

★ ****Correlation of “BONUS LESSON: CRITICAL THINKING CHARACTER MISTAKES” - COS: PHYSICAL EDUCATION**

to the Alabama Course of Study: Physical Education (K–8)**

This lesson introduces characters who make emotional, impulsive, or unkind “thinking mistakes” online — and teaches students the **Media Master Move**, which is always a version of:

- **Self-control**
- **Kindness**
- **Safe choices**
- **Responsible decision-making**
- **Awareness of consequences**

These skills directly align with Alabama PE requirements for **behavior, cooperation, emotional regulation, and respectful participation** in physical activity settings.

PRIMARY GRADES (K–5)

1. PE Strand: Personal & Social Responsibility

Kindergarten

- **PE.K.4 — Demonstrate respect for self and others.**
Students learn that characters like *Mean Maddy* and *Re-Post Robot* behave unkindly or irresponsibly — mirroring PE expectations for kindness, sharing space safely, and positive interactions.

Grade 1

- **PE.1.5 – Demonstrate safe and responsible behavior during physical activity.**
Characters who act impulsively (Captain Knee-Jerk, Snap Judgement Sammy) show what NOT to do; the “Media Master Move” teaches pausing and responding safely.

Grade 2

- **PE.2.3 – Demonstrate self-control.**
The lesson repeatedly asks students to:
 - *Pause*
 - *Think*
 - *Choose a better response*
– identical to expectations during games, transitions, and partner work.

Grade 3

- **PE.3.4 – Demonstrate responsible decision-making.**
The characters provide scenarios of bad decisions; students learn to choose actions that are truthful, safe, and kind — in PE and online.

Grade 4

- **PE.4.3 – Demonstrate appropriate responses to feedback and conflict.**
Situations like Meme Believer Cassy or Headline Harry encourage students to slow down, think, and avoid escalation — aligning with conflict resolution requirements in PE.

Grade 5

- **PE.5.4 – Demonstrate appropriate behavior and safe participation.**
Lessons about harmful or misleading online behavior map to PE expectations for:
 - Fair play
 - Safe conduct
 - Respecting others
 - Not jumping to conclusions or blaming teammates

2. PE Strand: Social Interaction & Teamwork

Grades K–5 Universal Standard

“Work cooperatively with others.”

The characters demonstrate common challenges also seen in PE environments:

- **“Go With the Flow Flo”** → Peer pressure in games
- **“Echo Chamber Chad”** → Only listening to preferred teammates
- **“Everyone Says Ellie”** → Popularity instead of fairness
- **“Mean Maddy”** → Bullying behavior

The Media Master Move always reinforces:

- Empathy
- Positive communication
- Listening to multiple viewpoints
- Making fair choices
- Standing up for kindness

All core PE outcomes.

3. PE Strand: Safety & Emotional Regulation

Grades K–5

Students must show:

- Emotional control
- Awareness of consequences

- Respectful behavior
- Safe communication

The characters who **rush, react, assume, or imitate** represent unsafe behavior patterns.

The Media Master Moves teach:

- Regulating emotions
- Responding thoughtfully
- Avoiding harmful behavior
- Keeping environments safe

This is identical to how students must behave in games, gym activities, and movement challenges.

MIDDLE GRADES (6–8)

1. PE Strand: Personal & Social Behavior

Grade 6 – PE.6.4

“Model responsible personal and social behavior.”

Students analyze flawed patterns (scrolling, reposting, reacting, popularity-seeking), then learn improved behaviors that mirror PE expectations such as:

- Fairness
- Respect
- Wise decisions
- Personal accountability

Grade 7 – PE.7.4

“Resolve conflicts using effective strategies.”

Characters like:

- *Mean Maddy*
- *Snap Judgement Sammy*
- *Captain Knee-Jerk*

present conflict scenarios; the Media Master Moves provide strategies identical to PE requirements for resolving peer conflict respectfully.

Grade 8 — PE.8.4

“Demonstrate respect for self and others.”

Older students must recognize how emotional impulses, peer pressure, or misinformation can lead to harmful interactions — just like it can during competition or teamwork in PE.

The lesson builds:

- Respect
- Perspective-taking
- Kindness
- Awareness of harm
- Healthy peer interaction

These are direct matches to middle school PE standards.

2. PE Strand: Decision-Making & Behavior in Movement Settings

Grades 6–8

PE requires students to:

- Make thoughtful decisions
- Avoid risky or hurtful behavior
- Choose strategies that support group success
- Understand personal responsibility

The characters illustrate:

- Impulsive decisions
- Peer-pressure decisions
- Emotion-driven reactions
- Overconfidence
- Failure to check facts
- Failure to consider consequences

The Media Master Moves illustrate:

- Pausing
- Thinking
- Choosing kindness
- Choosing truth
- Choosing safety

These are **parallel skill sets** to what PE teachers are expected to develop in students.

3. PE Strand: Safety & Risk Awareness

Grades 6–8

Students must:

- Identify unsafe situations
- Use good judgment
- Understand that actions have consequences

The lesson teaches:

- Recognizing harmful behaviors

- Choosing safer alternatives
- Evaluating the impact of actions on others
- Avoiding behaviors that escalate conflict

This directly complements PE expectations regarding safe participation.

Specific Script Connections to PE COS

Scroll Zombie Zack

→ Highlights self-management & personal responsibility (K–8 PE responsibility strand).

Captain Knee-Jerk

→ Encourages emotional regulation required in games & conflict resolution.

Go With the Flow Flo

→ Relates to peer pressure, encouraging independent, ethical choices in team scenarios.

Re-Post Robot

→ Reinforces “check before acting,” mirroring safety checks in PE environments.

Mean Maddy

→ Explicit tie to anti-bullying and respectful behavior in PE.

Meme Believer Cassy / Headline Harry

→ Encourages critical thinking & resisting misinformation, tied to fair play.

Overconfident Ollie

→ Encourages humility and continuous improvement — core to PE skill-building.

Snap Judgement Sammy

→ Promotes asking questions rather than reacting — aids communication in sports.

Everyone Says Ellie / Echo Chamber Chad

→ Highlights the importance of diverse viewpoints and fairness in team dynamics.

Final Message: “Think First. Check for Truth. Choose Kindness.”

→ Directly supports PE’s behavioral expectations for teamwork, fairness, safety, and respect.

Conclusion

The BONUS LESSON maps exceptionally well to Alabama PE standards because it teaches:

- Emotional control
- Safe decision-making
- Empathy and kindness
- Peer interaction skills
- Responsibility for actions
- Cooperative teamwork

—all of which are explicitly required in K–8 Physical Education environments.

PE teachers can easily use this lesson to:

- Introduce sportsmanship
- Discuss emotional control in games
- Address bullying
- Highlight safe decision-making
- Build strong team communication

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