MY HEALTH & WELLNESS WORKBOOK

GRADE 1

"Eat Healthy"



"Drink Plenty of Water"



"Sleep Well"



Wellness tips for Healthy Living!



"Be Caring and Respectful"

"Exercise Regularly"



"Relax your Mind"





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

You will find in here:

★ 1) Places to draw

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- ★ 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) 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.

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- ★
 ★ 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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Three Parts of Wellness

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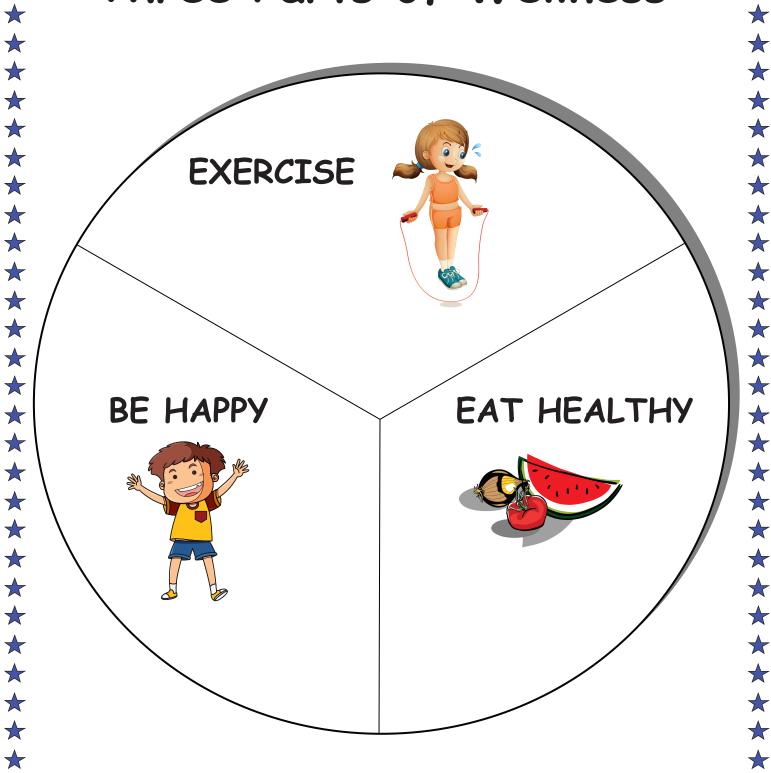
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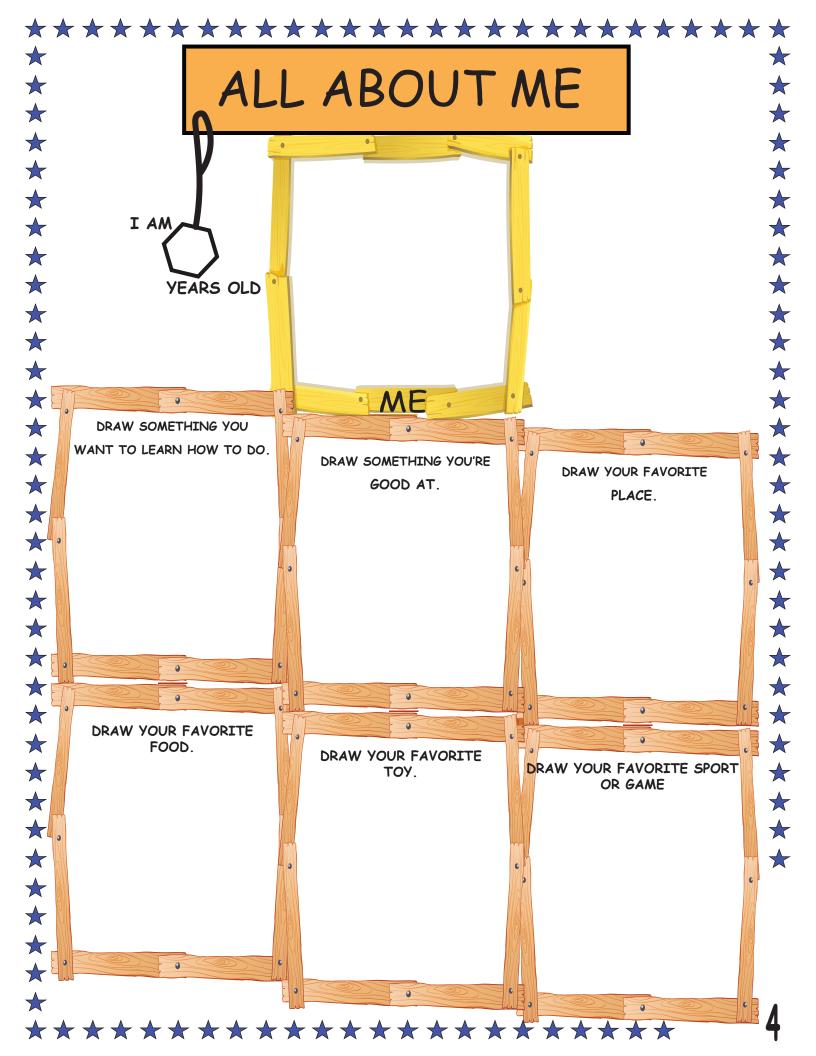
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Color in the three parts of wellness





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★★★	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
★ ★	
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My Wellness Checklist

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Draw a picture of yourself exercising alone.

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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

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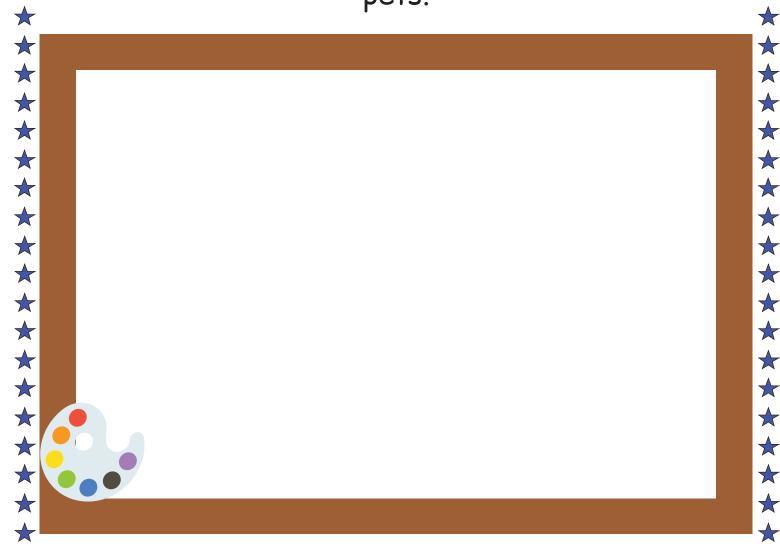
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Draw a picture of you and your family including pets.



★ 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.

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Muscle Strength and Muscle Endurance



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★ 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.

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********* DO YOU UNDERSTAND STRENGTH AND ENDURANCE? TRY THIS CHALLENGE! * Mark: E for Endurance, S for Strength, B for Both 11) Furniture Mover 1) Jogging

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 \bigstar 12) Volleyball 2) Batting a \Rightarrow home run Serve \bigstar

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- \bigstar 3) Swimming ____ 13) Carrying Wood \bigstar
- \bigstar 14) Roller Bladding 4) Throwing a ball *
- \bigstar 5) High Jumper 15) Sit-ups
- 6) Marathon 16) One-mile \Rightarrow Runner \bigstar run
- \Rightarrow 7) Cross-Country 17) Garbage \bigstar collector Sking \bigstar
- \bigstar 8) Opening a pickle ____ 18) Chin-ups \Rightarrow jar \Rightarrow
- 9) Running Soccer ____ 19) Shoveling \Rightarrow Field Snow \bigstar
 - ____ 20) Mailman 10) Riding Bicycle

★ What does AEROBIC mean?

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* 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

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★ What does ANAEROBIC mean?

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* ANAEROBIC means "without air".



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

* 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 right 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 \bigstar

★ 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



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FLEXIBILITY



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

★ 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 right 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?

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 we everyday, before and after you play, your muscles stay long and flexible instead of tight and stiff.

FLEXIBILITY CHALLENGE



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→ 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

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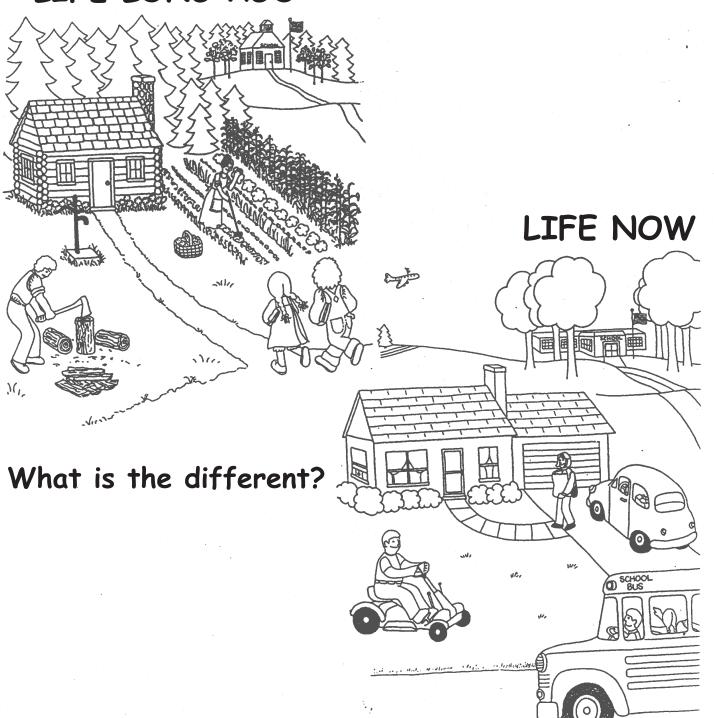
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Do You Know Mistakes Grow Your Brain?

★ 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.

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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.



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"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

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What Else Helps Your Brain Grow?

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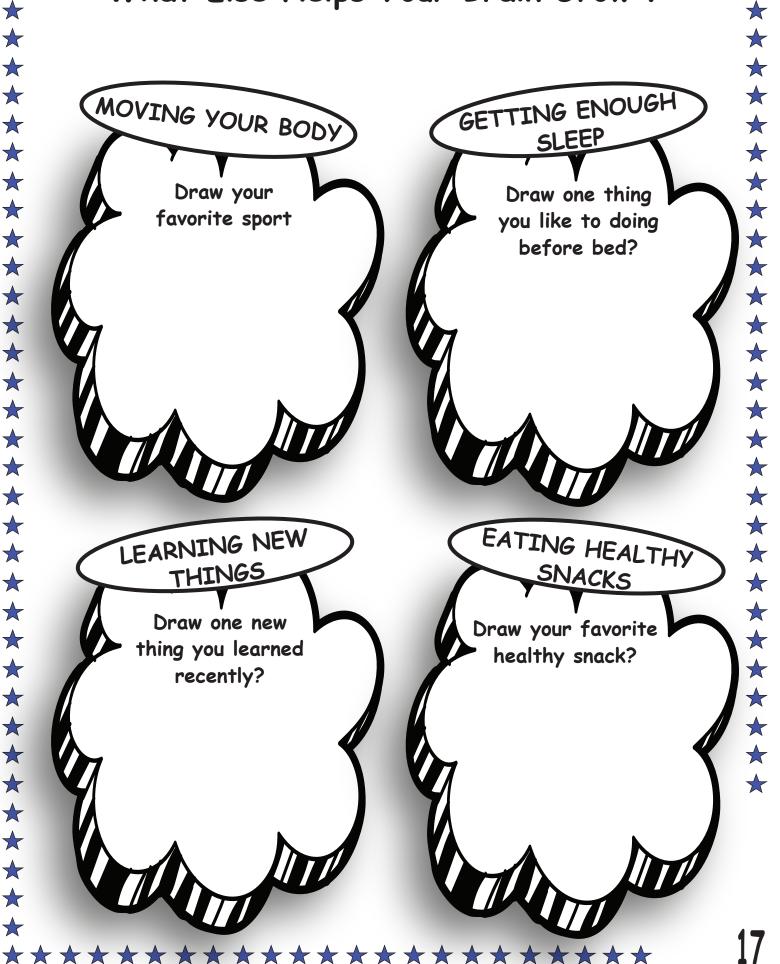
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MyPlate Kids' Place

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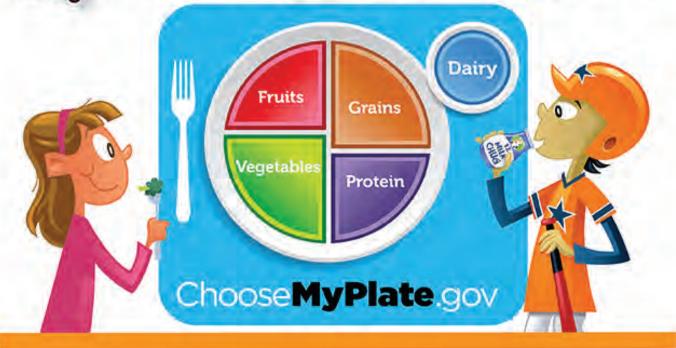
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Draw some foods you enjoy in the correct food group.

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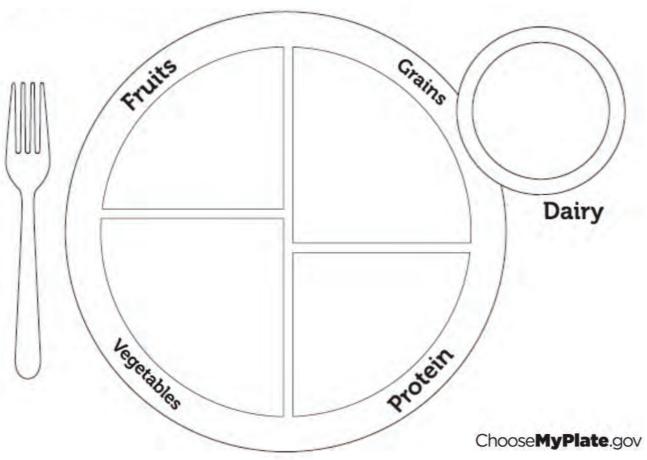
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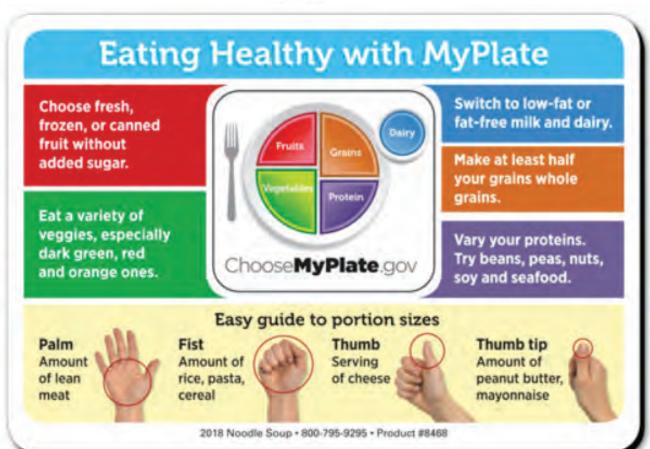
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Fruit and Vegetable Goals

Draw some fruits you would like to try:

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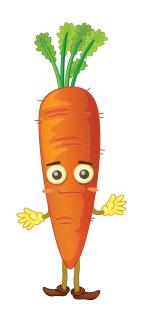
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Draw some vegetables you would like to try:



THINGS TO KNOW ABOUT SUGAR

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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.



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FUN PAGE!!! WHAT AM I?



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★ but not in





* but not in the open you fry.



* A little of me is O.K. for you. \bigstar

Too much hurts your and your too!





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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. 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.



★ (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!



(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

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★ 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?

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PUTTING FUEL INTO YOUR MACHINE

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* 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

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THE BEST WAY TO LOSE UNHEATHY 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'

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be a fit kid

10 tips for being active every day



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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.

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.

7 turn up the music

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

nide 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.

A 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!

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. 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 dags for your family or for your neighbors. Listen to music while you work to keep you going.

o 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 funl Remember to wear your helmet and safety pads.

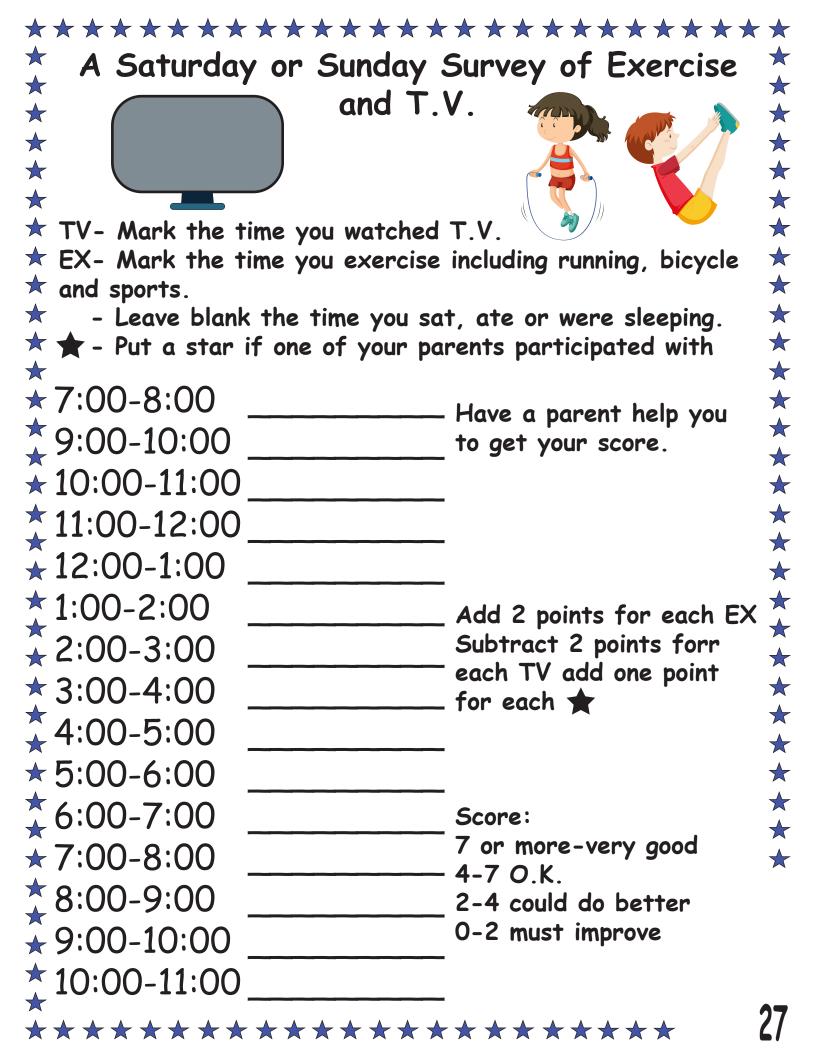
🗻 plant a garden

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. \bigstar Mena \bigstar **★** The day _____ Your name _____ \bigstar * \bigstar **** **BREAKFAST LUNCH AFTERNOON** \bigstar **SNACK** \bigstar \bigstar **EVENING DINNER** \bigstar \bigstar **SNACK** \bigstar * * * * * 26



THINGS TO KNOW ABOUT STRESS



1) When you are upset it is called STRESS.

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- ★ 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.
- \bigstar 4) If you are under STRESS often, it can hurt your heart \bigstar and other parts of your body.
- ★ 5) Here are 3 things to do if you feel STRESS.
- \bigstar A) Talk to your friend, teacher or parent about it, \bigstar 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.

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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.

F H B

★ Have your parents help you score:

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- ★ 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

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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:

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★ 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



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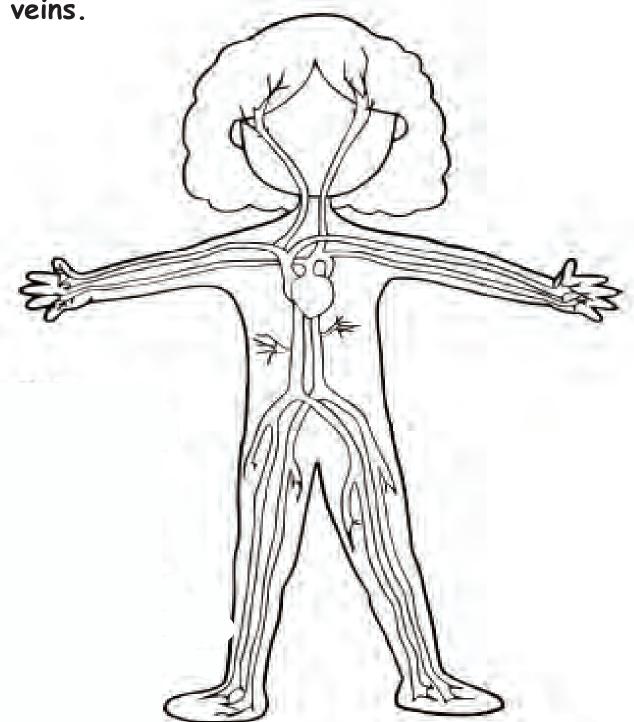
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Color the tubes red.

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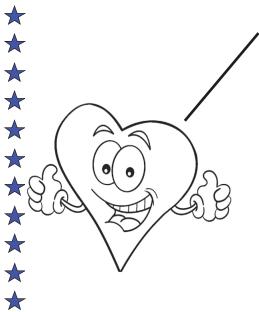
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Foods that Make your Heart Happy and Healthy

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.



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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





FUN FACTS ABOUT THE HEART

• The average heart is the size of a fist in an adult.

cheese hot dog

- Your heart will beat about 115,000 times each day.
- Your heart pumps about 2,000 gallons of blood every day.

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Activities that Make your Heart Strong and Healthy

Some activities give your heart energy and strength. 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.



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runnina watching TV more than 2 hours a day playing on the computer for hours dancing walking P.E. class sports hiking sleeping less then 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





FUN FACTS ABOUT THE HEART

★ • Exercise makes your heart become more efficient and better able to pump blood throughout your body.

skipping breakfast

walking the dog

 Like other muscles, your heart becomes stronger with regular physical activity.

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Our Bodies Were Made to Move!

We All Need It

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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!



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Our Bodies Were Made to Move! Questions

* Trace the answers.

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- 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 Z hours a * day.

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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...











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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.

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H20 is our favorite!

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All About Water In Your Body!





H20 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 "akaline" keeping you healthy!

Fill in the blanks with the missing words below.

- ightharpoonup 1. H20 is another way of saying $ightharpoonup ext{Water}$.
- ★ 2. When you feel thirsty your body might be __dehydnated_.
 - 3. The body is made up of approximately how much water? $\frac{1}{2}$

- $\stackrel{\frown}{+}$ 4. You need to drink about ______ glasses of water each day to stay healthy.
- \bigstar 5. Lettuce is a food with lots of water in it.

dehydrated lettuce 8 water 75%

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

The "P.E. Gang Fitnes Challenge" is open to all students in Kindergarten through 5th grade. We are also encouraging all family members to participtate 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 nd 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!



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LETS GET FIT TOGETHER!

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★★★

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/	10 points
	Basketball/Hockey/Softball/Tennis	
	H. Jump rope	10 points
X	I. Hopscotch	10 points
★	I. Hopscotch J. Tag/Manhunt	10 points
*	K. Dancing	10 points
\bigstar	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/Runnning/ (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
\checkmark	<i>5</i>	1

U. Swingset/Playground

5 points

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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!

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



SUPERHERO LEVEL any number over 150 points



OUTSTANDING LEVEL 100 to 145 points



GOOD JOB LEVEL 50 to 95 points



LITTLE MORE EFFORT LEVEL 0 to 45 points

SPORTS CHALLENGES



HOCKEY

50 JOBS!

50 JOBS!

Dribble 10 times with right hand -Stickhandle in place for 10 seconds Dribble 10 times with left hand -Stickhandle while moving for 10 -Dribble 10 times while alternating seconds

WITH A PARTNER (10' away) -Make 10 forehand passes to partner -Make 10 backhand passes to partner -Stickhandle ground partner 10 times (keep head up!)

50 JOBS!

SOCCER

-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

-Jog in place for 10 seconds, carrying

WITH A PARTNER

-Center football 10x's to partner

Throw/catch football 10x's to partner

-Jog around partner with football 10x's

football in right hand

football in left hand

VOLLEYBALL

50 JOBS!

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

WITH A PARTNER (10' away) -Make 10 set passes to partner 10x's -Make 10 forearm passes to partner 10x's

BASEBAL

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.

WITH A PARTNER (10' away)

-Make 10 chess passes to partner

-Make 10 bounce passes to

hands

partner

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 soocer 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

Shawdow a partner dribbling a soccer ball. seconds and repeat 3

Find a partner. Use an empty plastic bottle as a pin and agree on a challenge, like 10 jumping iacks. 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 towe 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.

Swictch after 30

times!

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

Pick a sport. Organize a family game!

BASKETBALL CHALLENGE!

WITH A PARTNER (20' gwgy) 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' gwgy) Partners must be standing behind a line. On the ao 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' gwgy) 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

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 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?

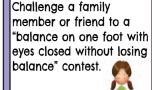
What time is it?
Perform a jumping
jack for each
minute after the hour.
For example, 8:35 - 35
jumping jacks.

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?



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



P.E. GANG WEEKLY FITNESS CHALLENGE

10nth

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	WEEKLY



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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

PE GANG

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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.

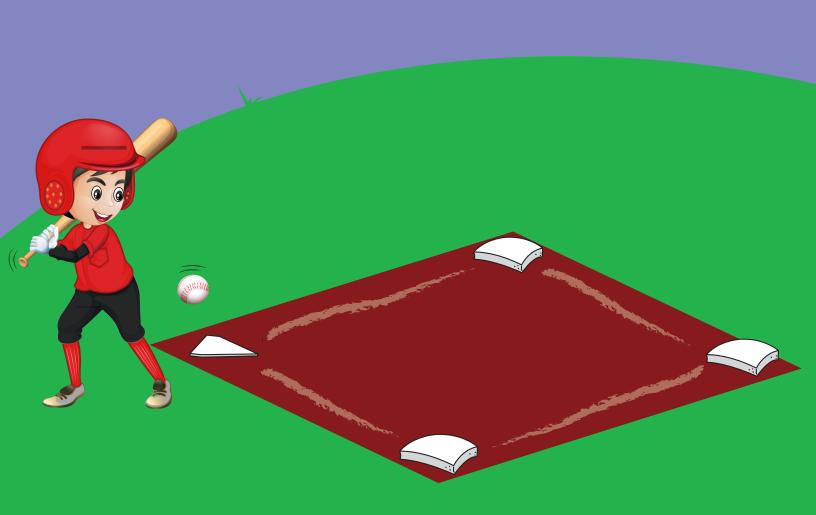




Hello! My name is A.J. and I am a member of the P.E. Gang. P.E. stands for physical education (which just so happens to be my favorite class in school!).

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.

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





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

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

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



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

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



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

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



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

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



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

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



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

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



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

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- 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!



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Think and Talk

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What is Caring? How did Aladdin show caring? Directions: Draw a picture representing a time in your life when you showed kindness. Label the parts of your picture.

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Story Response

1. Complete the chart with story details.



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

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







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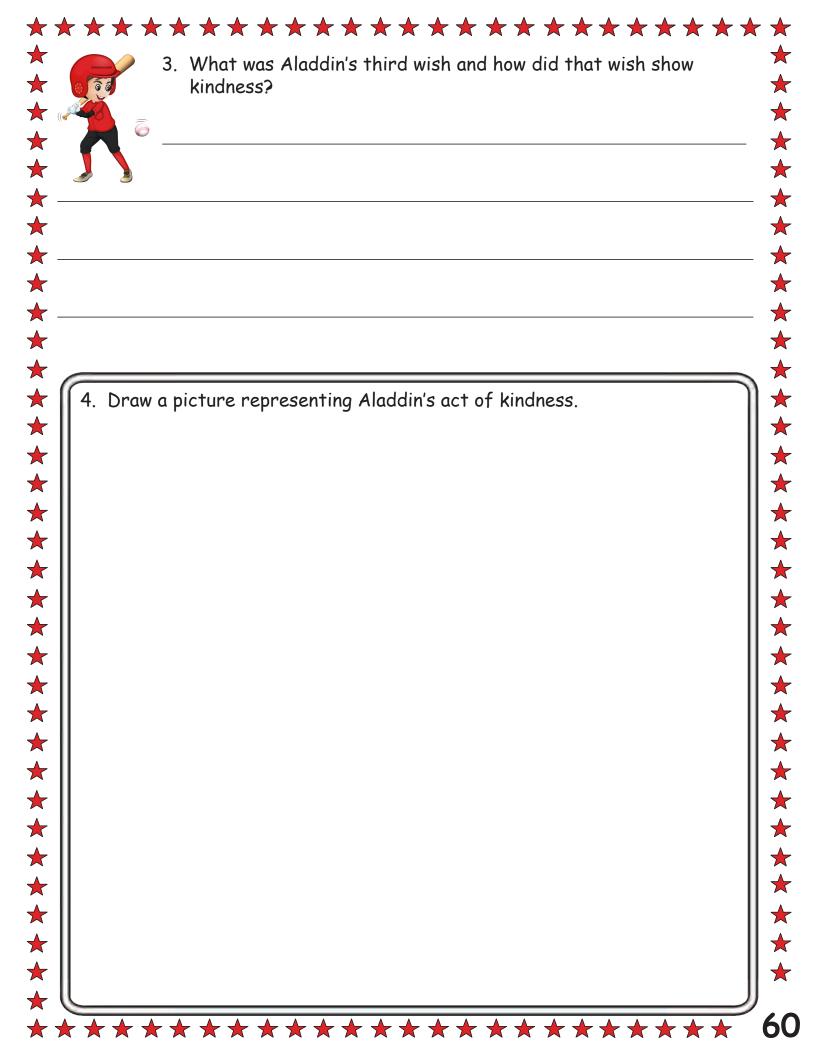
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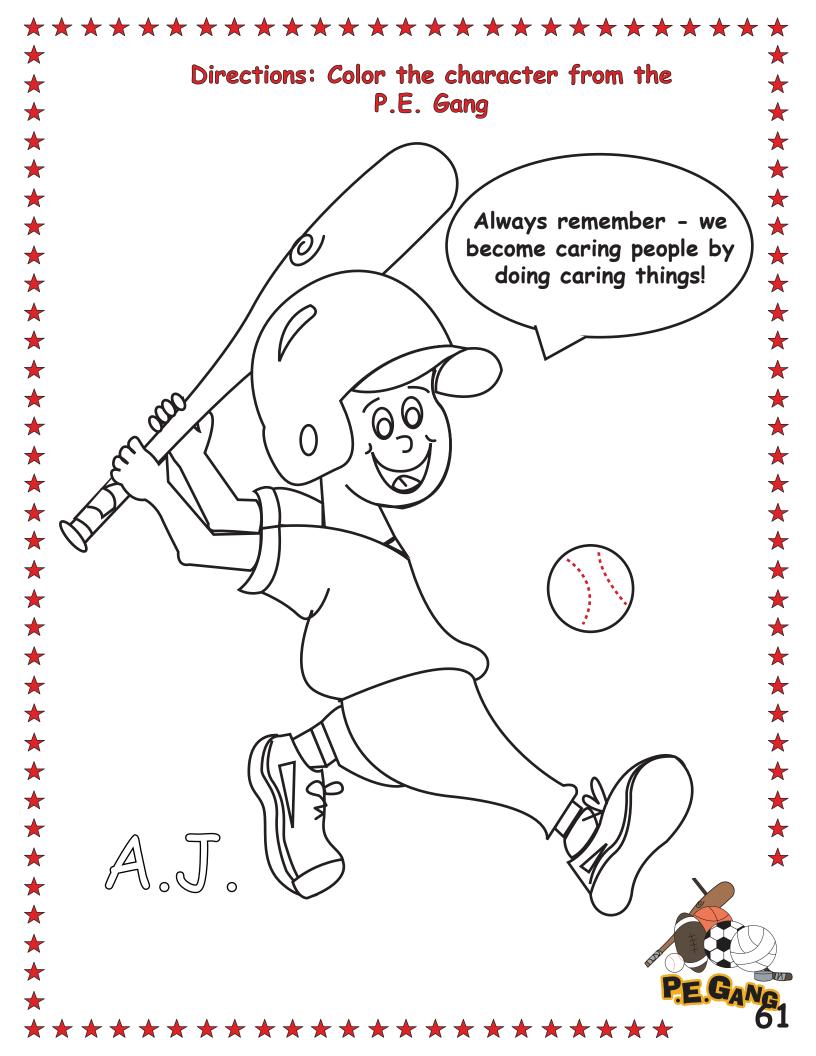
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Hey there, it's me Samantha. All my friends call me "Slammin Sammie" because my favorite sport is volleyball. Mr. Fitter taught us the underhand serve, the forearm pass and how to set the ball.

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.













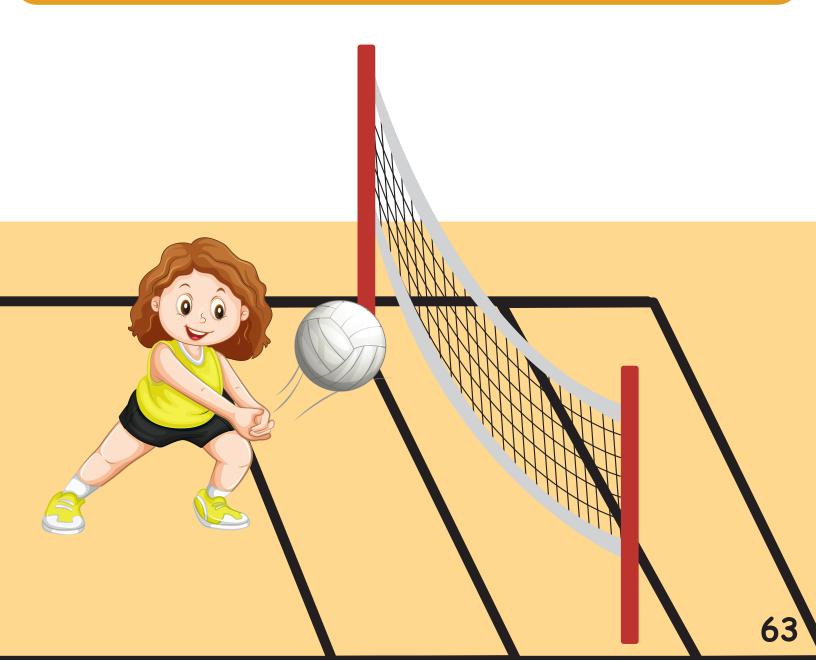






Congratulations on completing the first level of the P.E. Gang! You have hopefully learned about how important it is to show someone you care.

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



CHESTER'S WAY

by Kevin Henkes

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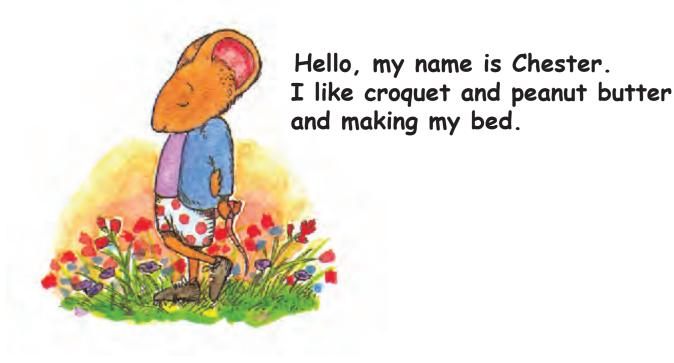
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CHESTER had his own way of doing things....

He always cut his sandwiches diagonally.

He always got out of bed on the same side.

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

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

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





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

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

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





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

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

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

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"Me either," said Wilson's father.





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

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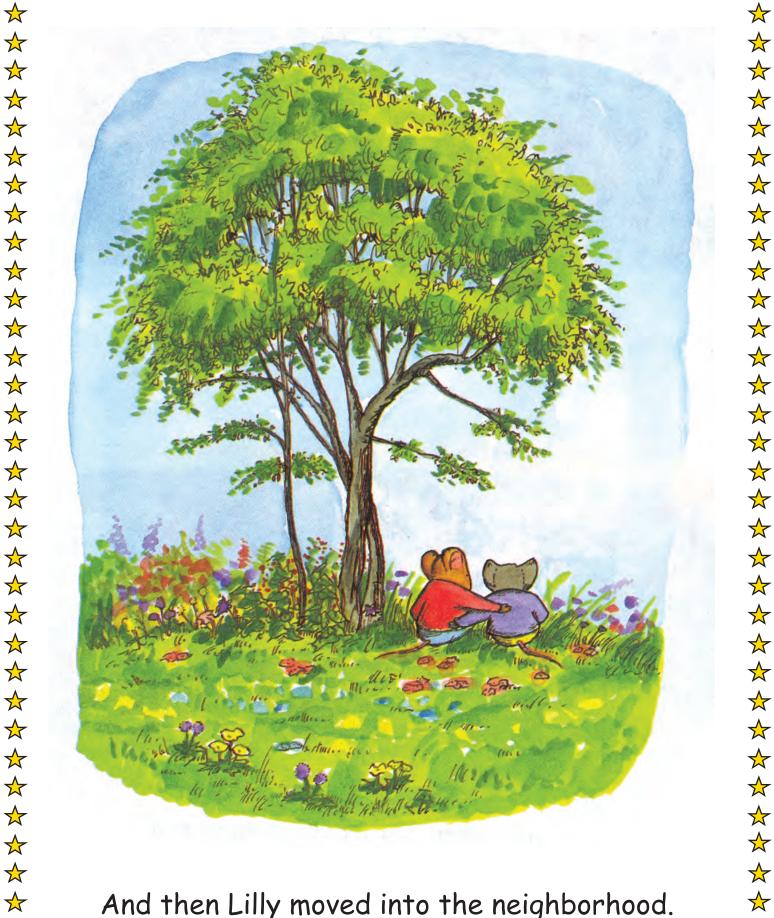
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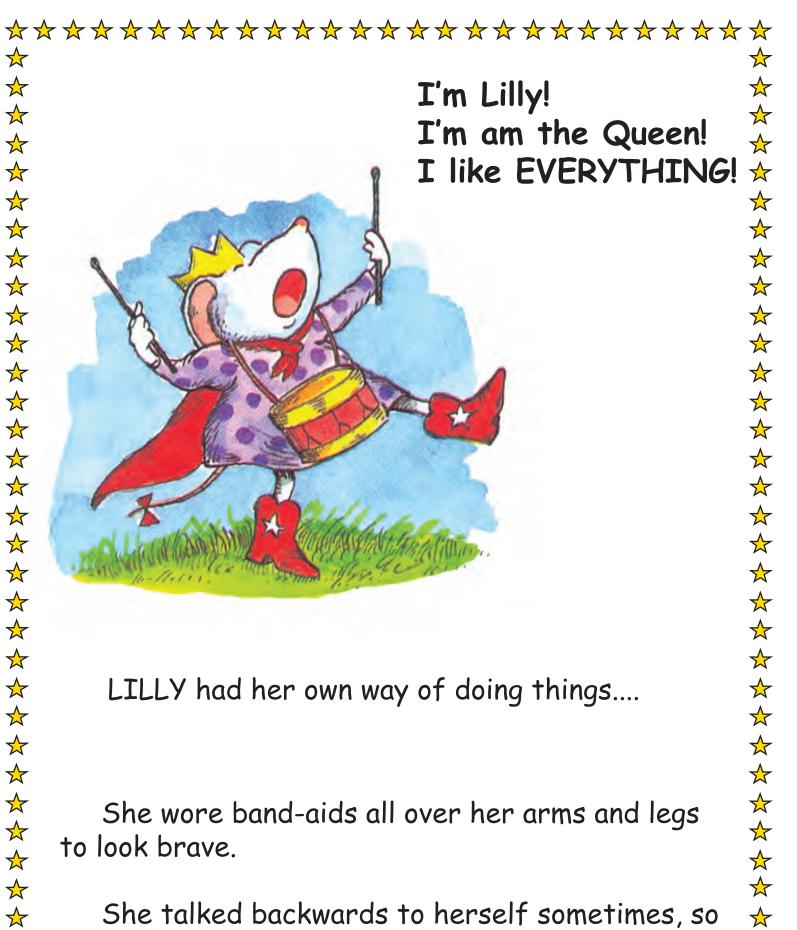
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And then Lilly moved into the neighborhood.

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

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

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

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





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

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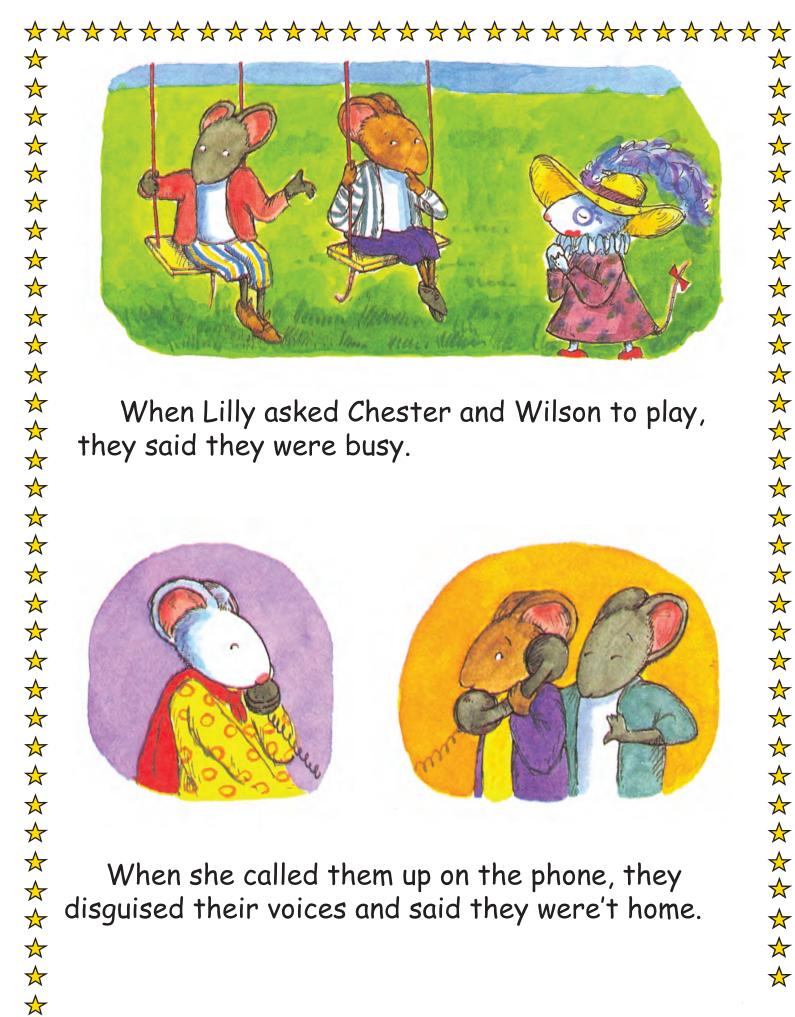
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One day, while Chester and Wilson were practicing their hand signals, some older boys rode by, popping wheelies. They circled Chester and Wilson and yelled personal remarks..



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

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

"Of course," the cat replied.

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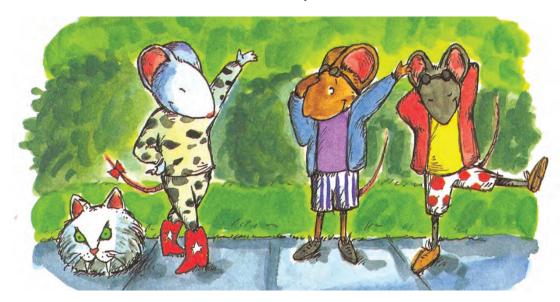
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"Thank you, Lilly," said Chester.

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

"Thank you, Lilly," said Wilson.

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

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

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

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

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

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





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

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



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



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

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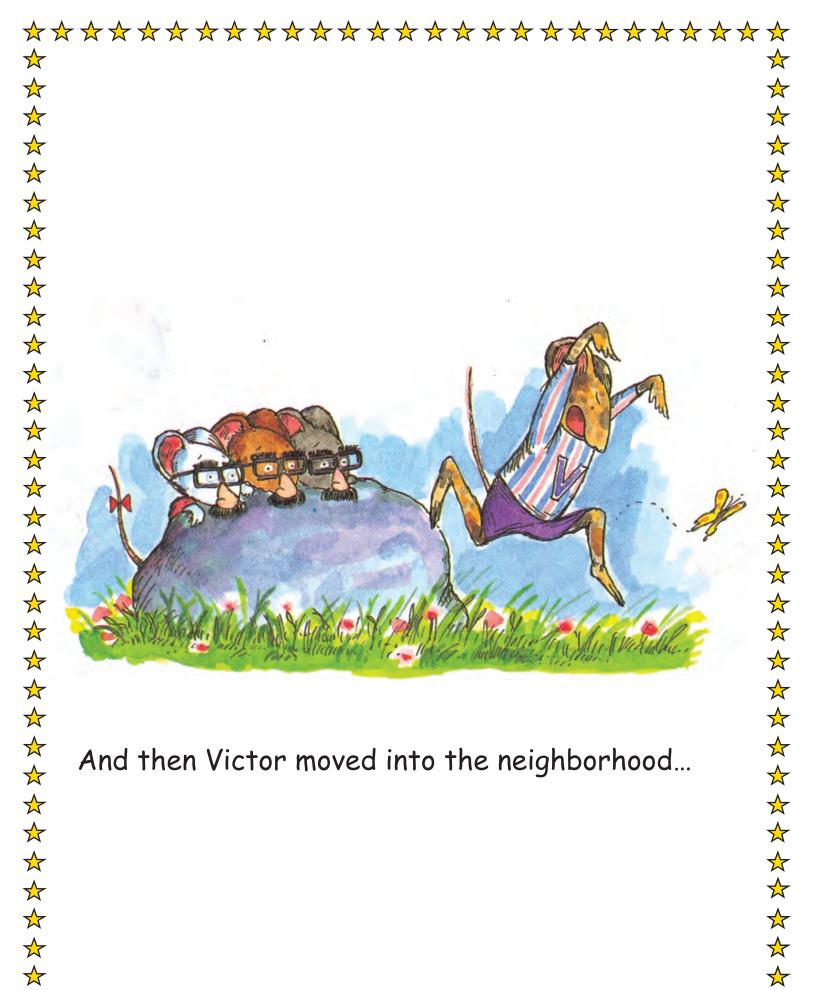
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HOW TO SHOW YOU ARE A RESPECTFUL PERSON

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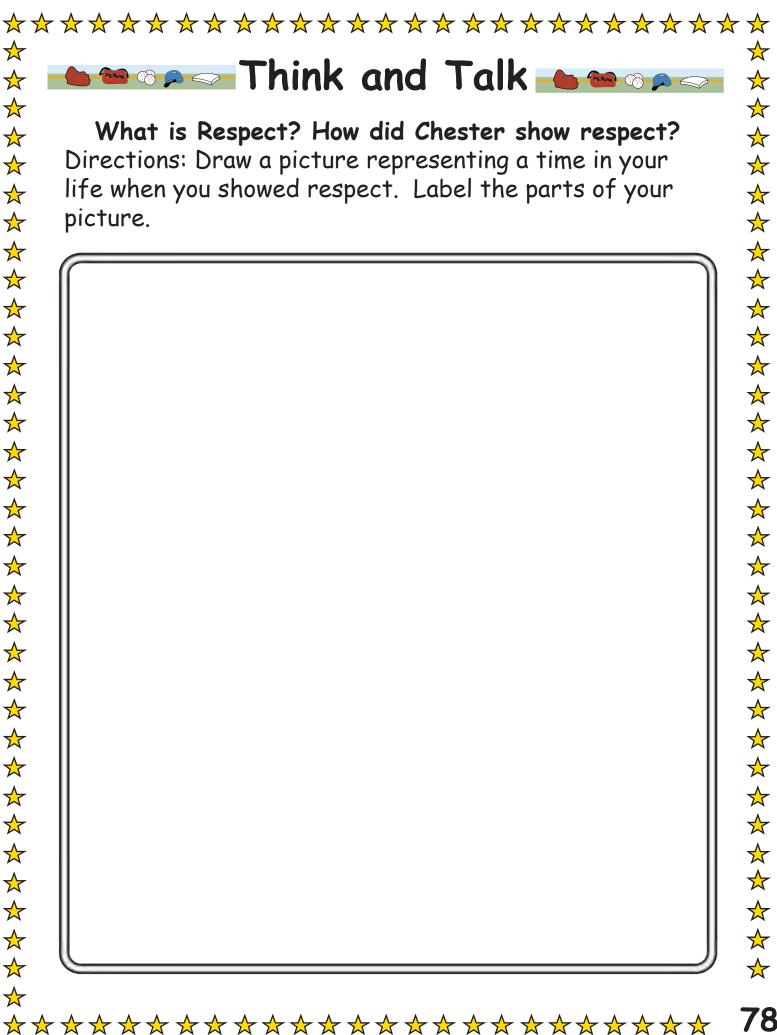
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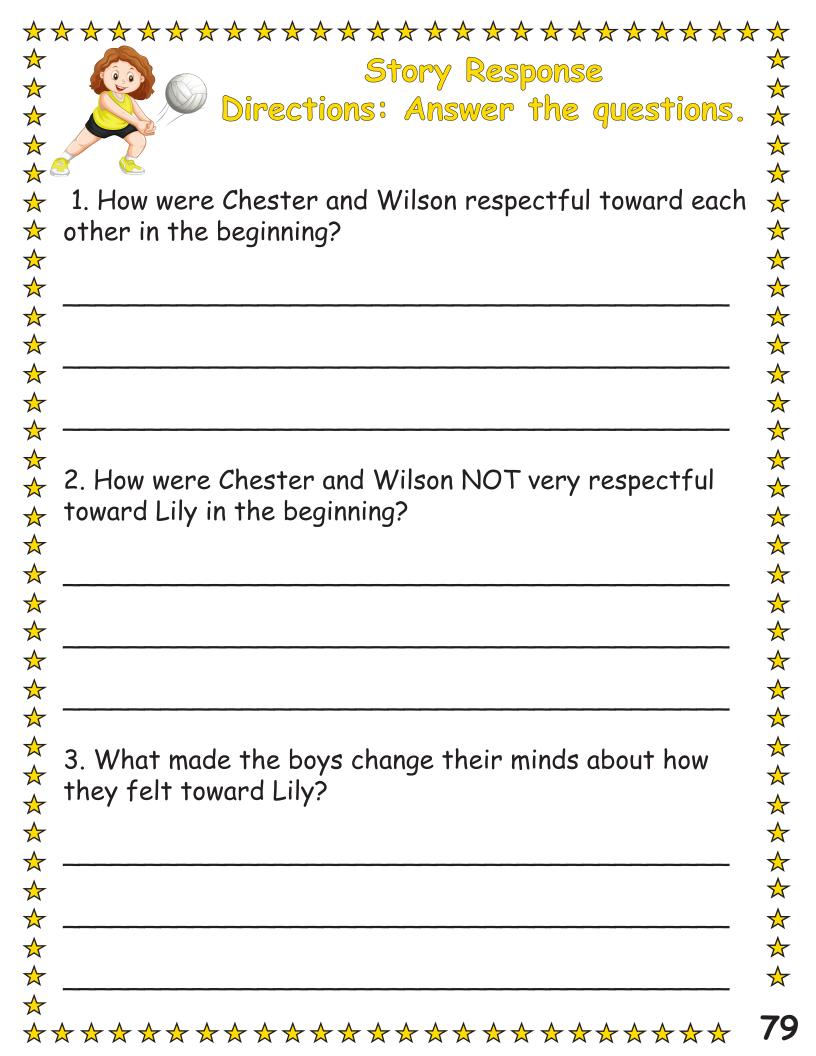
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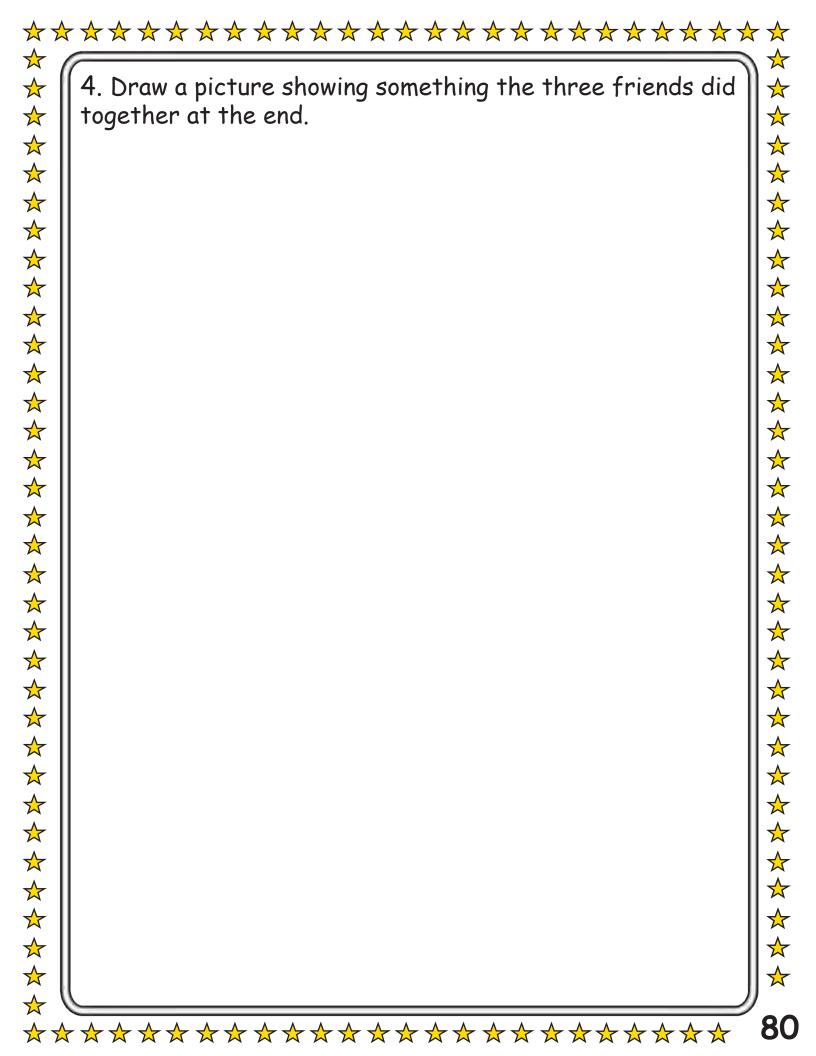
 $\stackrel{\wedge}{\longrightarrow}$

 $\frac{1}{\sqrt{2}}$

- 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.





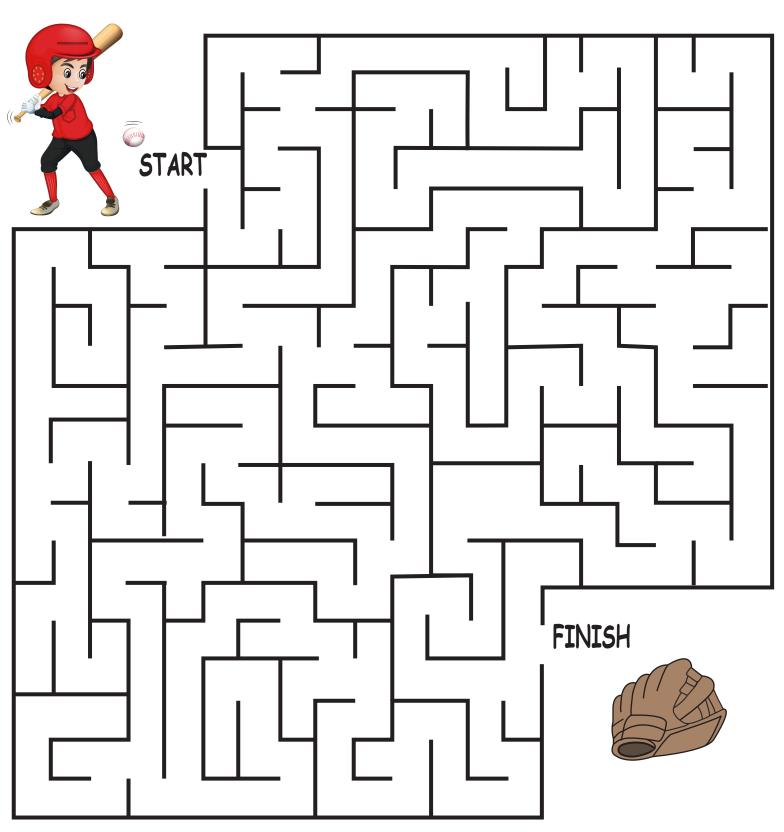




How many new words can you make with the letters used in sportsmanship?

S	ortsmanship			
sports				
<u>sports</u> <u>ship</u>				

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



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"
 - Being a bragger
- Criticize others
 - 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