

P.E. GANG TEACHER MANUAL



FAIRNESS

TRUSTWORTHINESS

RESPONSIBILITY

CARING

RESPECT

CITIZENSHIP



CHARACTER EDUCATION

Hi, my name is Anthony Vekich I have been coaching sports and teaching elementary physical education over 20 years. With the help from several classroom teachers we have developed a character education program your students will love and enjoy. Children love to play games, so we have taken advantage of this opportunity to teach our students the importance of reading, having good character, staying healthy and having fun.

How to begin:

1. Introduce the first character trait caring and explain to the students what it means to be a caring person. Lead a discussion of how each character and story in the book represents a character trait.
2. Read the story. Follow each story with a class discussion identifying how the story represents the trait. Encourage students to share what they learn from the story.
3. Complete the story activities. For each story, you will have to create a sports poster or use the P.E. Gang Posters. The first character trait is caring, draw a baseball diamond on poster board and have the students tape their caring baseballs to the poster. You will have to do a poster for each story or use the P.E. Gang posters.
4. After each character trait is completed play any of the games that are provided in this manual.
5. Hand out character awards to the students after they complete each character trait. The last award is the P.E. Gang Membership card.
6. The P.E. Gang web site was designed for the students, use the web site for additional fun activities.
(www.pegang.com)



Additional Notes

Character Symbol: Each character trait is represented by a character to serve as a visual cue and reminder. These characters appear on the posters, activities and awards.

Interview: During each character trait, have students choose a person who they think exemplifies the character trait. Have the students use the form on page 7 to interview that person.

Self-Assessment: Students can use page 9 to tell when they have demonstrated good character. You may wish to ask them to complete a form daily, weekly, or over the course of the program.

Calendar: The calendar on page 8 can be used for a wide range of unit activities, such as recording good character behavior or logging assignments in order to encourage responsible work habits.

Awards: Individual character awards can be found in the manual. You may wish to make copies of them and give them to students to recognize and reinforce good character behavior.



CHARACTER GAMES

Grab It - Equipment, one beanbag or rolled up sock for every two players. Object of the Game, to grab the object first. Players form pairs and sit on the floor facing each other, with their legs crossed and the beanbag (or any small round object) between them. The player should be close enough to the beanbag where they both grab it. There is a leader who will call out the directions. On the signal "READY," both players place their hands on their knees. On the signal "GRAB IT," they each try to grab the beanbag before their opponent. The player that grabs the beanbag first is the winner. The beanbag is then placed back on the floor for the next turn. The game continues with the leader saying "Ready." Variations: Call out "Right" or "Left" and the players have to use the appropriate hand to grab the beanbag.

Peanut Butter and Jelly Sandwiches - Players are told to decide if they want to be Peanut Butter or Jelly for this game, but they don't tell anyone else what they have chosen. On the teacher's signal everyone starts jogging or skipping around the playing area in scatter formation. When the whistle blows students have 30 seconds to make as many different sandwiches as they can. To make a sandwich students have to find partners with a different ingredient than theirs and high five each other.

Toe Tag - Players pair up and each one is given a beanbag. On go, each player tries to "tag" the other's shoes by throwing the beanbag. Keep score of the number of times a player "tags" his partner's shoes in one minute. Players retrieve their own beanbag after each throw.



Warm-Up Circle Tag - Place the players in a large circle and have them count off by fives. When the teacher calls out a number, the players assigned that number step outside the circle and begin power walking clockwise around the circle they try to catch and tag the person in front of them before they get back to their place in line. All tagged students go to the center of the circle and perform an exercise the teacher calls out, then rejoin the circle. The teacher calls out a new set of numbers while students in the circle or completing their exercises.

Me And My Shadow - Have players get into pairs. One player becomes the walker and other one his shadow. On go, the walker takes off around the playing area. The shadow tries to stay as close as possible to the walker. Then the teacher blows the whistle for everyone to freeze. If the shadow can take one step and touch the walker, then the shadow gets a point. If not, then the walker gets the point. Reverse roles and play again.

Throw And Catch Tag - The entire class forms two lines of partners facing each other. Each member of one line is given a ball or beanbag. On the teacher's signal, the students start tossing the item back and forth to their partners. When the whistle blows, the tag game begins. Whoever has the ball when the whistle blows tries to tag their partner before they get to the free zone behind them. The game can also be played where the ball is thrown at the fleeing partner.

Guard The Pin - Place the students into groups of 6-8 and form a circle with one student in the center. On the floor in the center of the circle, place an empty soft drink bottle or plastic bowling pin. The players on the circle have one foam ball. The object of the game is for the person in the center of the circle to protect the pin from being knocked down by the group. If the pin is knocked down, the thrower then becomes the pin protector.



Paint The Alphabet - In this warm-up, students use different body parts as large paint brushes to paint the entire alphabet on an imaginary canvas.

Crazy Name Game - Players form circles of 8-10. A player moves to the center of the circle saying, "My name is _____", while she performs some crazy movement or exercise (examples - hopping, jumping jacks, turning in circles). After she moves back onto the circle the rest of the players must copy the move while saying " Her name is _____". Each player takes a turn saying their name and doing a movement for the group to copy.

Jumpin' Jack Flash - Players form pairs and stand facing each other. The players make a fist and throw their fists in front of them (like "Rock, Paper, Scissors"). On the third throw they each stick out fingers (1 to 5, no zero). The object is for the two players to add the fingers together and call out the answer before the other one calls it out. Whoever calls out the correct answer first wins. The other player performs the same number of jumping jacks as the answer. The winner should do the jumping jacks with his partner because exercise is good for you!

West African Jumping - Players form pairs and stand facing each other approximately 3 to 4 feet apart. One partner is designated to be the winner when the feet are on the same side and one partner is designated to be the winner when the feet are on different sides. The two players jump up and down 6 times simultaneously. On the sixth jump, each player lands with either her right foot in front of her right. If the feet of both players end up on the right side, Player A gets one point. If the feet of both players end up on opposite sides, Player B gets one point. A new turn is then started with the players jumping six times again. The first player to score 11 points wins.



Name _____ Date _____

Questions About Character

Directions

Think of someone you admire. Ask that person the questions below to find out how he or she shows the character trait your teacher names.

Character Trait: _____

1. What does this character trait mean to you?

2. How have you shown this character trait to others?

3. When has someone shown this character trait to you?



Name _____ Date _____

Character Calender

Month: _____ Dates: _____

Monday: _____

Tuesday: _____

Wednesday: _____

Thursday: _____

Friday: _____



Name _____ Date _____

Showing Good Character

Directions

Complete the paragraphs to tell how you showed good character.

On _____ I showed the character trait of

_____.

Here is what I did:

_____.

It made me feel _____

because _____

_____.

Next time I would _____



P.E. Gang Enrichment Activities

- 1. Student of Character Star of the Week** - Each week, celebrate a child who evidences on the character traits supported by the P.E. Gang. Students vote in physical education or classroom settings, providing written support/evidence of why the student they selected should be honored. Student can also be selected by the teacher, if desired. The honoree will outline him/herself on white butcher paper, illustrate, and place many speech bubbles of actions/words they are being honored for (e.g., Honesty. I was honest when I could have cheated on my math test, but did all my own, best work instead.)
- 2. Rap** - Students create a rap for the rules of a particular sport. Or how they show good character both on and off the field.
- 3. Acronym** - Students can select a character trait taught through the P.E. Gang, and develop an acronym whereby each letter provides support/evidence of what that trait means to them.
- 4. Skit/Role** - Of game or event that lacked good sportsmanship, and how it could be turned around to show fairness, encouragement, etc.
- 5. Wanted Poster** - Students create a poster looking for the "kid with good character." Posters should evidence one trait, such as "Fair Freddie: The Football Player With No Foul Play."
- 6. Research** - Biographical Heroes, both textually and via the Internet, who evidenced the P.E. Gang character trait under study.
- 7. Quotes** - Famous quotes throughout history can be located that mirror the thinking, actions and words of the particular trait under study (e.g., perseverance).
- 8. Board or Card Game** - Evidencing P.E. Gang character and sportsmanship using tag board and various other materials.



CARING
AWARD

Congratulations

You completed the character trait
CARING.
Sincerely,
The P.E. Gang



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RESPECT
AWARD

Congratulations

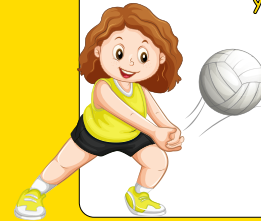
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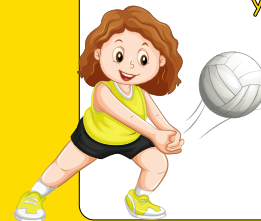
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TRUSTWORTHY
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CITIZENSHIP
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Sincerely,
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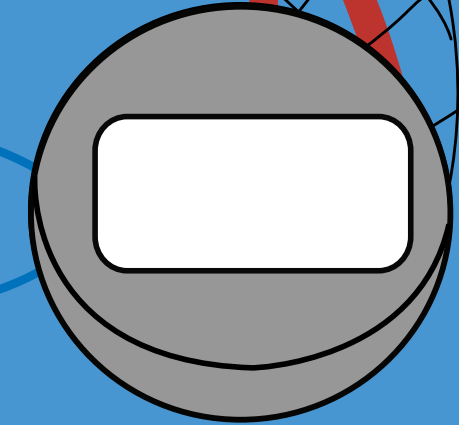
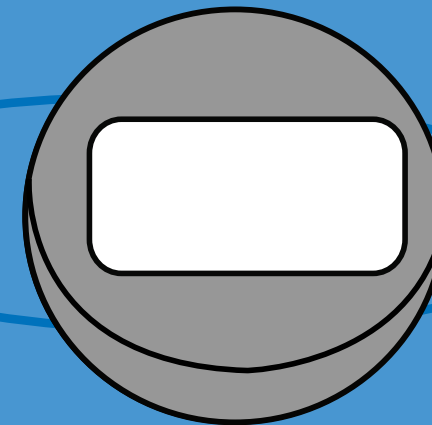
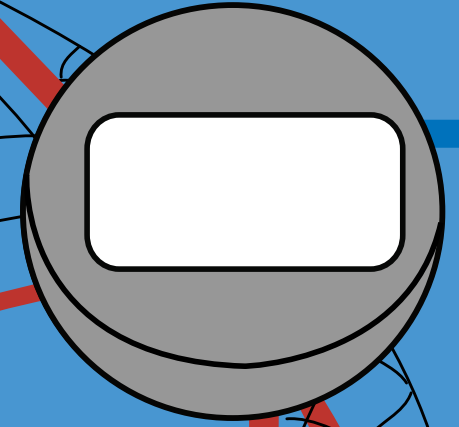
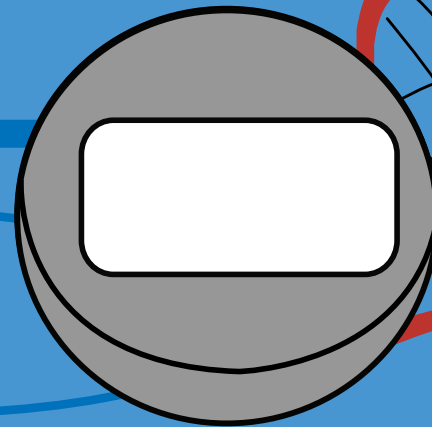
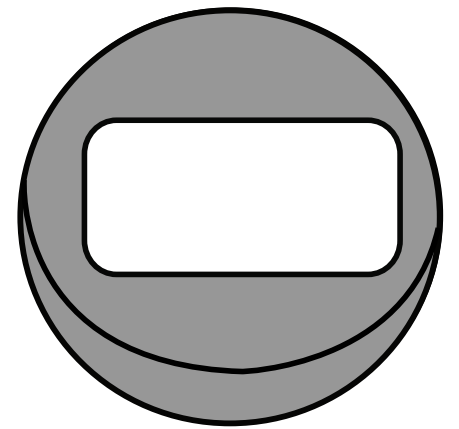
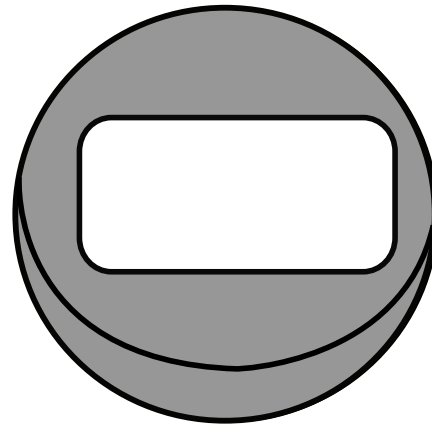
Congratulations

You completed the character trait
CITIZEN.SHIP
Sincerely,
The P.E. Gang



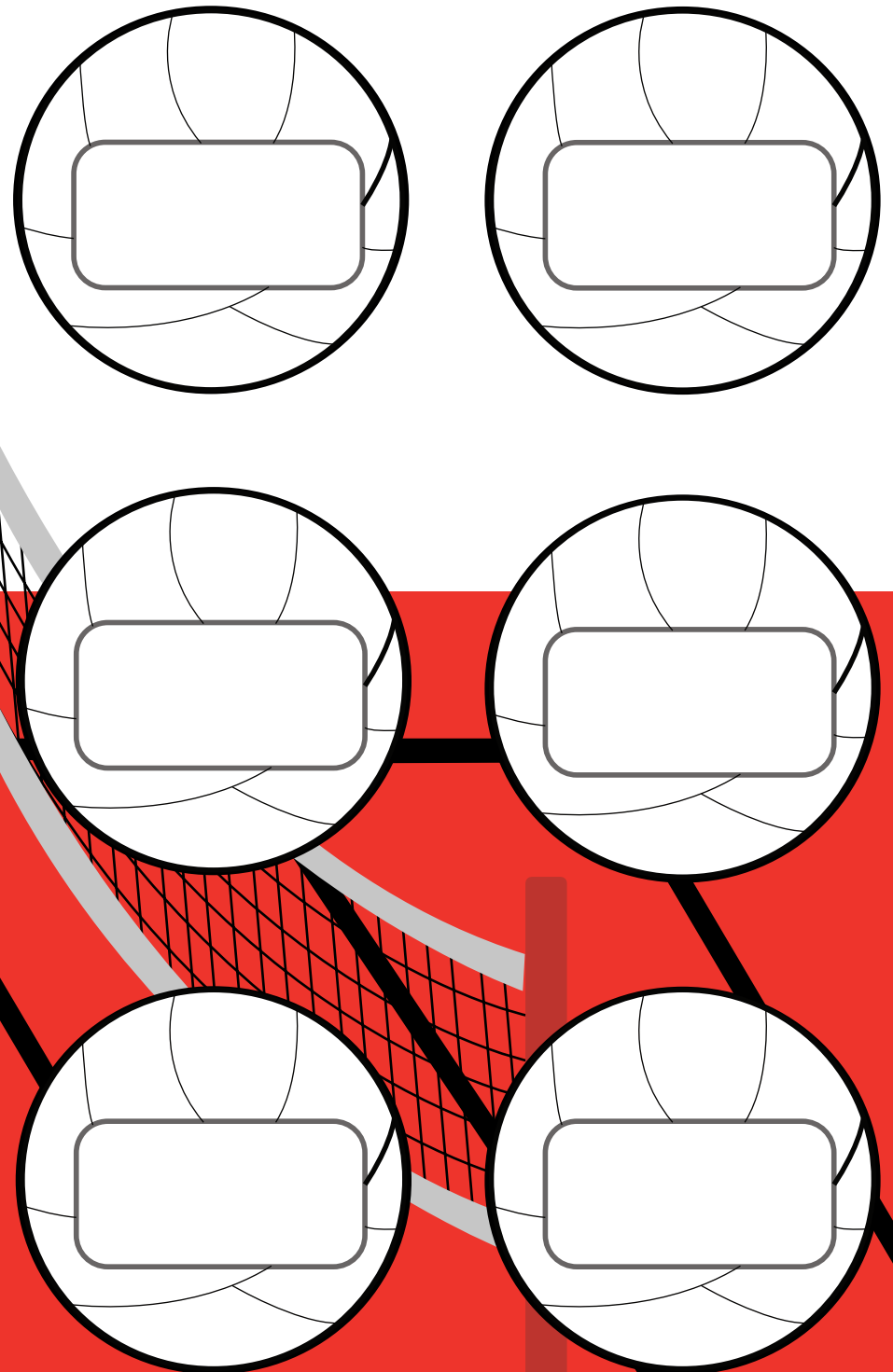
Fair Hockey Pucks

Directions: Think about, and be on the lookout for ways you can show how to be caring. When your teacher says you are showing how to be caring, write your name on the hockey puck. Then, place one of the hockey pucks on the ice rink.



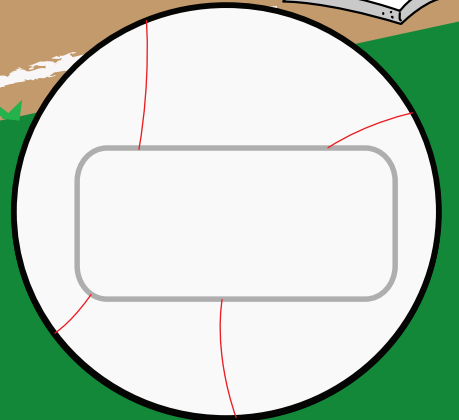
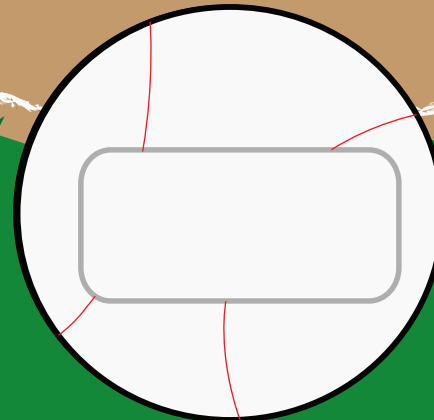
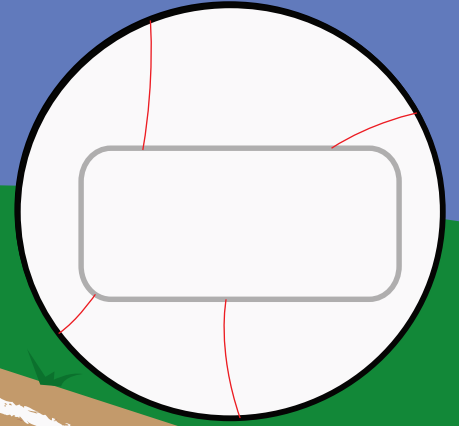
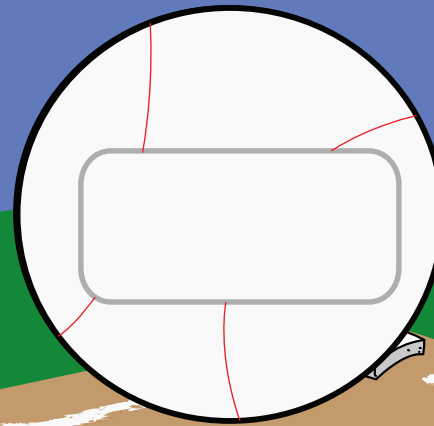
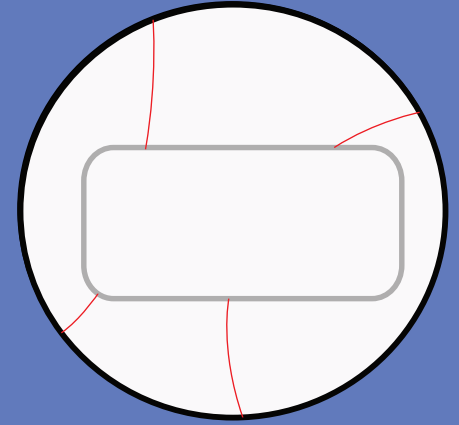
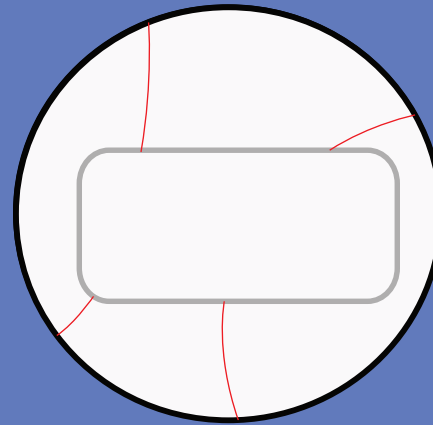
Lob the Volleyball of Respect!

Directions: Think about, and be on the lookout for, ways you are showing how to be respectful. When your teacher says you are showing respect, write your name on the volley. Then, place one of the volleyballs on the volleyball court.



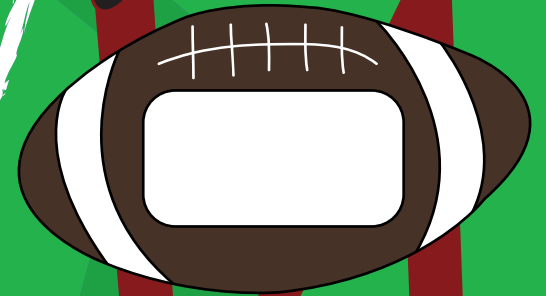
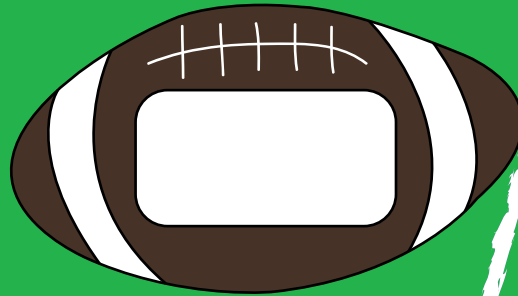
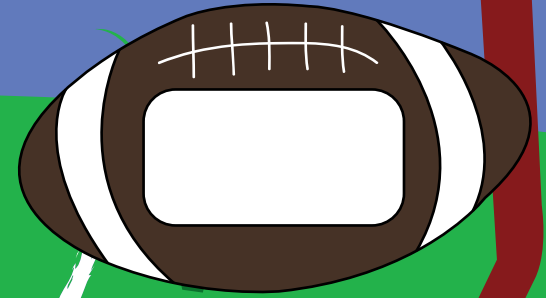
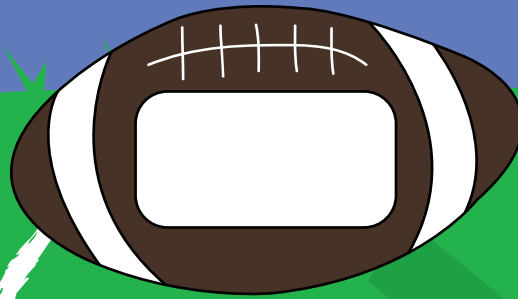
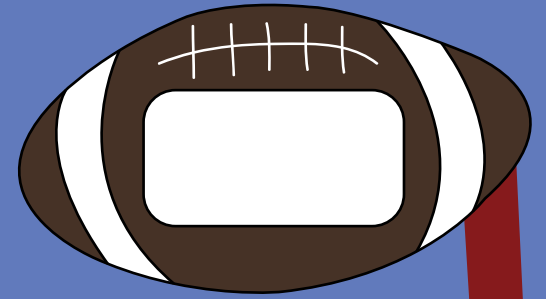
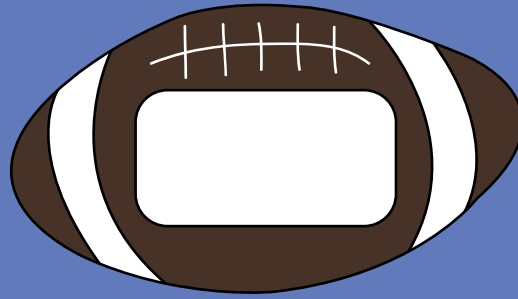
Caring Baseballs

Directions: Think about, and be on the lookout for ways you can show how to be fair. When your teacher says you are showing how to be fair, write your name on the baseball. Then, place one of the baseballs on the baseball diamond.



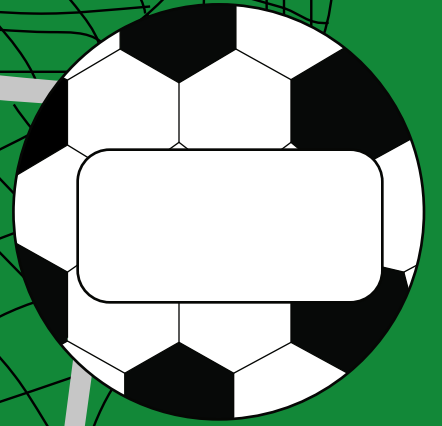
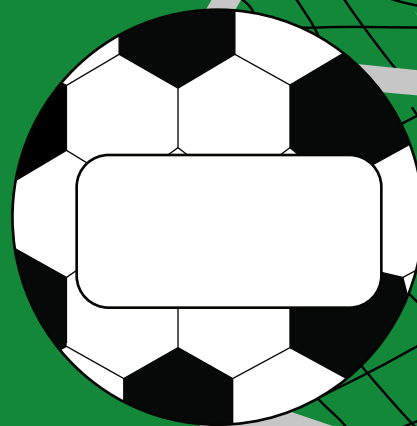
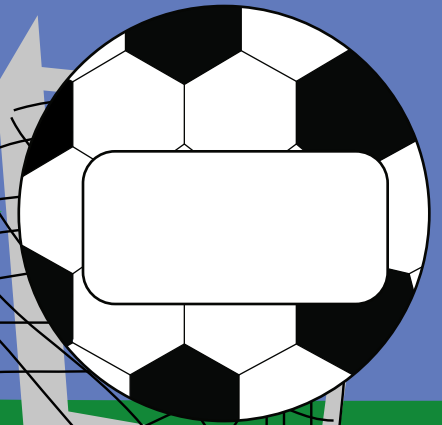
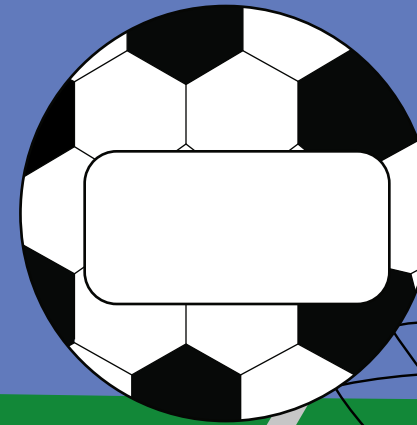
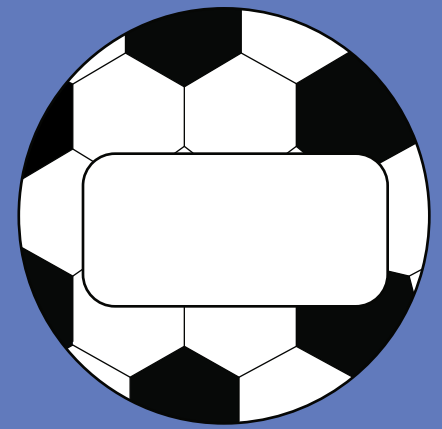
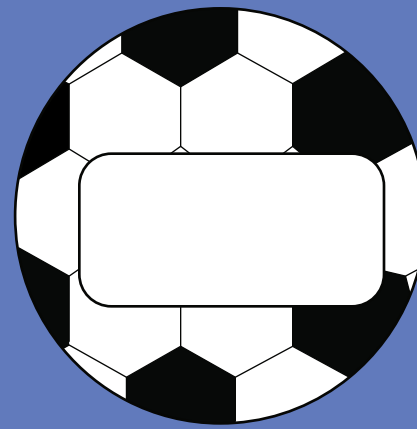
Trustworthy Football

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 your football on the football field.



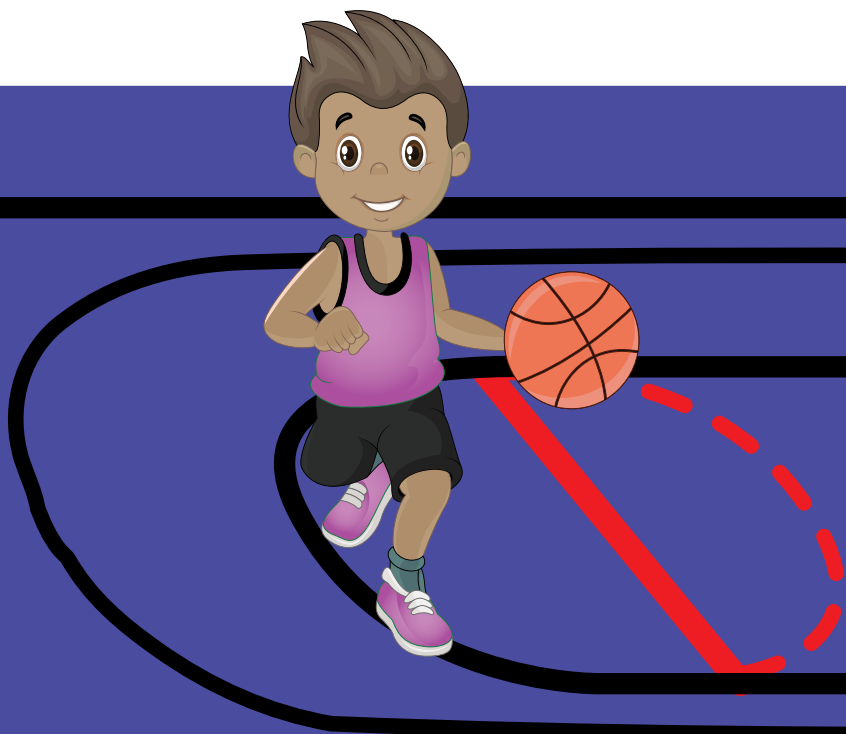
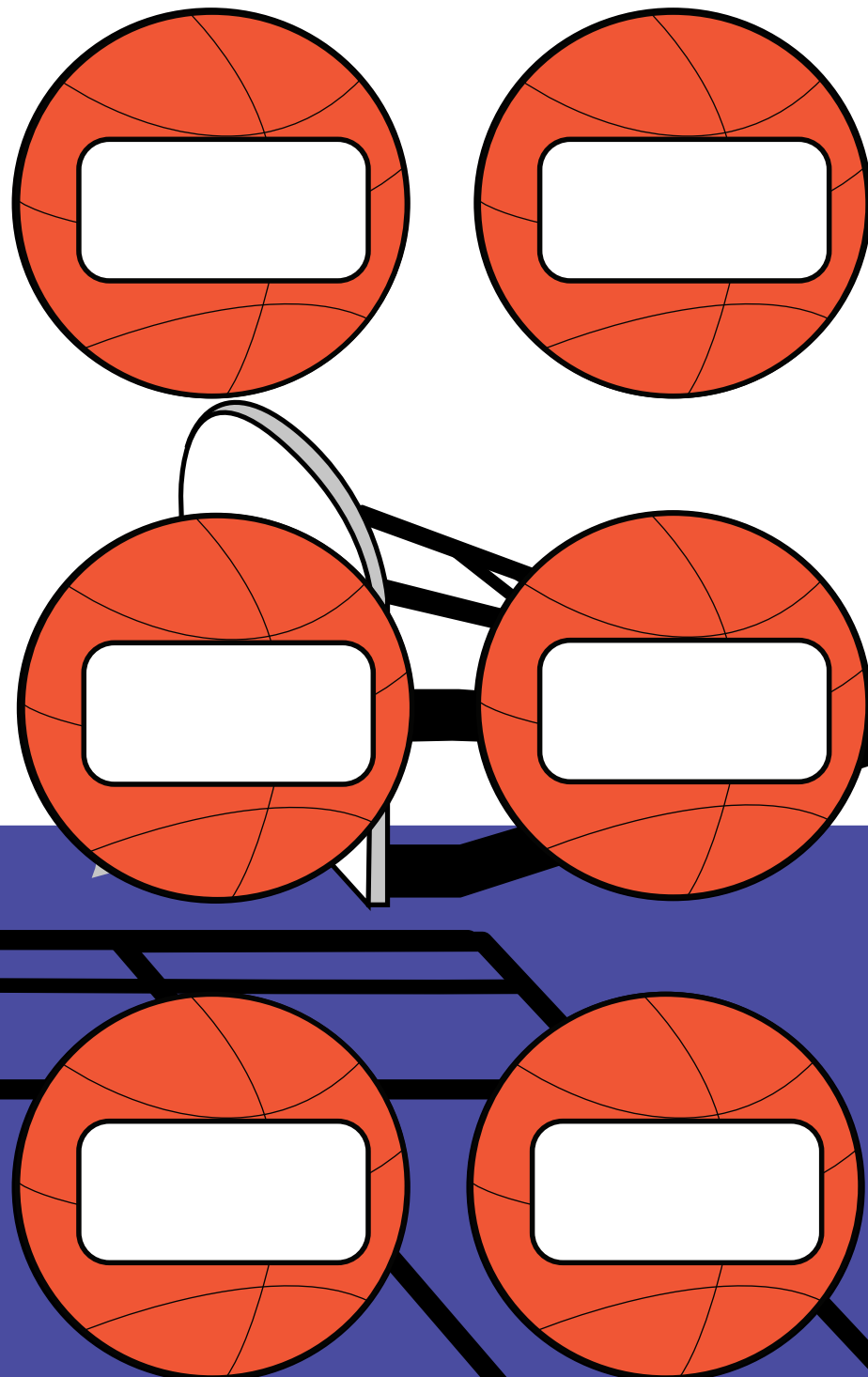
Responsible Soccer Balls

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



Good Citizen Basketballs!

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



P.E.GANG

Play Fair, Be Honest



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

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