Character-Education Fitness Tag

Focus Words

The following focus words are for the taggers. You need only four taggers at a time; tape a word to each tagger.

|  |  |
| --- | --- |
| Tolerance | Trust |
| Pride | Discipline |
| Loyalty | Caring |
| Respect | Patience |
| Honesty | Citizenship |

Focus-Word Definitions and Activities for Fitness Tag Posters

Respect for individual differences, views, beliefs, and skills

* *Do 20 push-ups.*

Sense of one's dignity or worth

* *Do 20 rope jumps.*

Faithfulness to something (such as a person, country, or idea)

* *Do 20 sit-ups.*

Feeling of honor or esteem for someone or something

* *Do a one-minute plank.*

Truthfulness; disposition not to lie, steal, or cheat

* *Make one layup.*

Confidence in someone or something as being dependable or reliable

* *Jog two laps.*

Focus Word Definitions and Activities *(continued)*

Controlled behavior and work that tends to mold a specific skill or behavior

* *Travel one lap around the outside of the gym while alternating the following ways of moving: skipping, galloping, running, sliding, and walking.*

Concern for others and desire to see to their welfare

* *Dribble a soccer ball for one lap.*

Power to wait calmly without showing anger or complaining

* *Touch 10 different lines on the gym floor.*

Respectful devotion to one’s school, community, or country; following the laws and duties of a citizen

* *Do 20 jumping jacks.*