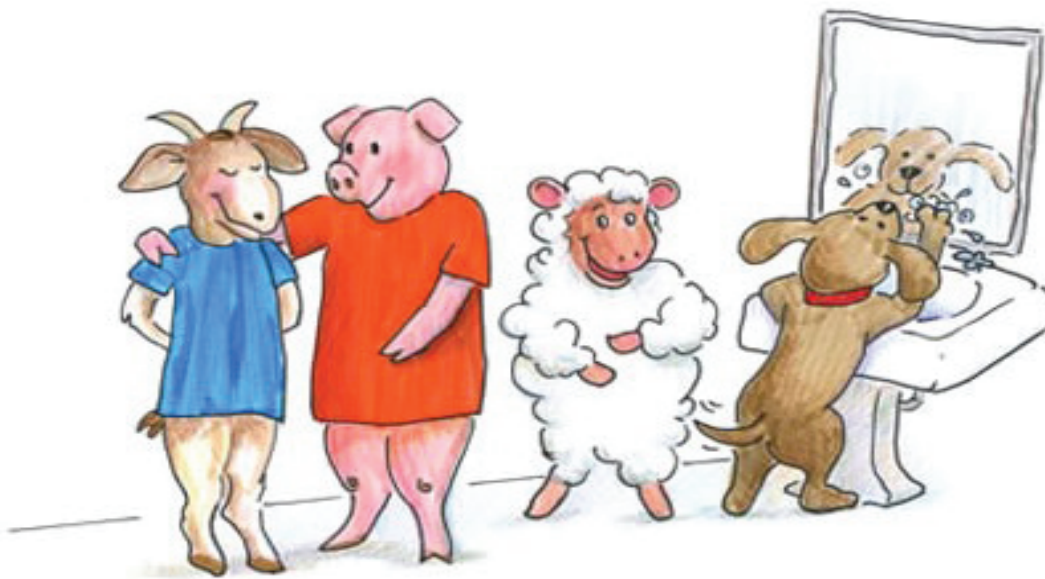


"Gilbert, how would you like it if the other children pushed ahead of you, or knocked down your things, or spoke when it was your turn?"





Gilbert thought about how sometimes he wasn't careful around his friends. He promised he'd try to be more respectful to others and their things.



The next day, when Gilbert came to school, he was very careful. He didn't push, shove, or eat the napkins! Gilbert was very careful and respectful to all his friends. They all said, "Gilbert, that was really nice!"



# 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.



# 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.

A large rectangular box with rounded corners and a double-line border, intended for writing and drawing. At the bottom of the box, there are two horizontal lines for writing.



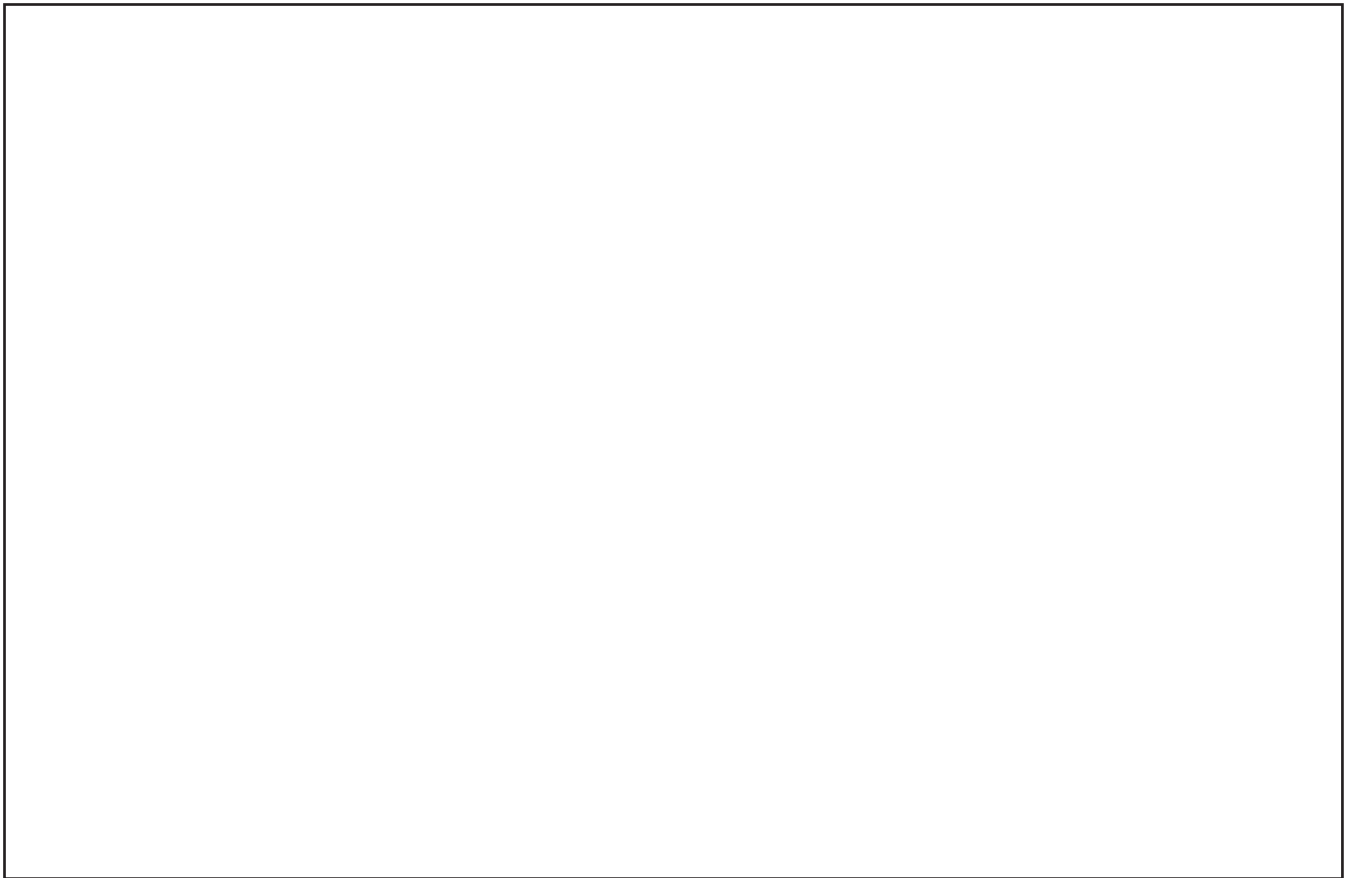


# Story Response

Directions: Answer the questions.



1. Gilbert was not very nice. What did he do to make his friends sad? Draw a picture.



3. Circle the picture that shows respectful kids.

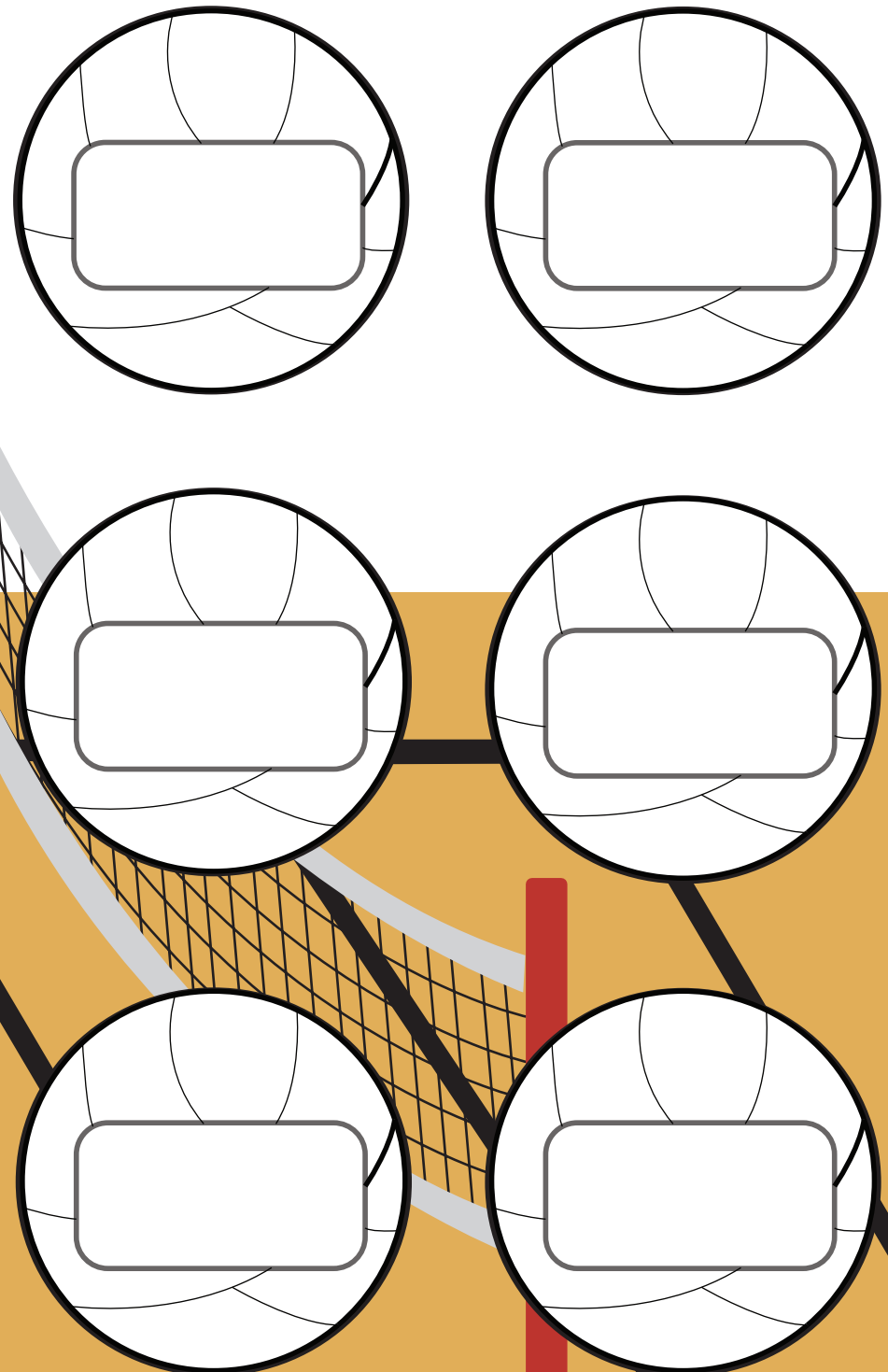


**P.E. GANG**



# 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



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



# Sportsmanship

sports  
ship

\_\_\_\_\_

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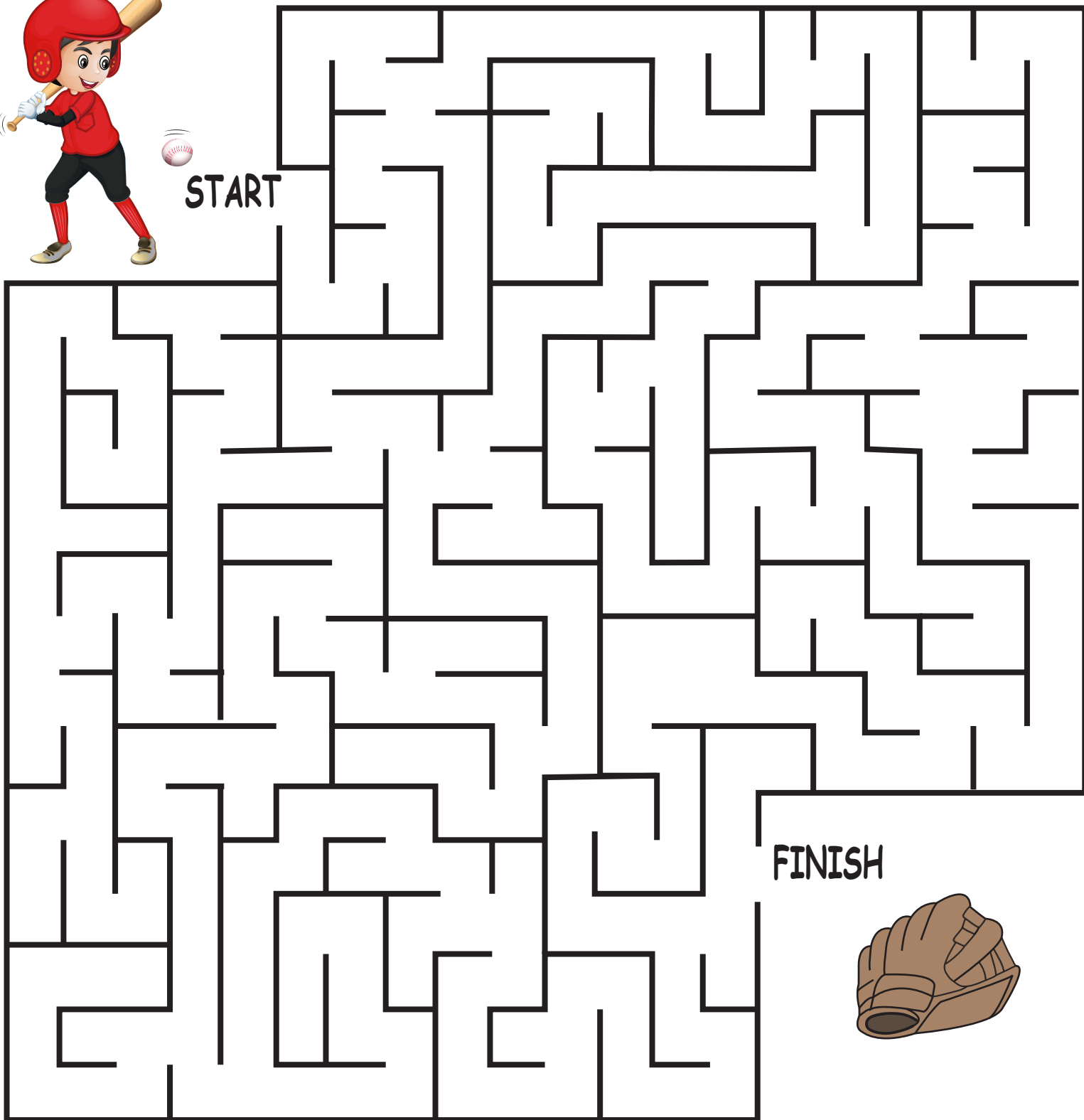
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# Help A.J. find his baseball glove for the big game!



START



FINISH



# 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
- Set goals
- Is thankful
- 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



Month \_\_\_\_\_

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	WEEKLY



# P.E. GANG WEEKLY FITNESS CHALLENGE



Month \_\_\_\_\_

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	WEEKLY