

CHARACTER EDUCATION

with the P.E. GANG

GRADE
K



FAIRNESS

TRUSTWORTHINESS

RESPONSIBILITY

CARING

RESPECT

CITIZENSHIP



Name _____



Sam

A.J.

Katherine

Casey

Matthew

Jimmy

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

Learn more about the P.E. Gang by logging on to our web site: www.pegang.com








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



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



HOW TO SHOW YOU ARE A SAFE PERSON

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



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.

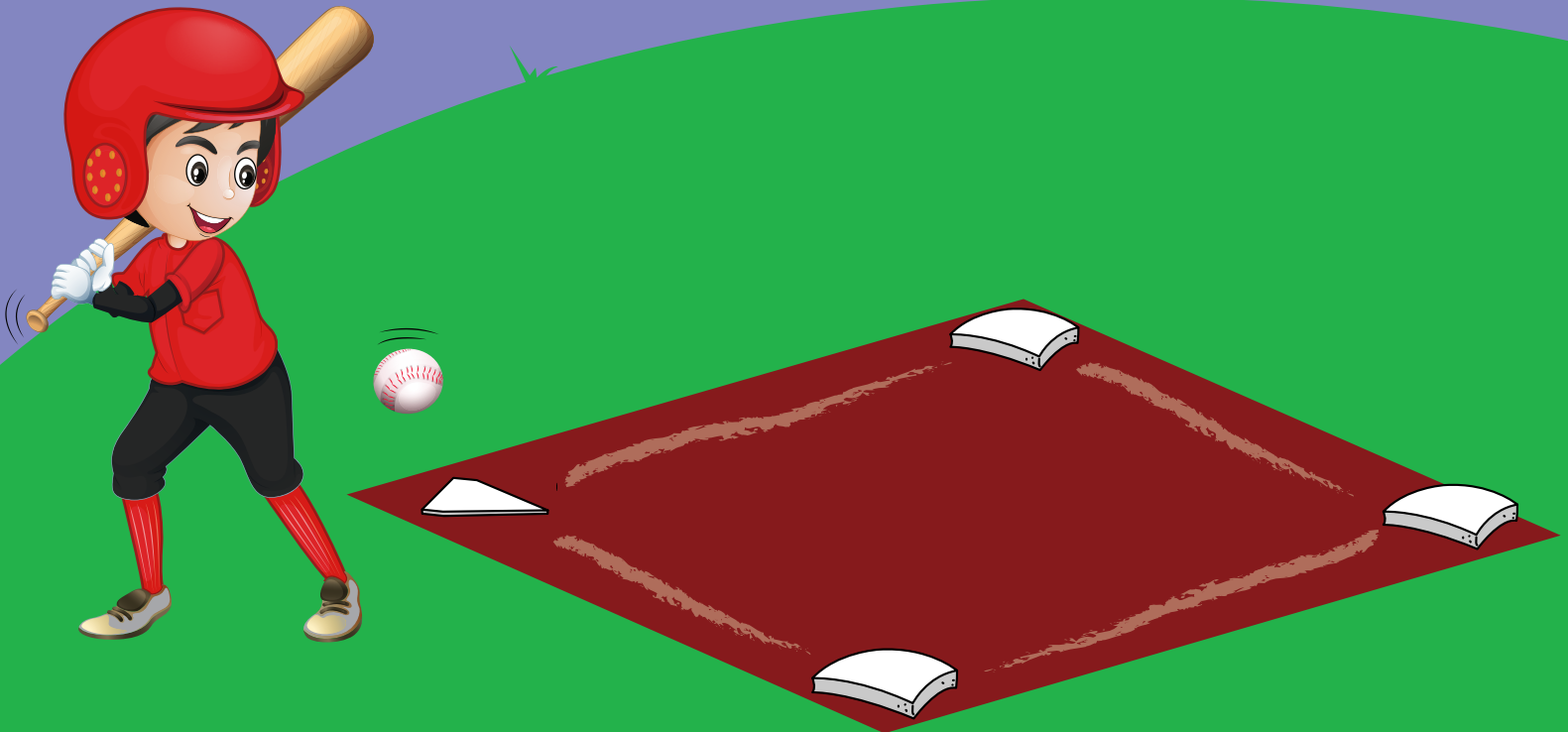


P.E. GANG



To be a member of the P.E. Gang, all you have to do is read the stories, and with the help of your teacher, complete the activities.

Our 1st story is about caring. Our classroom teacher, 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.

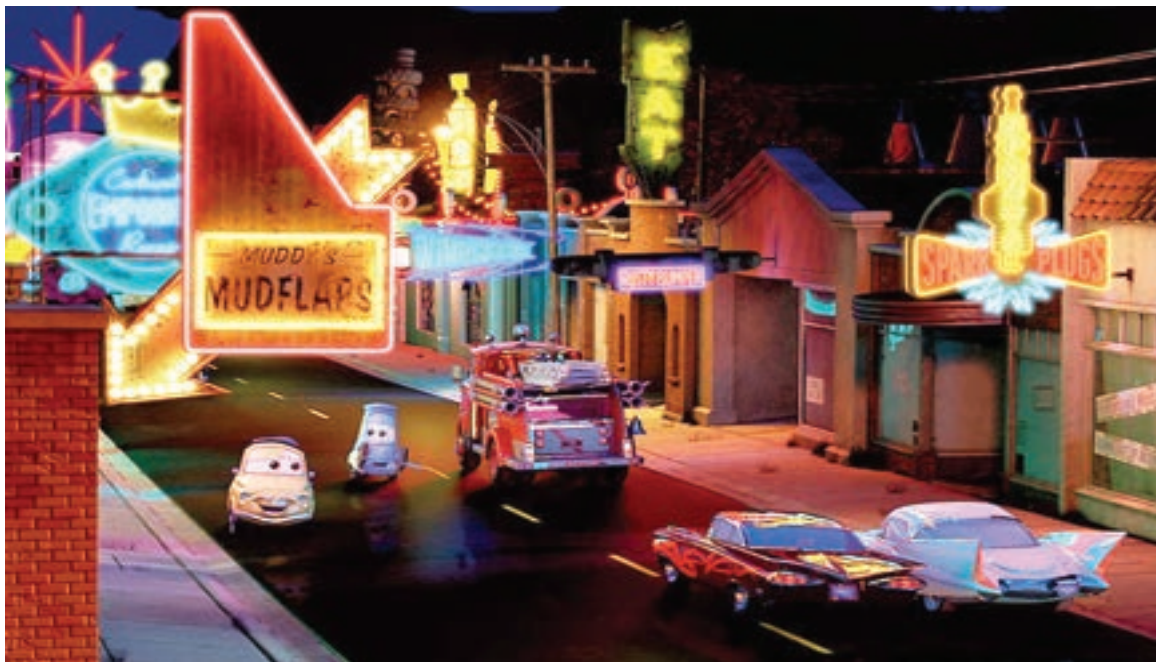


He wanted one thing - to win the big race!





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

- ① Help people in need.
- ① Never be mean or hurtful.
- ① Think about other people's feelings.
- ① Think about how your actions will affect others.
- ① Remember - you become a caring person by doing caring things!

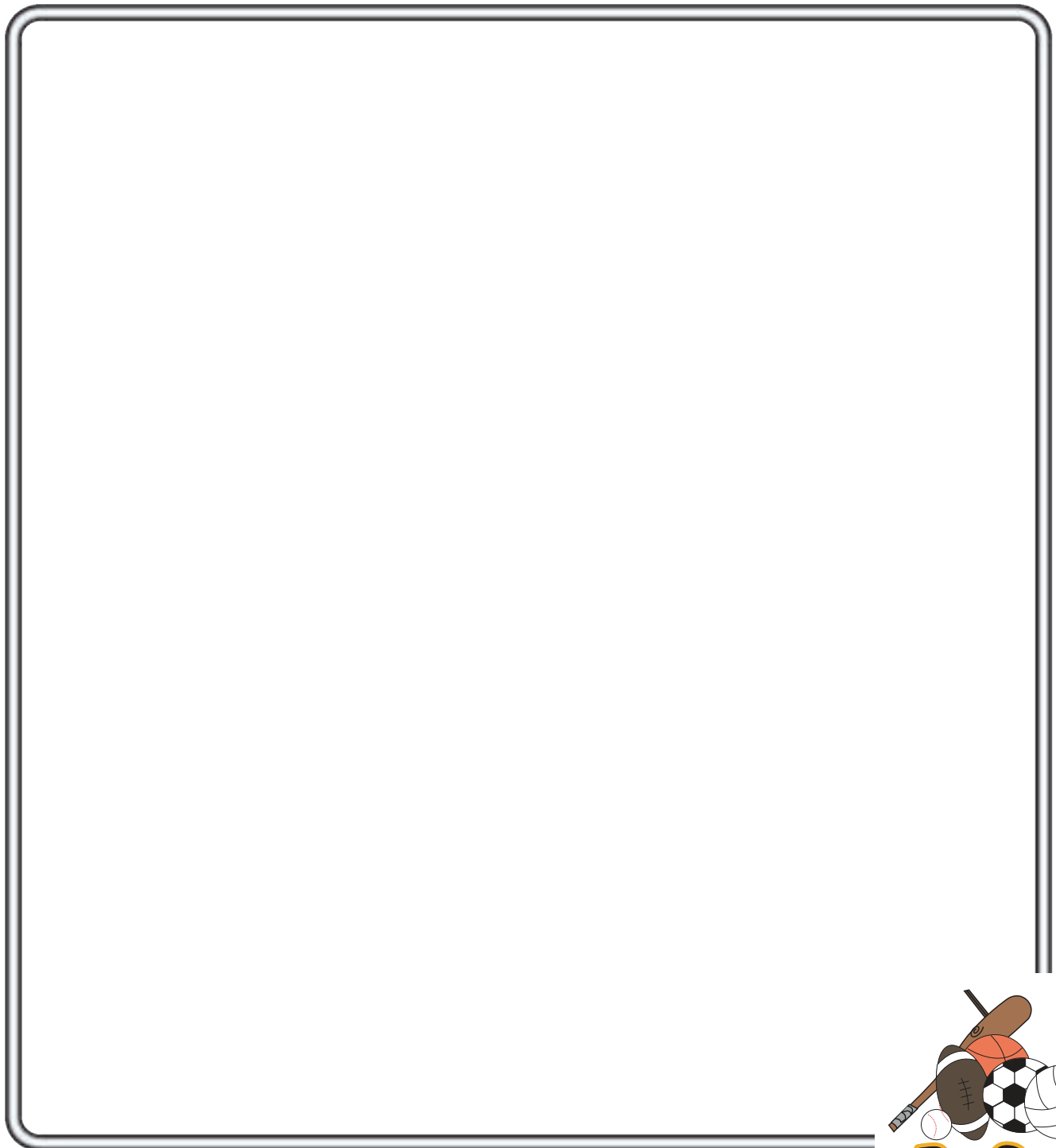




Think and Talk

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

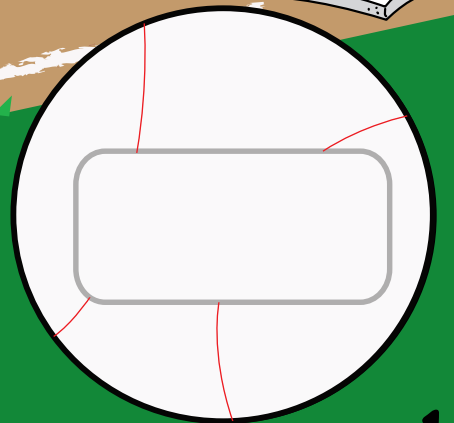
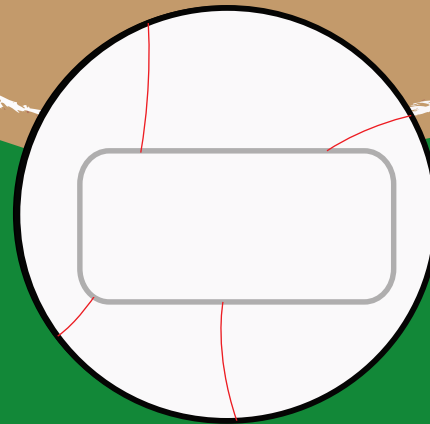
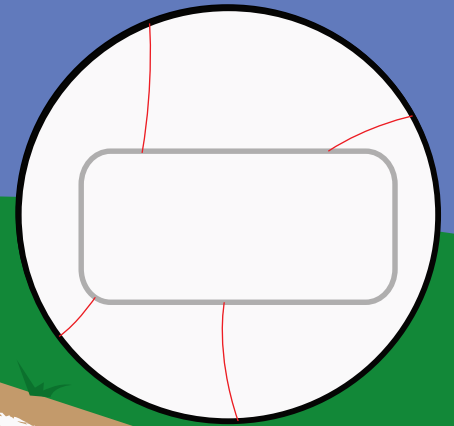
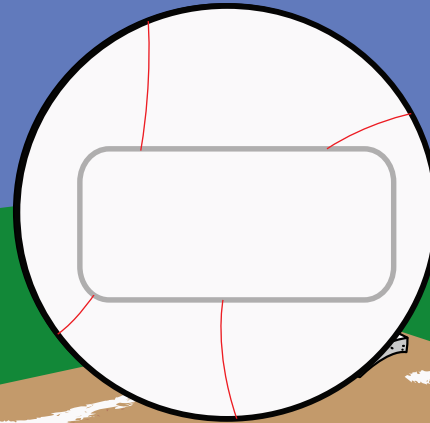
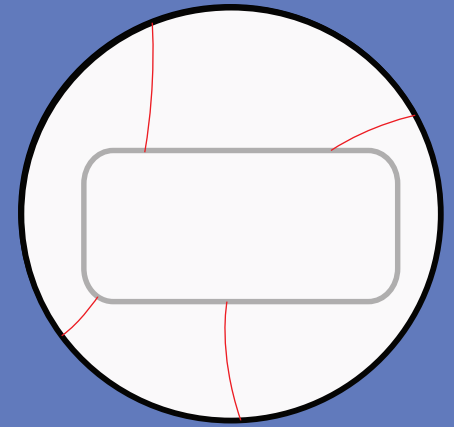
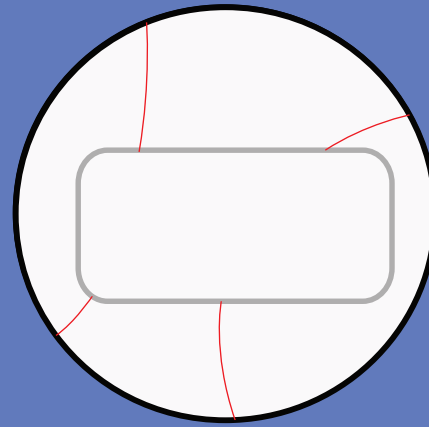


3. Circle the picture that shows a caring person.



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.

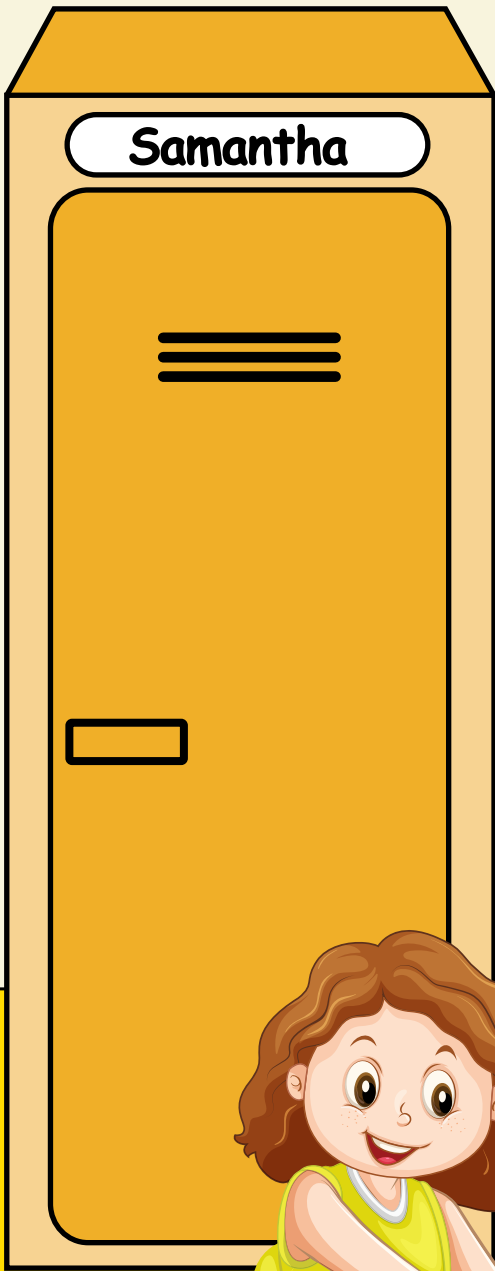


Directions: Color the character from the
P.E. Gang



A.J.





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

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

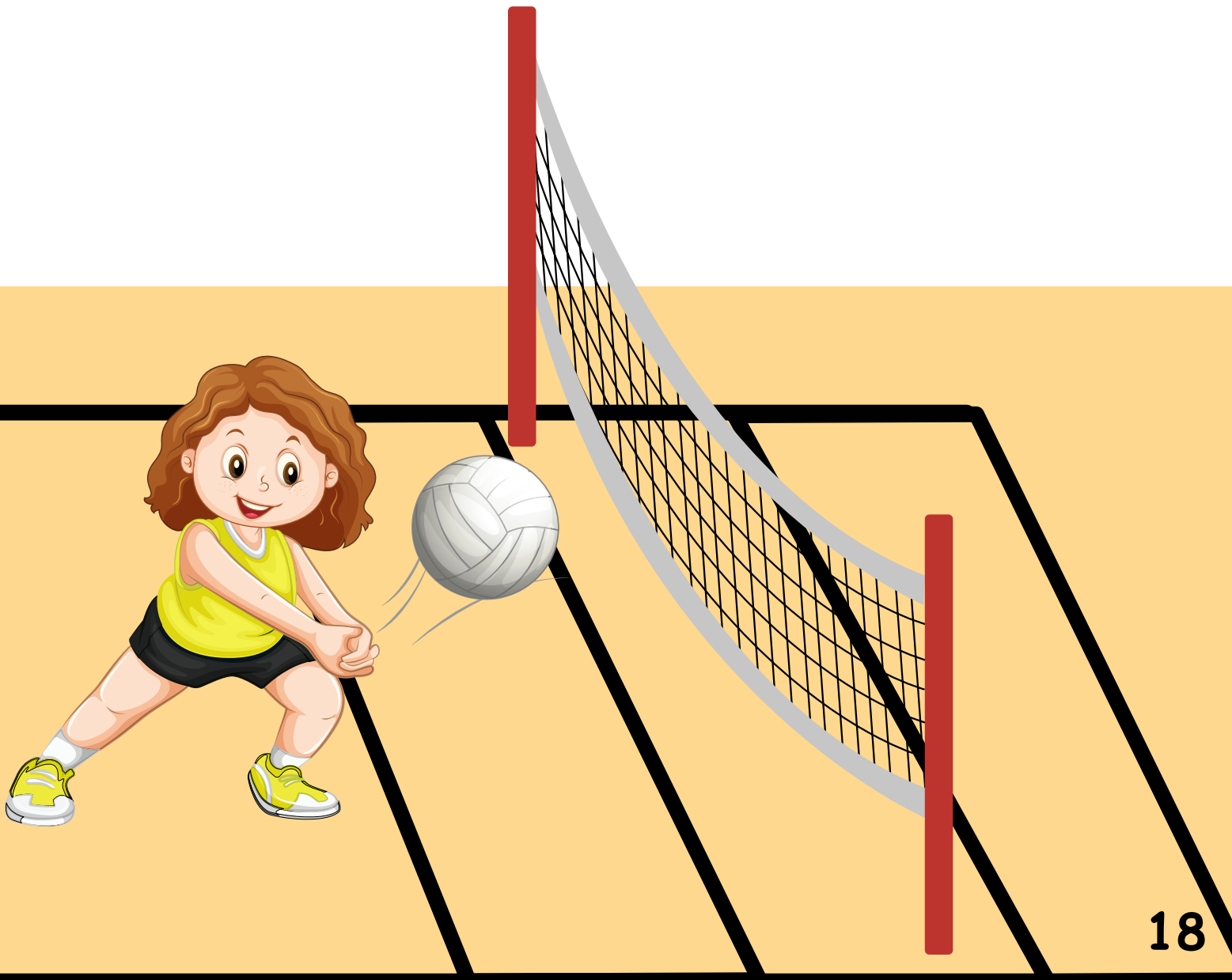


P.E. GANG



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

Our next story is about respect. In this story, a 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.



P.E. GANG

Story Response

Directions: Answer the questions.



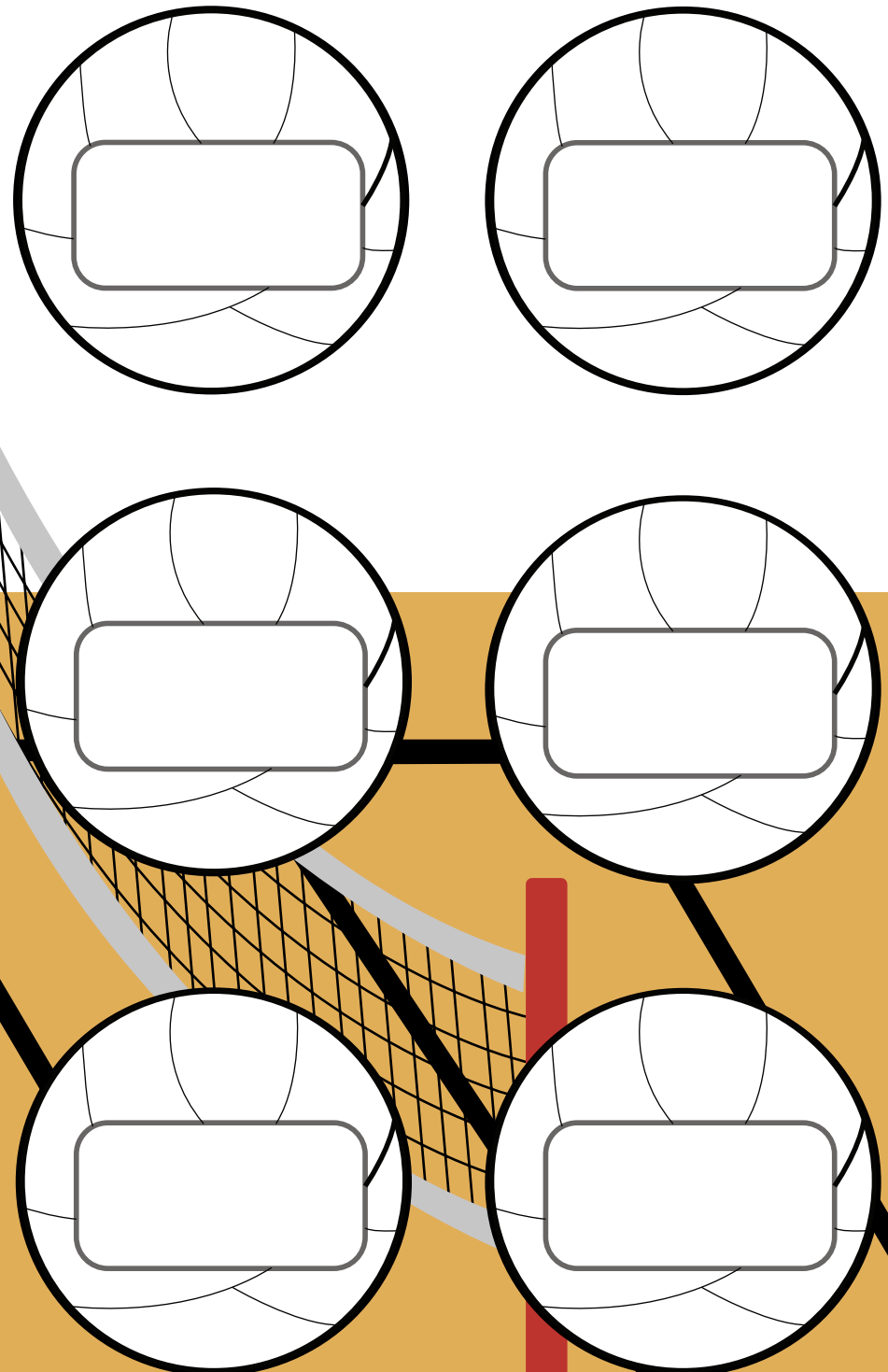
1. Gilbert was not very nice. What did he do to make his friends sad? Draw a picture.

3. Circle the picture that shows respectful kids.



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.



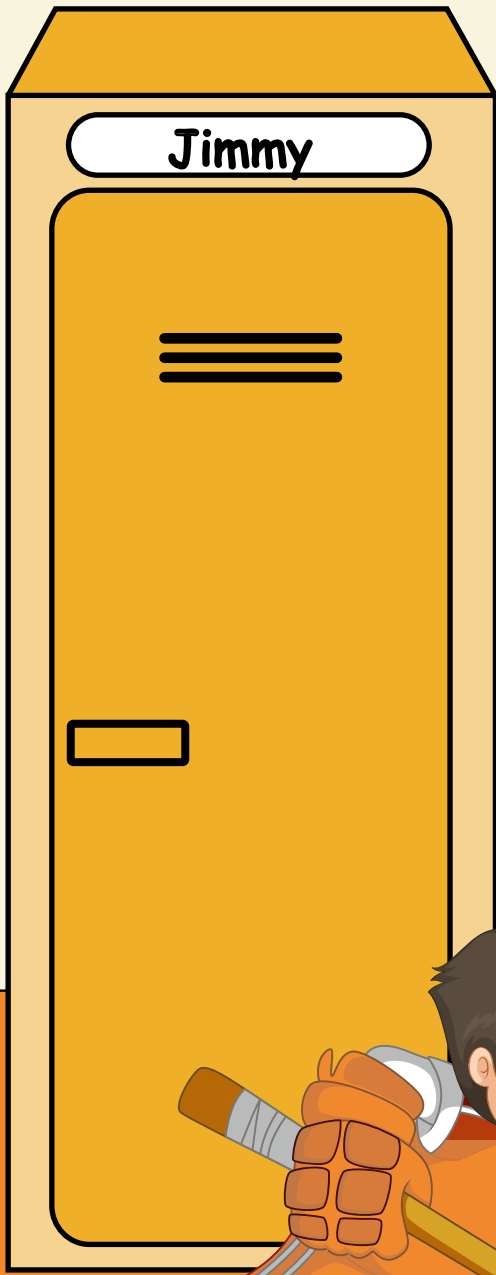
Directions: Color the character from the P.E. Gang



Treat people the way you want to be treated!

Sam





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

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



P.E. GANG



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

Our next story is about fairness. Woody is Andy's favorite toy. But, when Buzz Lightyear, a space-ranger, takes Woody's place as Andy's favorite toy, Woody doesn't like the situation and gets very jealous. Woody gets in a fight with Buzz Lightyear and tries to get rid of him. Woody is not being very nice or fair to Andy's new toy.



Disney · PIXAR
TOY
STORY



Andy was a young boy with a big imagination. He loved playing with all his toys, but his favorite was a cowboy doll named Sheriff Woody.





When know one was around, Andy's toys came to life! Woody called the toys to order. "Okay, Andy's birthday party has been moved to today." Suddenly, Hamm the piggy bank called out. "Birthday guests are here!"



Woody sent a group of Green Army Men to keep an eye out for new toys. Woody and the others nervously listened to the report. There was a surprise gift. "It's a huge package.."





His name was Buzz Lightyear. Woody peeked at the cool new toy. Buzz pressed a button and wings popped out from his back! All the toys were impressed - except for Woody. "These are plastic wings. He can't fly!"



All the toys cheered. Woody could not believe it. "Well, in a couple of days, everything will be the way it was. They will see. I am still Andy's favorite toy."



Woody was jealous of Andy playing with Buzz. One day, Woody was trying to make Andy choose him over Buzz. But he accidentally knocked Buzz out of the window!

Just then, Andy picked up Woody and carried him out to the van. Buzz, who landed in a nearby bush, raced after the van and jumped on to the bumper!



The van pulled into a gas station. Woody tried to explain to Buzz that he really was a toy, but Buzz thought he was a real space ranger with a mission to complete. The two of them got into a big fight and fell out of the van. Then the van drove away.



A Pizza Planet delivery truck pulled into the gas station. Woody convinced Buzz that the truck could help get him back to his planet. Soon the two toys arrived at Pizza Planet. Buzz looked around in amazement. "What? The spaceport!"



Buzz jumped into a game shaped like a rocket. Woody followed Buzz into the claw game, but he was scared when he saw who was playing. It was Sid, Andy's mean neighbor who destroyed toys for fun. Sid grabbed Woody and Buzz and took them home.



The next morning, Sid woke up and went downstairs. Woody and Buzz quickly left the room. A voice rang out, "calling Buzz Lightyear, this is Star Command!" Buzz realized Woody was right all along. He was just a toy.



"I'm just a toy." Woody glared at him. "Look, over in that house is a kid that thinks you are the greatest. You are his toy!" Woody helped Buzz understand that Andy loved him and that being a toy was very important. Before they knew it, Buzz and Woody had become friends.



All of a sudden, Sid's alarm clock rang. He jumped out of bed, grabbed Buzz and ran outside. Woody convinced Sid's toys to help him save Buzz. Sid spotted Woody in the grass and picked him up. "From now on, you must take good care of your toys. Because if you don't, we'll find out, Sid."



Woody's plan worked! Sid was scared. He ran into the house, screaming. Next door, Andy's family and their moving van were leaving. Buzz and Woody raced after the truck.



Luckily, Woody and Buzz had an idea! Woody lit Buzz's rocket. The toys shot straight in the air. Buzz popped open his wings, setting the rocket free.



The two of them glided right over the van where Andy was. They fell thru the open sunroof and landed in a box. When Andy turned around, he let out a happy yell. "Hey! Wow! Woody! Buzz!" He had missed his two favorite toys.





THE END



HOW TO SHOW YOU ARE A FAIR PERSON



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





Think and Talk

What is Fairness? How did Woody show fairness?

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





Story Response

Directions: Answer the questions.



1. Who did Woody become friends with in the story?

A. Lightning McQueen



B. Buzz Lightyear



C. Jimmy

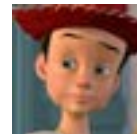


2. Draw lines to connect the names to their picture.

A. Woody



B. Buzz Lightyear



C. Andy

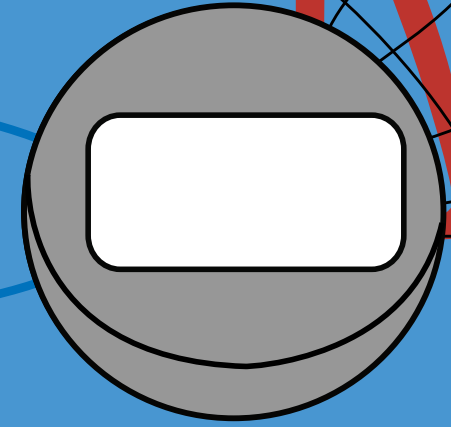
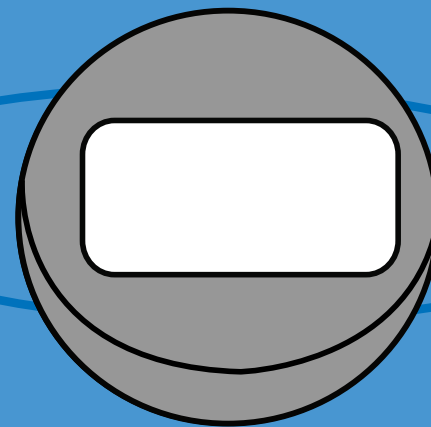
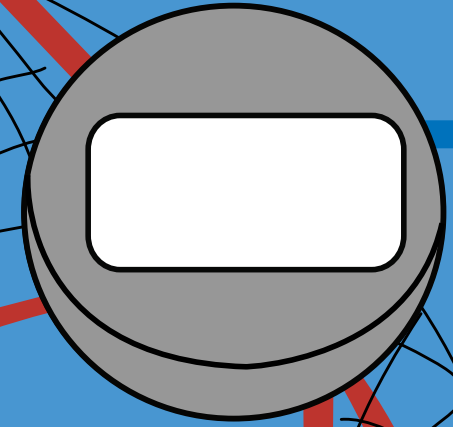
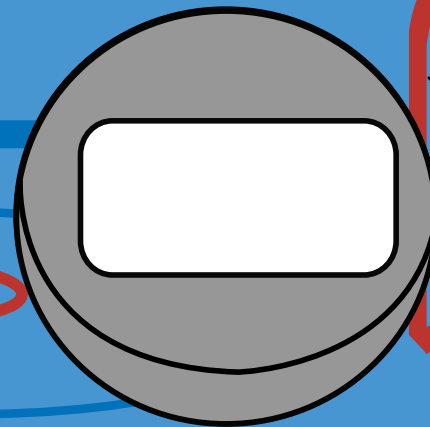
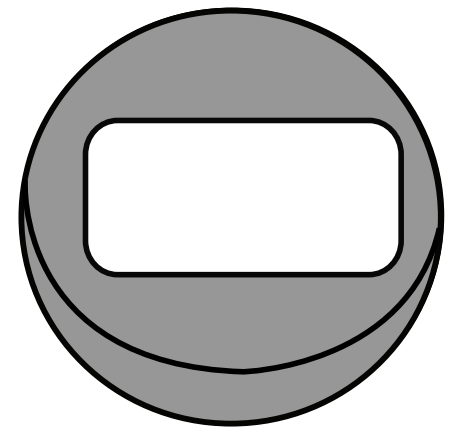
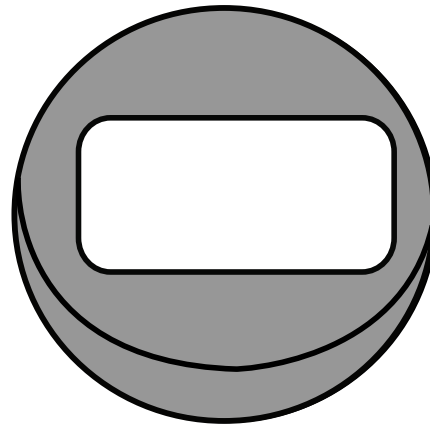


3. Circle the picture that shows a fair person.



HOW TO BE A FAIR PERSON

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

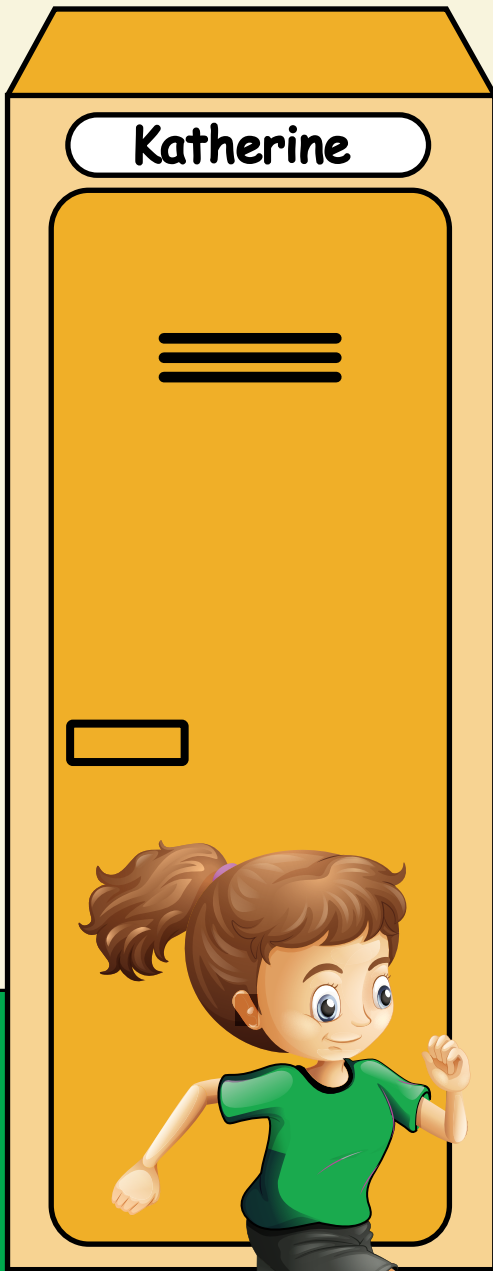


Directions: Color the character from the P.E. Gang



Jimmy

P.E. GANG



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

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



Congratulations on completing the 3rd level of the P.E. Gang! You have learned about how important it is to be a fair person.

Our next story is about being responsible. Our classroom teacher, read us a story about a Lion and a Mouse. I love animals and the story is about how a little mouse is responsible by keeping his promise to help the big lion. Well, good luck to you and have fun reading the next story!



The Lion and the Mouse

Illustrated by Krista Brauckmann-Towns



One day, a lion was taking a nice nap. Nearby, a little mouse scurried about looking for berries. So, she climbed up high. When she reached the very top she discovered that she had accidentally climbed to the top of a lion's head!

"Who dares tickle my head while I am napping?" the lion roared.

The mouse could see how angry the lion was, so she jumped off his head to run away.

But the lion scooped her up in his huge paw. "Little mouse," roared the lion, "Why did you wake me up from my pleasant nap?"





Please, lion," pleaded the mouse. "If only you would spare me, I'm sure I will be able to help you in return someday,"

"How could you, a tiny mouse, help the most powerful animal in the forest?" he chuckled. "That's so funny, I'll let you go - this time."

Then the lion laughed some as he set her down. The mouse scampered away into the forest.

The lion grew hungry and set out to find lunch. It wasn't long before he smelled food. As he tracked the scent, the lion was caught in a hunter's trap!



The lion was stuck under strong ropes, and the more he struggled, the tighter they held him. Fearing the hunters would soon return, the lion roared for help.



The mouse heard the lion's roar. At first she was afraid to go back. But, she remembered the promise she made to help him. She hurried to the lion and found him tangled in the trap.

"Oh, lion," said the mouse, "don't worry! I'll help you get out of there."

"I don't think there's anything you can do," said the lion. "These ropes are very strong."

"I have an idea," the mouse said. "Just hold still, and I'll get to work." She began chewing on the ropes.



She worked and worked, and before long, the mouse had chewed through enough rope for the lion to wiggle his way out of the trap!



The lion was very grateful to the mouse. "Mouse," he said, "thank you for saving me. I'm sorry that I laughed at you when you offered to help me someday."

Then the lion scooped up the mouse, carried her back to the berry bush, and lay down under it.

The mouse climbed onto the lion's back and plucked the biggest berry she could find.








"Let's stick together," she said.

The two have remained best friends ever since.



HOW TO SHOW YOU ARE A RESPONSIBLE PERSON



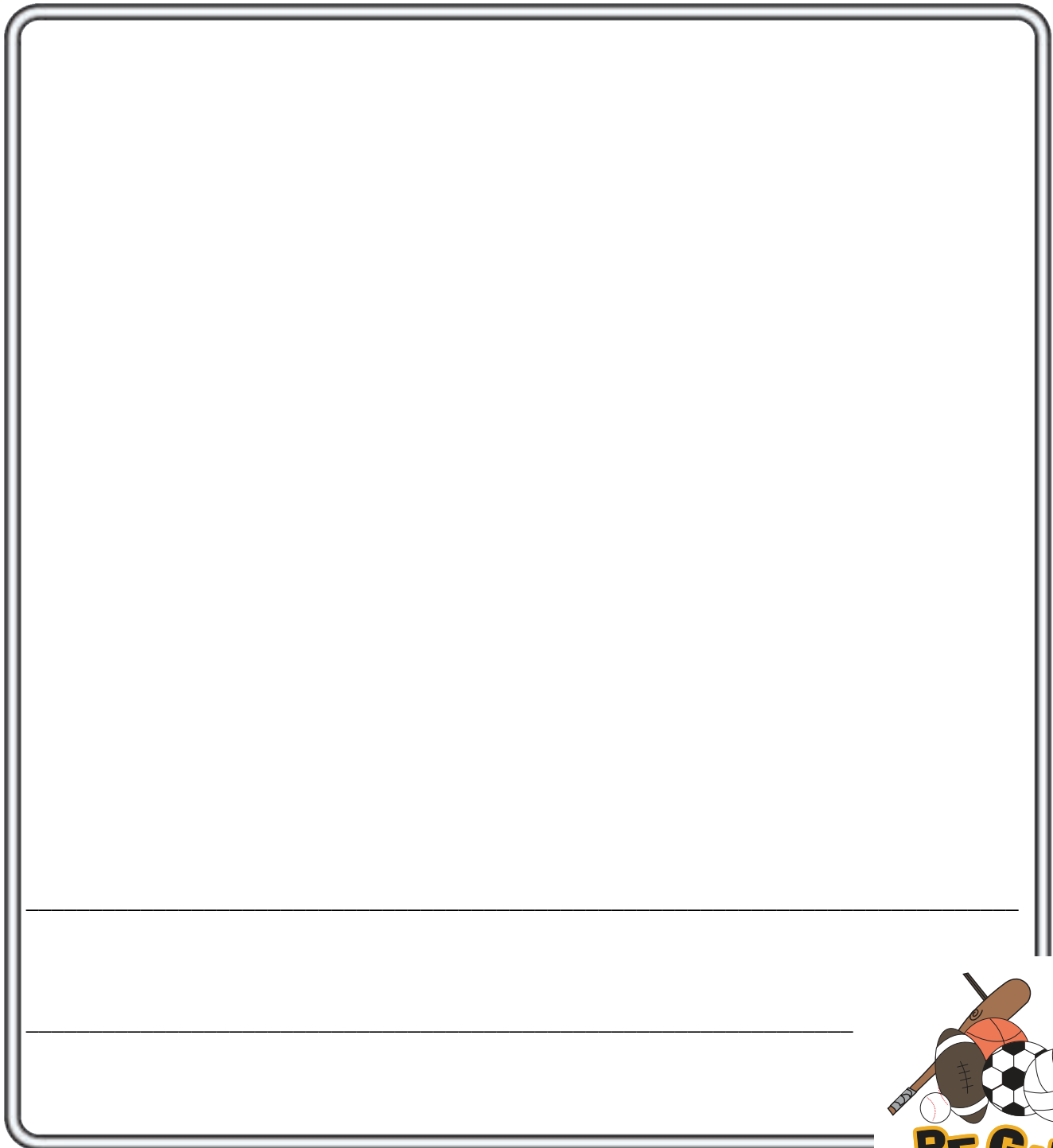
-  Be reliable and dependable.
-  Take care of your own business.
-  Don't make excuses or blame others.
-  When you agree to do something, do it.
-  Think before you act; imagine the consequences.



Think and Talk

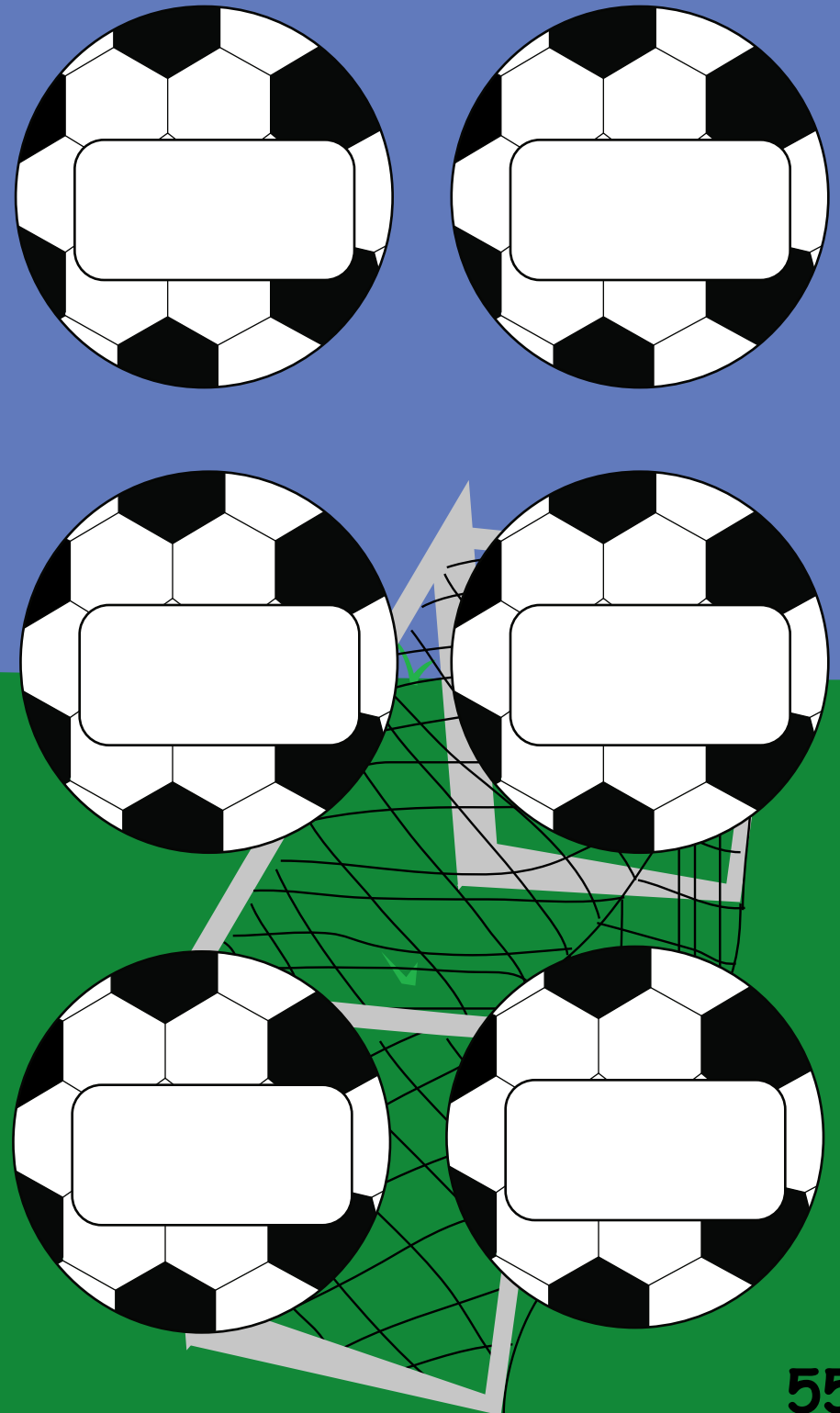
What is Responsibility? How did the mouse show responsibility?

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



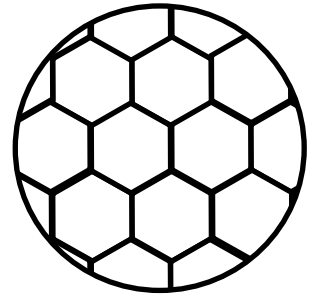
Responsible Soccer Balls

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



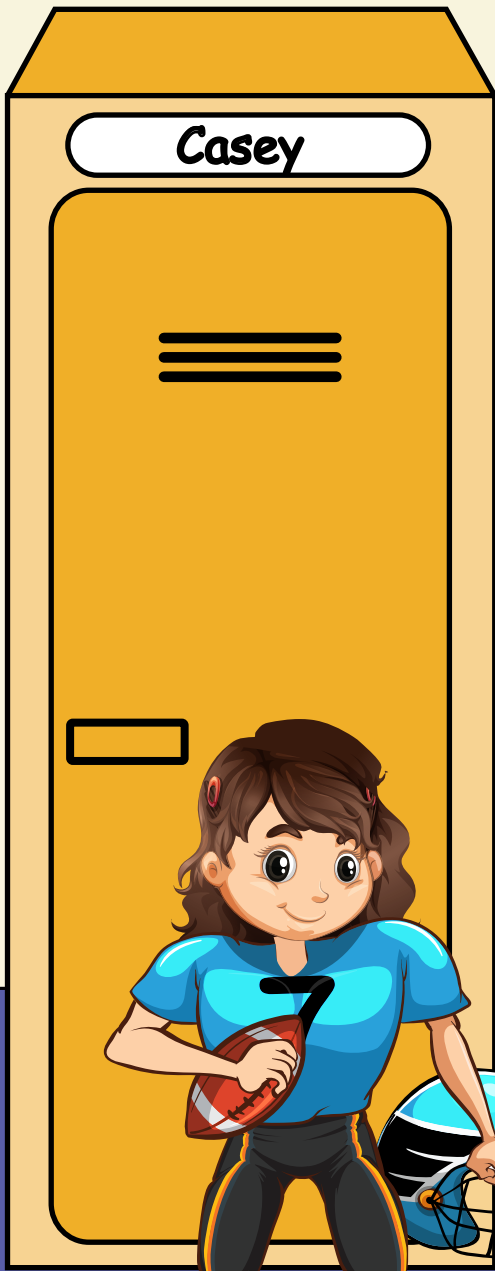
Directions: Color the character from the
P.E. Gang

When you agree to do
something, do it!



Katherine





"Hut, Hut Hike"! My name is Casey and my favorite sport is football. In Physical Education class, Mr. Fitter has taught us a lot of football skills. We've worked on gripping and throwing the ball. We also learned skills like catching, kicking, punting, and carrying the ball.

Mr. Fitter also teaches us how to be a trustworthy person by giving us opportunities to be honest. We should do what is right, even when it's difficult.



Congratulations on completing the fourth level of the P.E. Gang! You have learned about how important it is to show how to be responsible.

Our next story is about what can happen if you are not trustworthy. Our classroom teacher, Mrs. Smith, read us a story about a boy that is not very honest. Because he doesn't tell the truth, the villagers do not believe him and something goes very wrong. Well, good luck to you and have fun reading the next story.



The Boy Who Cried Wolf



There once was a shepherd boy who was bored as he sat on the hillside watching the village sheep. To amuse himself he took a great breath and sang out, "Wolf! Wolf! The Wolf is chasing the sheep!"

The villagers came running up the hill to help the boy drive the wolf away. But, when they arrived at the top of the hill, they found no wolf. The boy laughed at the sight of their angry faces.





"Don't cry 'wolf', shepherd boy," said the villagers, "when there's no wolf!" They went grumbling back down the hill.

Later, the boy sang out again, "Wolf! Wolf! The wolf is chasing the sheep!" To his naughty delight, he watched the villagers run up the hill again to help him drive the wolf away.

When the villagers saw no wolf they sternly said, "Save your frightened song for when there is really something wrong! Don't cry 'wolf' when there is NO wolf!"





But, the boy just grinned and watched them go grumbling down the hill once more.

Later, he saw a REAL wolf prowling about the sheep. Alarmed, he leaped to his feet and sang out as loudly as he could, "Wolf! Wolf!"

But the villagers thought he was trying to fool them again, and so they didn't come.

At sunset, everyone wondered why the shepherd boy hadn't returned to the village with their sheep. They went up the hill to find the boy. They found him weeping.





"There really was a wolf here! The flock has scattered! I cried out, "Wolf!"

An old man tried to comfort the boy as they walked back to the village.

"Why didn't anybody come?"

"We'll help you look for the lost sheep in the morning," he said, putting his arm around the youth, "Nobody believes a boy that is dishonest...even when he is telling the truth!"



HOW TO SHOW YOU ARE A TRUSTWORTHY PERSON



Be honest with others



Be someone others can trust



Do what is right, even when it's difficult



Be a good friend and don't betray a trust



Have the courage to do what is right, even when it's difficult

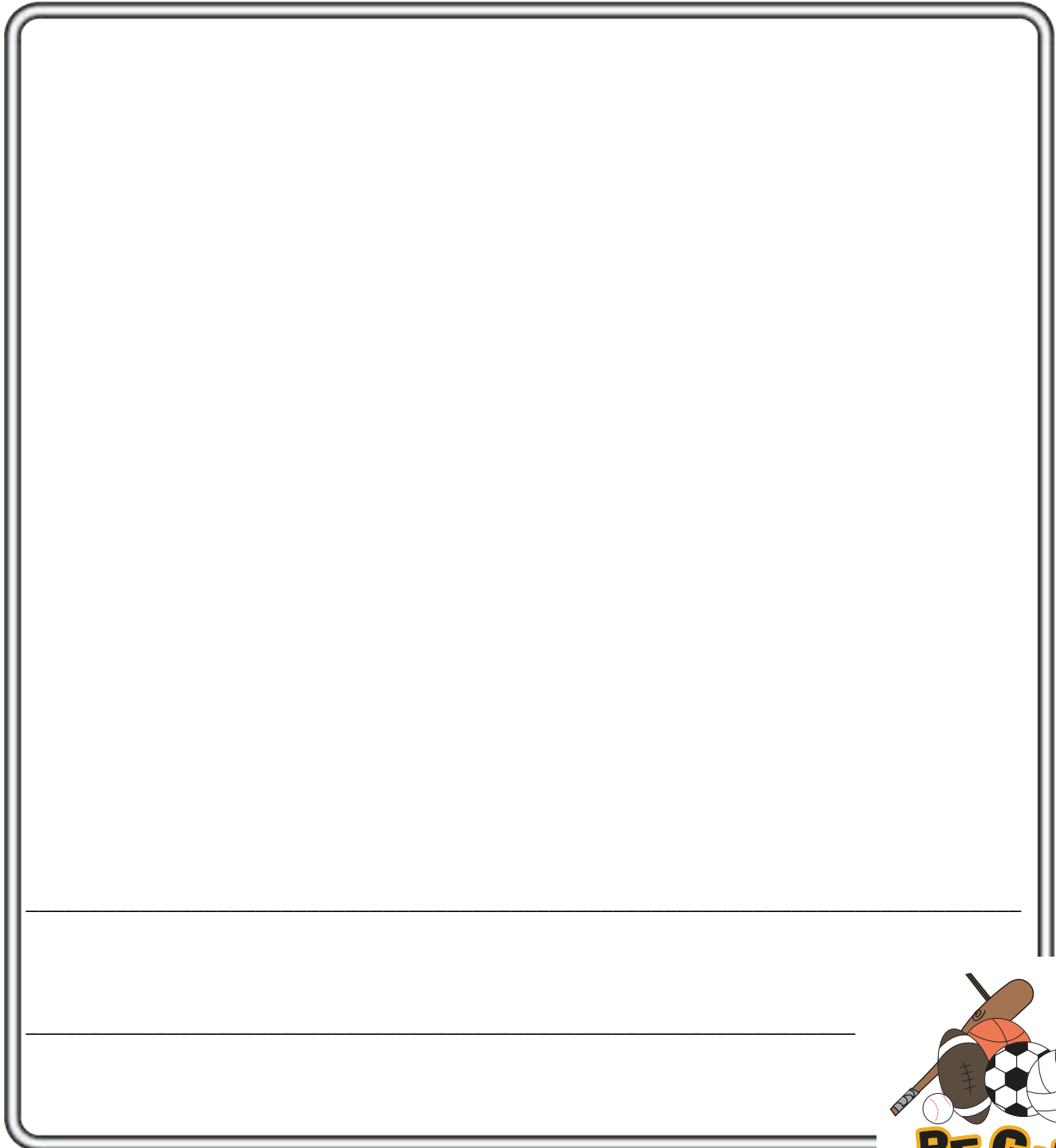




Think and Talk

What does it mean to be trustworthy? Was the boy being trustworthy?

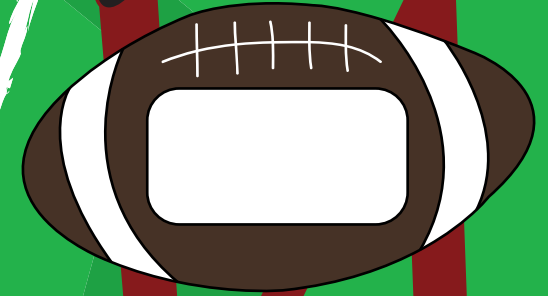
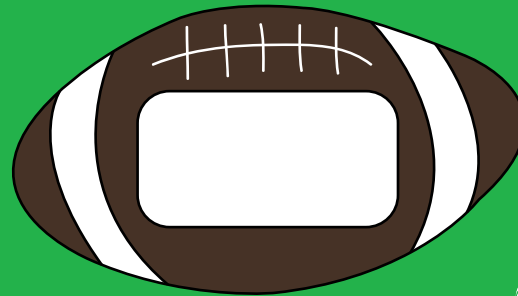
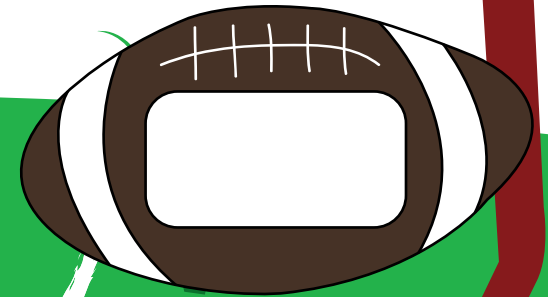
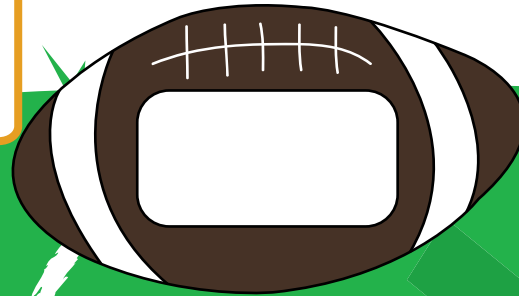
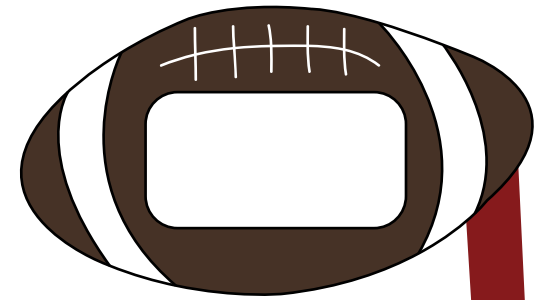
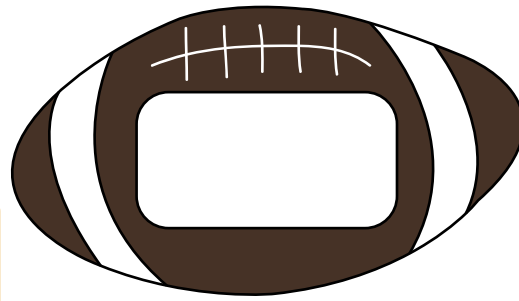
Directions: Think about something you do to be a trustworthy person. Draw a picture of yourself doing it and write a sentence describing your act.



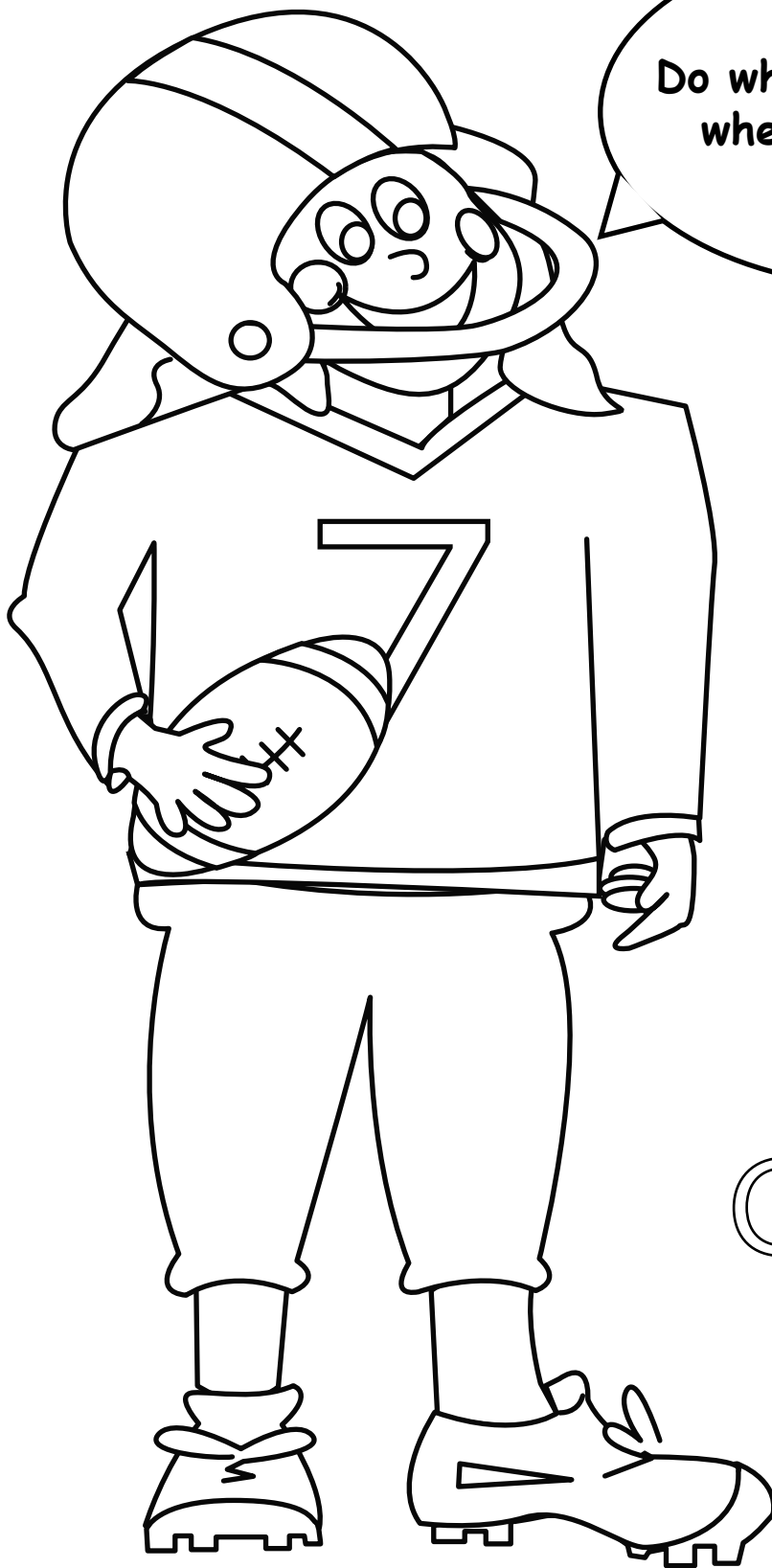


Trustworthy Footballs

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



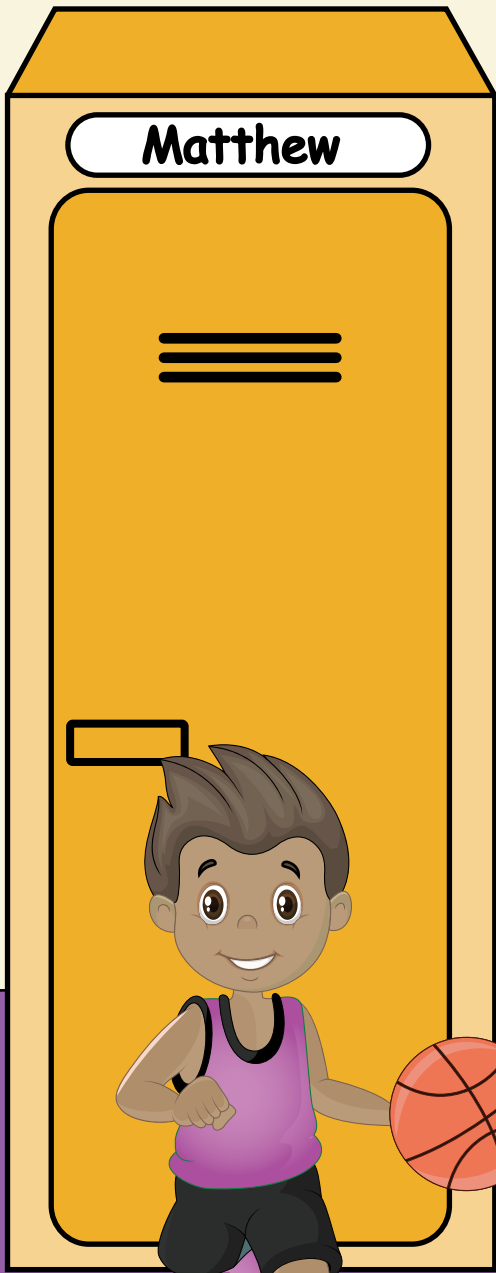
Directions: Color the character from the P.E. Gang



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

Casey





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

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



Congratulations on completing the fifth level of the P.E. Gang! You have learned about how important it is to show how to be trustworthy.

Our next story is about being a good citizen. Our classroom teacher, read us a story about a grasshopper that is not being a very good citizen. His friends, the ants, work together very hard to collect food for the winter. The grasshopper doesn't want to help. But, when winter comes he is very hungry and has no food to eat. Well, good luck to you and have fun reading the next story.



The Ant and the Grasshopper



Summer had just began. Animals and insects scurried about.

"Summer's here!" the Grasshopper sang.

An ant marched past the Grasshopper, carrying small seeds and bits of food.

"What are you doing?" asked the Grasshopper.

"Summertime is for working together and gathering food for the winter," said the Ant.





"Winter is far away. I think I'd rather go and play," sang the Grasshopper. With that, the Grasshopper hopped off into the cornfield.

All summer, the Grasshopper watched the ants gather food. Then one day, the Grasshopper heard a strange noise in the cornfield. The farmer was coming to harvest the corn! The Grasshopper jumped into the grass.

"Close call, all in all," sang the Grasshopper. "I just lost my bed and food!"





The Ant was marching past and heard the Grasshopper. "There's still time for you to store food and find shelter," the Ant said

"Not today!" the Grasshopper said. He hopped to a toadstool and fell asleep. Suddenly, an acorn fell from the tree and knocked his toadstool over.

"I'm sorry," chattered a squirrel above him. "My paws were so full I dropped some acorns."





The Grasshopper frowned it was getting cold. The Grasshopper shivered. He looked around for a sunny spot, but the sun was gone from the sky. The sun was one thing the Grasshopper didn't mind seeing at work. With each day, though, it seemed to work less and less.

One day, the Grasshopper felt especially cold. "I think I'll visit my friends, the ants. They are always nice!" he sang.





The Grasshopper explained he had just come by for a visit. But he shivered and looked cold.

The ant felt bad, but wanted to be sure that the Grasshopper understood the value of hard work. "We got food for the winter by working together. If you stay with us this winter, you'll have to work hard too."

The Grasshopper agreed.

"Your job will be to sing for us!"










That winter, the Grasshopper sang for the Ant and his huge family. And the next summer, the Grasshopper helped to gather food, singing, "Summer work is slow and steady. But come winter, I'll be ready!"





HOW TO SHOW YOU ARE A GOOD CITIZEN

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





Think and Talk

What does it mean to be a good citizen? Was the Grasshopper being a good citizen?

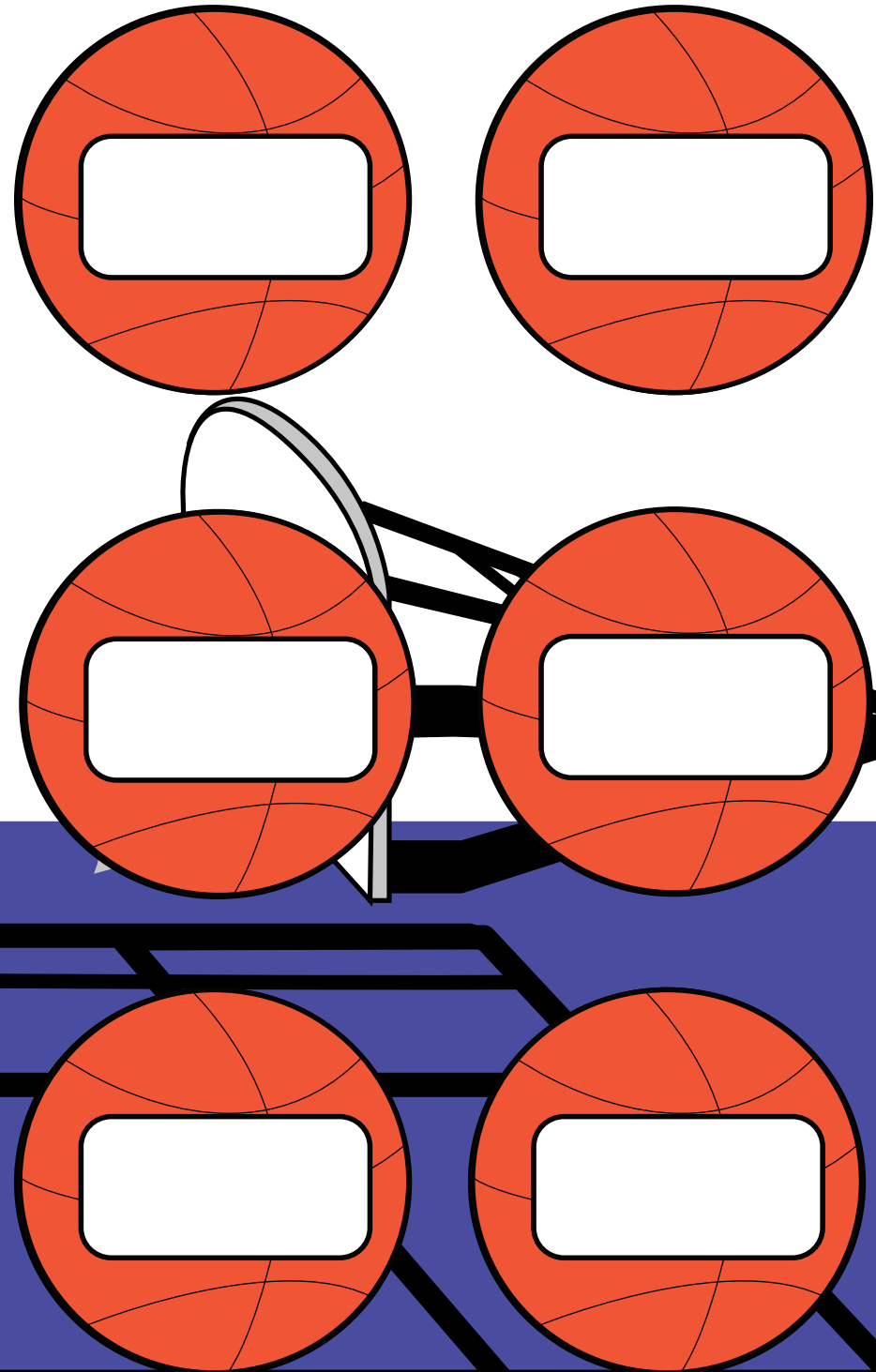
Directions: Think about something you do to be a good citizen. Draw a picture of yourself doing it and write a sentence describing your act.





Good Citizen Basketballs!

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



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



Matthew



