

GRADES 4 - 8

ACTION PACK



This Action Pack has everything that you need – information, tools, and ideas – to build an exciting VERB™ Anytime Doubletime promotional program in your school.

With cool combinations of sports and activities, VERB motivates kids to get active!

**TURN TO THE BACK COVER TO LEARN HOW
EASY IT IS TO APPLY FOR A \$1,000 GRANT.**



GETTING STARTED

Your students are among 1,800,000 kids participating in the VERB™ Anytime Doubletime promotional program through schools nationwide. Our goal is to reach more than 18,000,000 hours of incremental activity. And it all starts with this Action Pack.

The Action Pack is your guide to organizing a fun, effective VERB Anytime Doubletime promotional program. And it's your link to a \$1,000 grant for your school's physical education initiatives.

This guide will also show you how to reach your students through cool combinations of their favorite sports and games. The ideas and tools we provide will help you to empower students to take ownership of their physical activities when they create their own activities at school, at home, anywhere, anytime.

LOOK FOR THE FOLLOWING ITEMS INSIDE:

- Plan of Action – pages 2-3
- Anytime Doubletime Activities – pages 4-5
- Reproducible Public Address Announcements – page 6
- Reproducible Newsletter Copy – page 6
- Reproducible Student Newsletter Clip – page 6
- Reproducible VERB Anytime Doubletime Recorder – page 7
- Reproducible Grant Application Form – page 8

OTHER ELEMENTS OF THE PROGRAM KIT:

- Posters
- Stickers
- VERB Anytime Doubletime Activity Cards
- VERBTellers
- VERB Anytime Doubletime Certificates

PLAN OF ACTION

READY!

- Generate excitement for your VERB Anytime Doubletime promotional program before you kick it off:
 - Hang the **POSTERS** you received with this Action Pack in prominent places around your school.
 - Pose questions to your students in class, on the school bulletin board, or through the PA system to get them thinking about fun physical activities. Always sign off with "VERB Anytime Doubletime. TAKE 2 VERBs. MAKE 1 GAME AND GO!"

SAMPLE QUESTIONS:

How would you play VolleyPong?
What's the deal with BirdieBall?
Have you tried Mini-Socckey?
What would happen if you combined your favorite games or sports?

- Send a **PARENT LETTER** home to each family.
- Publish a note about the promotional program in your school newsletter, PTO flier, and Web site using the reproducible **NEWSLETTER COPY** on page 6.
- Make a bulletin board of different activities, games and sports to start the students thinking about combining activities to make a whole new game.

SET!

- Get students involved in helping plan and organize a pep rally/assembly to kick off the promotional program. Find suggestions for **VERB ANYTIME DOUBLETIME ACTIVITIES** on pages 4-5.
- Inspire your kids to have fun getting active before and after school by staging Anytime Doubletime Activities (pages 4-5) during homeroom, recess, another period or a physical education class.
- Invite a few students to create and broadcast their own Anytime Doubletime PA announcements or use the **ANNOUNCEMENT SCRIPTS** on page 6.
- Copy and distribute a **VERB ANYTIME DOUBLETIME RECORDER** (page 7) to each of your participating students. Encourage them to track their physical activities on the recorder and return them to you to receive a reward.
- Use the **STICKERS** to reward students who are giving a great effort in the VERB Anytime Doubletime promotional program.
- Keep an estimate of the hours of activity driven by the VERB Anytime Doubletime promotional program using the recorders and your own observations. This will help your school compete for a \$1,000 grant. (See the **GRANT APPLICATION FORM** on page 8).

QUESTIONS?

CALL THE KALEIDOSCOPE EDUCATION SUPPORT GROUP® PROGRAM
HOTLINE AT 1-800-331-9218 MONDAY THROUGH FRIDAY BETWEEN
8:00 A.M. AND 5:00 P.M. EST.

GO!

WHILE YOU MOTIVATE YOUR STUDENTS TO GET ACTIVE, EMPOWER THEM TO DECIDE JUST HOW THEY'LL DO IT. IT'S EASY FOR THEM TO HAVE FUN BEING ACTIVE – ANYTIME AND ANYWHERE – USING THE TOOLS PROVIDED IN THE KIT.

ACTIVITY CARDS: DO A DOUBLE TAKE

Need a new activity idea? Deal a cool combination of sports and games with the **VERB™ ANYTIME DOUBLETIME ACTIVITY CARDS**.

- For a group activity, have two student volunteers select two cards from the deck. Discuss how the activities can be combined, ask them to try it at recess or after school and invite them to share how it went next time the class meets.
- Select a card and add the "Doubler" to make the game twice as fun. For example, try soccer with two balls or badminton with a racket in each hand.
- Have students find partners and distribute a card to each player. Each pair will work together to create the game, try it out after school, at recess or over the weekend and report back to the class.
- At the end of class, draw two cards to create the Anytime Doubletime activity of the week. Ask your students to play at recess or at home and record their hours on their VERB Anytime Doubletime Recorder.
- Hold an after school Anytime Doubletime event, allowing the students who attend to create Anytime Doubletime activities by drawing cards from the deck. Invite parents and teachers to participate, too!

VERBTeller: DOUBLE YOUR VISION

Looking for the path to fun? The **VERBTeller** knows the way. Students will have fun using the VERBTeller to make up their own Anytime Doubletime activities – anytime, anywhere!

- Put together a VERBTeller (see the instructions provided on the VERBTeller) and demonstrate it for your students. Distribute the rest to the class.
- At the start of the day or class period, pair students to consult their VERBTellers and find out what activities they will combine at recess or after school.
- Have two students play the VERBTeller as part of the morning PA announcements. Make the result the Anytime Doubletime activity of the day.
- Organize an extra credit contest and reward the most creative Anytime Doubletime activity.

DOUBLE DUTY

Set up friendly and fun class vs. class or grade vs. grade competitions. Announce the running totals and final results on the PA or post them on the bulletin board. Recognize the class or grade that records the most hours on their VERB Anytime Doubletime Recorders.

KEEP GOING!

- Reproduce and distribute the **STUDENT NEWSLETTER CLIP**.
- Collect your students' VERB Anytime Doubletime Recorders and total the hours they've spent being physically active throughout the program.
- Refer to this Action Pack at any time for games and ideas to help students remain physically active.

COMPLETE THE GRANT APPLICATION ON THE BACK COVER OF THE ACTION PACK AND SUBMIT IT.

THE HARD WORK IS DONE. NOW SHARE YOUR SUCCESS FOR A CHANCE TO WIN A \$1,000 GRANT!

VERB™ ANYTIME DOUBLETIME ACTIVITIES

STAGE AN ANYTIME DOUBLETIME ACTIVITY DURING AN ASSEMBLY, AT RECESS OR AFTER SCHOOL USING THESE IDEAS AS A PLACE TO START. HAVE YOUR STUDENTS MAKE UP FUN NEW GAMES THAT THEY CAN SHARE WITH THE WHOLE SCHOOL. REMEMBER TO BE SURE THEY WEAR APPROPRIATE SAFETY GEAR.

KICK OFF THE PROGRAM WITH A PEP RALLY OR ASSEMBLY.

- Introduce the VERB Anytime Doubletime program.
- Share your school's goals for the program, such as increased physical activity, fun, creativity, etc.
- Tell your students when, where and how they can get involved.
- Let students and faculty know that you'll need an estimate of the hours of physical activity everyone does to be considered for a \$1,000 grant. Tell them how you'd use the money and distribute copies of the Anytime Doubletime Recorders to students and teachers who wish to participate.



1. VOLLEYHACKEY - Lower the net or use a limbo stick and kick a footbag over it. Score the game just like volleyball.



2. SKATEBALL - Play basketball while wearing inline skates!



3. MARCOHOCKEY - Designate a secret location in the room as the "goal." Players push around a puck and listen for whether they are "hot" (near the goal) or "cold" (far from it).



4. HOTVOLLEY - Pass a ball back and forth over the net while music plays. When it stops, the player who has the ball is out. That player gets to choose the next song and decide when to stop the music.



5. BIRDIEBALL - Head to the diamond and replace the baseball with a birdie to dial up the fun. Use rackets instead of gloves and a bat.

6. VOLLEYPONG - Volleyball's a whole new game when you use a pingpong ball and paddles.





7. CRAB-WALK KICKBALL - Play a traditional game of kickball, but keep the playing field small. Move around the field on all fours, with tummies facing up.

8. MINI-SOCCKEY – Add hockey sticks and a mini-soccer ball to the equation to double the fun. If you don't have a mini-soccer ball, any small and bouncy ball will do.



9. DANCETAG - Play a traditional game of "freeze" tag, but instead of remaining "frozen," tagged players must do hip hop dance moves until re-tagged.

10. SOCCLOON - Blow up balloons and keep them in the air for as long as you can with the head, knees, and feet, not the hands.



11. PEDODASH - Choose a distance and fast walk — don't run — to reach it while counting your steps. Redo the walk while wearing pedometers and compare the results.



12. HULABEE - In teams of two, take turns throwing a Frisbee® and chasing it with a Hula Hoop®. The Frisbee should fly through the hoop before it hits the ground.



13. CARTHORSE - Play a game of Horse, but make a free throw from the foul line and then do a cartwheel. Where you land is the location of your next shot.

14. 4-SQUARE DANCE REVOLUTION - Play the game four-square to your favorite music or while singing your favorite tune. Remember to hit the ball after a single bounce and to keep moving to the song as you play.



RECOGNIZE YOUR STUDENTS' EFFORTS WITH AN ASSEMBLY OR HOMEROOM CEREMONY AT THE END OF THE PROMOTIONAL PROGRAM.

- **VERB ANYTIME DOUBLETIME CERTIFICATES** – In the space provided, fill in the names of participating students and distribute.
- Recognize all those who helped organize and stage the events.
- Announce the final results of any class vs. class or grade vs. grade competitions.
- Reproduce and distribute the Student Newsletter Clip.
- Close by announcing that you've already submitted the results and that the school is being considered for a \$1,000 grant.

ANNOUNCEMENT SCRIPTS & NEWSLETTER COPY

VERB™ ANYTIME DOUBLETIME PA ANNOUNCEMENTS

Make a special PA announcement for your VERB Anytime Doubletime promotional program just before it gets started and add more to keep up the momentum.

KICK OFF

STUDENT A: Have you heard about VERB Anytime Doubletime?

STUDENT B: No! What is that?

A: It's a cool new program where you get to combine your favorite sports and activities to come up with totally new ones.

B: That IS cool. I thought you were gonna say we're getting more stuff to bring home.

A: No way, VERB is all about having fun. And we can help our school win \$1,000.

B: Sweet. Gym class could use a little bling-bling, that's for sure.

A: No doubt. It starts now so look for the posters, ask your teacher about it and get ready to go!

ALL: VERB Anytime Doubletime. TAKE 2 VERBs. MAKE 1 GAME AND GO!

DURING THE PROGRAM

STUDENT A: Hey, have you been keeping track of your VERB Anytime Doubletime hours?

STUDENT B: Yeah, check it out. (rustle a sheet of paper)

A: Wow, you've been going all out! Bocce soccer? Hula Hoop® Hockey? Where did you get all of these ideas?

B: I made up some of them, some came from the Activity Cards my teacher has, and I got a few more from the VERBTeller.

A: I better get busy if I'm gonna catch you!

B: As if! Anyway, feel free to TRY and catch me. Just remember to keep track of what you do and for how long.

A: Yeah, and we can help our school win \$1,000.

ALL: VERB Anytime Doubletime. TAKE 2 VERBs. MAKE 1 GAME AND GO!

IN THE NEWS

Cut and paste this copy into your newsletter for a quick memo that will keep parents in the know.

PARENT

VERB™ ANYTIME DOUBLETIME

Our school is taking part in the VERB Anytime Doubletime promotional program. Developed by the U.S. Department of Health and Human Services' Centers for Disease Control and Prevention, the VERB campaign is designed inspire kids (age 9-13) to have fun getting and staying active. VERB Anytime Doubletime invites students to pair their favorite sports and games to make unique new ones like "disc basketball," "skateboard hockey," or "baseball golf."

Please support the promotional initiative by encouraging your child to try new activities, join in our group games, and increase his or her physical activity during our program and beyond. We will track our students' participation and submit an application that may bring our school a \$1,000 grant for physical education supplies. To learn more about VERB, visit VERBparents.com.

Let's work together to build lasting, healthy physical activity habits with the VERB Anytime Doubletime promotional program.

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NEWSLETTER CLIP CUT AND PASTE THIS SECTION

STUDENT
NEWSLETTER
CLIP

DO STUFF! WIN STUFF! ●●●●▶

VISIT VERBnow.com

YOU'VE TAKEN 2 VERBs, MADE 1 GAME AND CREATED YOUR OWN FUN WITH THE VERB ANYTIME DOUBLETIME PROMOTIONAL PROGRAM. NOW KEEP THE MOMENTUM GOING AND YOU CAN WIN PRIZES, TOO.

Visit VERBnow.com and set up your My VERB Recorder account. Keep track of what you do every day for your chance to win cool prizes.*

WHILE YOU'RE THERE, TAKE SOME TIME TO BROWSE THE SITE'S GAMES AND ACTIVITIES, TOO.

WANT TO LEARN HOW TO DANCE? THROW A PERFECT SPIRAL? OR SEE HOW TO PERFECT THE LATEST SKATEBOARD MOVES? VERBnow.com HAS ALL OF THAT AND MORE. YOU CAN EVEN FIND PARKS, BEACHES, TRAILS AND SPORTS LEAGUES NEAR YOU.

SO DON'T WAIT.
SIGN UP AND RECORD WHAT YOU DO ANYTIME, ANYWHERE AT VERBnow.com.

* NO PURCHASE NECESSARY. KIDS MUST BE BETWEEN THE AGES OF 9-13 TO ENTER. PARENTS WILL BE NOTIFIED AND HAVE THE OPTION TO OPT THEIR KIDS OUT OF ENTERING. VOID WHERE PROHIBITED. SEE www.VERBnow.com FOR OFFICIAL RULES.

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CUT AND PASTE
THIS SECTION

VERB™ ANYTIME DOUBLETIME RECORDER

AS SOON AS YOU COMPLETE AN ANYTIME DOUBLETIME ACTIVITY, WRITE ON THIS FORM THE SPORTS OR ACTIVITIES THAT YOU COMBINED AND HOW LONG YOU PLAYED. YOUR GOAL IS AN HOUR OF ANYTIME DOUBLETIME ACTIVITIES EVERY DAY.

Example

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT/SUN	
WEEK 1	GAMES: basketball hockey	GAMES: golf pingpong	GAMES: basketball hockey	GAMES: skateboard soccer	GAMES: flying disk golf	GAMES: dance basketball	FAVORITE GAMES: flying disk golf
	HOURS: 1	HOURS: 1 1/2	HOURS: 1	HOURS: 2	HOURS: 1	HOURS: 3	TOTAL HOURS: 9 1/2

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT/SUN	
WEEK 1	GAMES:	GAMES:	GAMES:	GAMES:	GAMES:	GAMES:	FAVORITE GAMES:
	HOURS:	HOURS:	HOURS:	HOURS:	HOURS:	HOURS:	TOTAL HOURS: WEEK 1
WEEK 2	GAMES:	GAMES:	GAMES:	GAMES:	GAMES:	GAMES:	FAVORITE GAMES:
	HOURS:	HOURS:	HOURS:	HOURS:	HOURS:	HOURS:	TOTAL HOURS: WEEK 2

TOTAL HOURS ●●●●▶

RETURN YOUR COMPLETED VERB ANYTIME DOUBLETIME RECORDER TO YOUR TEACHER TO HELP YOUR SCHOOL EARN A CHANCE TO RECEIVE A \$1,000 GRANT FOR ITS PHYSICAL EDUCATION PROGRAM.