

# **\*\*Correlation of “Lesson 2 – AQBS Rule: Ask Questions. Be Skeptical.” COS: PHYSICAL EDUCATION**

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

Although this MMR lesson focuses on **digital citizenship**, its core teachings—**emotional regulation, self-control, thoughtful decision-making, and safe behavior**—are identical to the personal responsibility skills that Alabama PE teachers develop in children every day.

The AQBS Rule teaches students to pause, analyze their feelings, question what they see, and make responsible choices. These map directly to PE standards emphasizing **self-awareness, risk assessment, respect, safety, and appropriate behavior in movement settings**.

## **PRIMARY GRADES (K–5)**

### **1. PE Strand: Personal & Social Responsibility**

#### **Kindergarten**

- **PE.K.4 – Demonstrate respect for self and others.**  
Students practice recognizing emotional reactions (“anger, sadness, embarrassment”) and choosing respectful responses—online AND in PE play.

#### **Grade 1**

- **PE.1.5 – Demonstrate safe and responsible behavior during physical activity.**  
The AQBS Rule teaches:
  - Pause before reacting
  - Control impulses
  - Avoid acting on strong emotions  
These behaviors directly support safe participation in PE games.

#### **Grade 2**

- **PE.2.3 – Demonstrate self-control in physical activity settings.**  
AQBS trains students to:
  - Notice emotions
  - Slow down
  - Think before acting  
PE teachers reinforce these same habits to prevent unsafe running, pushing, or reactive behavior.

### **Grade 3**

- **PE.3.4 – Demonstrate responsible decision-making in physical activities.**  
Asking questions like:
  - “Do I need to act on this feeling?”
  - “Will it hurt me or someone else?”  
mirrors PE decision-making in team activities and competitive play.

### **Grade 4**

- **PE.4.3 – Demonstrate appropriate responses to feedback and conflict.**  
AQBS teaches students not to react in anger and to check the whole story before responding—just like PE conflict resolution.

### **Grade 5**

- **PE.5.4 – Demonstrate appropriate behavior and safe participation in physical activity.**  
Students learn to regulate emotions and actions, understanding that acting impulsively in either digital or physical environments causes harm.

## **2. PE Strand: Social Interaction & Cooperation**

### **Grades K–5 Universal Standard**

**“Work cooperatively with others in physical activity settings.”**

AQBS builds cooperation skills by teaching students to:

- Understand their emotions
- Avoid knee-jerk reactions
- Seek the “whole story” before responding
- Consider how actions affect others

These are identical to teamwork, sportsmanship, and group-play expectations in PE.

## **3. PE Strand: Safety & Awareness**

### **Grades K–5**

Students must demonstrate:

- **Self-awareness**
- **Emotional control**
- **Safe choices**
- **Awareness of surroundings**
- **Avoiding actions that harm others**

The AQBS Rule reinforces this by teaching students to:

- Slow down before reacting
- Question impulses
- Check if an action causes harm
- Evaluate whether emotions are influencing unsafe behavior

This directly matches PE’s emphasis on safe movement and responsible participation.

## **MIDDLE GRADES (6–8)**

### **1. PE Strand: Personal & Social Behavior in Physical Activity Settings**

## Grade 6

- **PE.6.4 – Model responsible personal and social behavior.**  
AQBS reinforces:
  - Emotional intelligence
  - Thoughtful decision-making
  - Self-restraint
  - Respectful responses  
all of which are core PE expectations.

## Grade 7

- **PE.7.4 – Resolve conflicts using effective strategies.**  
AQBS teaches:
  - Don't react immediately
  - Ask questions
  - Seek full information
  - Evaluate emotions  
These are the same skills used by students navigating conflict in competitive sports and group activities.

## Grade 8

- **PE.8.4 – Demonstrate respect for self and others in physical activities.**  
Students learn to:
  - Check emotional triggers
  - Avoid harmful reactions
  - Respond thoughtfully
  - Choose kind interactions  
These map perfectly to middle school sportsmanship and peer interaction standards.

## 2. PE Strand: Decision-Making & Strategy

### Grades 6–8

PE requires students to:

- Make tactical choices
- Recognize risk
- Anticipate consequences
- Read situations before acting
- Think strategically

The AQBS Rule strengthens this by teaching students to:

- Ask: “What’s really going on?”
- Evaluate consequences
- Understand emotional manipulation
- Make informed, responsible choices

These thinking habits apply to both digital behavior **and** movement-based strategy.

## 3. PE Strand: Safety, Risk Assessment & Consequences

### Grades 6–8

Students must consistently:

- Reduce risky behaviors
- Control impulses
- Consider effects of their actions

- Use safety procedures

AQBS supports this by teaching:

- Emotional regulation
- Avoiding impulsive reactions
- Pausing before acting
- Checking if an action may harm them or others

The cognitive skills directly support daily PE expectations.

## **Specific Script Connections to PE COS**

**“If something makes you feel a strong emotion... pause before you act.”**

→ Direct support for PE self-control & emotional regulation standards.

**“Ask: If I act on this feeling, will it do me harm or someone else harm?”**

→ Perfect alignment with PE safety & hazard-avoidance standards.

**“Don’t respond immediately.”**

→ Same as PE expectations during games to prevent accidents or conflict escalation.

**“What’s the evidence? What’s the whole story?”**

→ Supports PE conflict-resolution and teamwork communication standards.

**“Your emotions are valid, but you shouldn’t act without thinking.”**

→ Reinforces sportsmanship and safe movement guidelines.

**“Be skeptical of emotional posts AND your reaction.”**

→ Helps students manage frustration and emotional triggers in PE activities.

# Conclusion

Lesson 2 — **AQBS Rule** — aligns beautifully with the Alabama PE Course of Study because PE classrooms rely on:

- Self-control
- Emotional intelligence
- Safe decision-making
- Respectful interactions
- Conflict resolution
- Anticipating consequences
- Thoughtful behavior

Everything PE teachers reinforce daily is strengthened by AQBS.

This makes PE Teachers **ideal partners** for Media Masters Rock, helping kids build strong, safe, and responsible habits both online *and* in physical spaces.

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