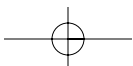
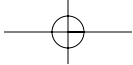


# VERB™

Ponte las pilas.™





This **VERB**<sup>™</sup>  
Student Planner  
belongs to:

Name

School

School Phone

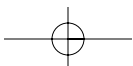
Grade

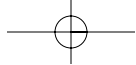
Teacher's Name



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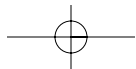
[www.VERBnow.com](http://www.VERBnow.com)

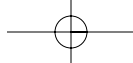




# VERB™

Ponte las pilas.™





## Un mensaje para los estudiantes sobre la agenda estudiantil de VERB

Querido estudiante,

¿Cuál es tu actividad favorita? Tal vez es un deporte en equipo — como el fútbol o el béisbol. O tal vez es una actividad individual — como el ir de excursión o andar en monopatín. O tal vez es algo diferente como el yoga o las artes marciales.

Cualquiera que sea tu actividad favorita, una cosa es cierta, es tu propio VERB. Es lo que te hace levantarte y moverte. Es lo que te hace tratar de hacer cosas nuevas y divertidas.

Empezar a ser activo y continuar siéndolo es divertido. Y este almanaque estudiantil de VERB's puede ayudarte a estar activo durante todo el año.

Cada semana, el almanaque estudiantil de VERB habla de una actividad diferente — con detalles divertidos y fenomenales acerca del VERB y te da ideas para empezar a hacer esas actividades..

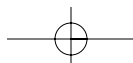
Pero el almanaque estudiantil de VERB es algo que también puede ayudarte a mantenerte organizado durante el año escolar. Puedes usar el almanaque estudiantil de VERB para:

- Organizar los deberes escolares.
- Apuntar las fechas de exámenes importantes y de actividades escolares.
- Acordarte de las fechas de las actividades después de las horas escolares.

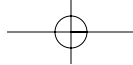
¿Qué es VERB? Se trata de divertirse, salir y jugar con energía. Tu almanaque estudiantil de VERB puede ayudarte a hacer de cada día un día activo. ¡Qué tengas un año escolar fenomenal!

Tus amigos de VERB

P.D. Para obtener más información sobre VERB, ve a [www.VERBnow.com](http://www.VERBnow.com)







## A Message to Students about the VERB Planner



www.VERBnow.com

Dear Student:

What's your favorite activity? Maybe it's a team sport — like soccer or baseball. Or maybe it's an individual activity — like hiking or skateboarding. Or maybe it's something a little different — like yoga or martial arts.

Whatever your favorite activity is, there's one thing for sure. It's your very own VERB. It's what gets you up and out. It's what gets you trying new, fun things.

Getting active and staying active is fun. And this VERB Student Planner can help you do just that throughout the year.

Each week the VERB Student Planner talks about a great VERB activity — with fun facts and cool tips, and ideas for getting active.

The VERB Student Planner is also something that can help you stay organized throughout the school year. Use the VERB Student Planner to:

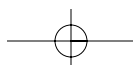
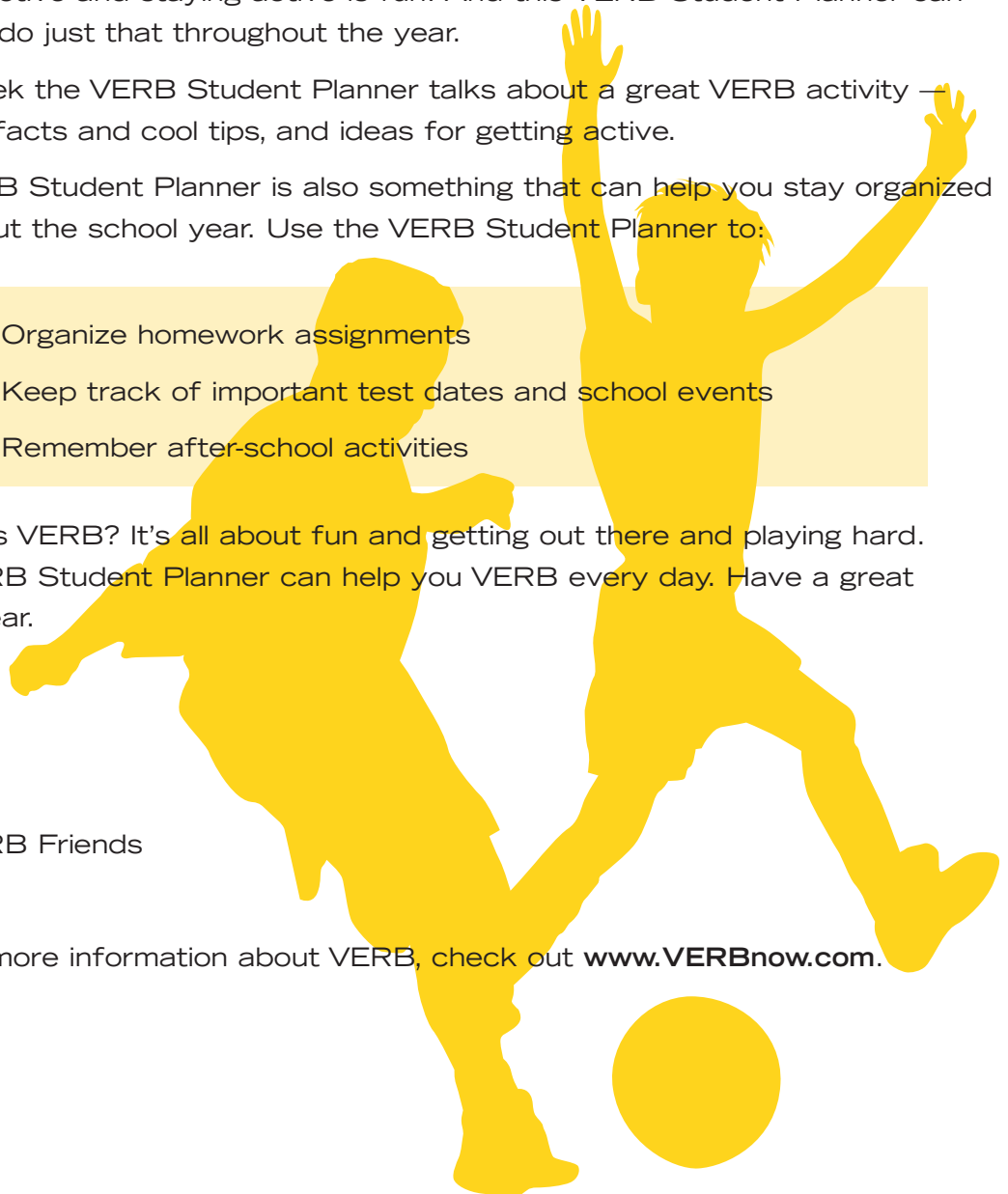
- Organize homework assignments
- Keep track of important test dates and school events
- Remember after-school activities

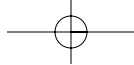
So what's VERB? It's all about fun and getting out there and playing hard. Your VERB Student Planner can help you VERB every day. Have a great school year.

Signed,

Your VERB Friends

P.S. For more information about VERB, check out [www.VERBnow.com](http://www.VERBnow.com).





## All About Me

My name is: \_\_\_\_\_

The name of my school is: \_\_\_\_\_

My teacher's name is: \_\_\_\_\_

My favorite subject is: \_\_\_\_\_

My birthday is: \_\_\_\_\_

I have: \_\_\_\_\_ brothers and \_\_\_\_\_ sisters.

I have a pet: \_\_\_\_\_ yes \_\_\_\_\_ no

If yes: My pet's name is: \_\_\_\_\_

For emergencies, call: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Fall

Winter

Spring

Summer

My height is: \_\_\_\_\_

### Favorite Activities Throughout the Year

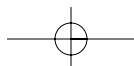
(List the VERB Activity that is your favorite each season.)

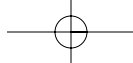
Fall \_\_\_\_\_

Winter \_\_\_\_\_

Spring \_\_\_\_\_

Summer \_\_\_\_\_





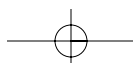
## VERBs: Week by Week

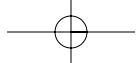


W W W . V E R B n o w . c o m

**R**ead about a new VERB activity each week throughout the year; or take a sneak peek at your favorite activity now. Here's a quick look at all of the VERBs you'll find in your VERB Student Planner this year.

<b>VERB Activity</b>	<b>Week</b>	<b>VERB Activity</b>	<b>Week</b>
Badminton	February 23	Netball	December 1
Balance	September 15	Paddle	September 22
Baton Twirl	September 8	Pass	October 27
Bike	May 3	Pitch	July 19
Bocce	May 31	Row	August 23
Bowl	December 8	Run	May 10
Catch	January 12	Sepak Takraw	January 5
Cheer	March 1	Skateboard	February 9
Cumbia	June 7	Soccer	December 15
Dance	December 22	Stretch	February 2
Disc Golf	November 3	Surf	July 12
Dive	July 5	Swim	June 28
Dribble	February 16	Swing	October 13
Field Hockey	April 12	Table Tennis	May 17
Figure Skate	December 29	Tai Chi	August 2
Football	January 26	Tap	May 24
Gymnastics	March 22	Tennis	June 21
Hike	March 15	Throw	March 29
Hula Hoop	August 9	Track and Field	October 6
Inline Skate	September 29	Ultimate Frisbee	August 16
Jog	July 26	Volleyball	October 20
Juggle	January 19	Walk	April 26
Jump	September 1	Water-ski	June 14
Karate	April 19	Weight Train	November 17
Limbo	November 10	Wrestle	March 8
Martial Arts	November 24	Yoga	April 5





# VERB™

Ponte las pilas.™

## SEPTEMBER 2003 —

### SEPTEMBER 2003

S	M	T	W	T	F	S
	1	2	3	4	5	6
	Jump Week					
7	8	9	10	11	12	13
	Baton Twirl Week					
14	15	16	17	18	19	20
	Balance Week					
21	22	23	24	25	26	27
	Paddle Week					
28	29	30				
	Inline Skate Week					

### DECEMBER 2003

S	M	T	W	T	F	S
	1	2	3	4	5	6
	Netball Week					
7	8	9	10	11	12	13
	Bowl Week					
14	15	16	17	18	19	20
	Soccer Week					
21	22	23	24	25	26	27
	Dance Week					
28	29	30	31			
	Figure Skate Week					

### OCTOBER 2003

S	M	T	W	T	F	S
			1	2	3	4
	Inline Skate Week					
5	6	7	8	9	10	11
	Track and Field Week					
12	13	14	15	16	17	18
	Swing Week					
19	20	21	22	23	24	25
	Volleyball Week					
26	27	28	29	30	31	
	Pass Week					

### JANUARY 2004

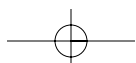
S	M	T	W	T	F	S
				1	2	3
	Figure Skate Week					
4	5	6	7	8	9	10
	Sepak Takraw Week					
11	12	13	14	15	16	17
	Catch Week					
18	19	20	21	22	23	24
	Juggle Week					
25	26	27	28	29	30	31
	Football Week					

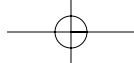
### NOVEMBER 2003

S	M	T	W	T	F	S
						1
	Pass Week					
2	3	4	5	6	7	8
	Disc Golf Week					
9	10	11	12	13	14	15
	Limbo Week					
16	17	18	19	20	21	22
	Weight Train Week					
23	24	25	26	27	28	29
30	Martial Arts Week					

### FEBRUARY 2004

S	M	T	W	T	F	S
1	2	3	4	5	6	7
	Stretch Week					
8	9	10	11	12	13	14
	Skateboard Week					
15	16	17	18	19	20	21
	Dribble Week					
22	23	24	25	26	27	28
	Badminton Week					
29						
	Cheer Week					





# —AUGUST 2004

www.VERBnow.com

## MARCH 2004

S	M	T	W	T	F	S
	1	2	3	4	5	6
		Cheer Week				
7	8	9	10	11	12	13
		Wrestle Week				
14	15	16	17	18	19	20
		Hike Week				
21	22	23	24	25	26	27
		Gymnastics Week				
28	29	30	31			
		Throw Week				

## JUNE 2004

S	M	T	W	T	F	S
		1	2	3	4	5
		Bocce Week				
6	7	8	9	10	11	12
		Cumbia Week				
13	14	15	16	17	18	19
		Water-Ski Week				
20	21	22	23	24	25	26
		Tennis Week				
27	28	29	30			
		Swim Week				

## APRIL 2004

S	M	T	W	T	F	S
				1	2	3
		Throw Week				
4	5	6	7	8	9	10
		Yoga Week				
11	12	13	14	15	16	17
		Field Hockey Week				
18	19	20	21	22	23	24
		Karate Week				
25	26	27	28	29	30	
		Walk Week				

## JULY 2004

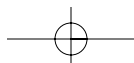
S	M	T	W	T	F	S
				1	2	3
		Swim Week				
4	5	6	7	8	9	10
		Dive Week				
11	12	13	14	15	16	17
		Surf Week				
18	19	20	21	22	23	24
		Pitch Week				
25	26	27	28	29	30	31
		Jog Week				

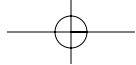
## MAY 2004

S	M	T	W	T	F	S
						1
		Walk Week				
2	3	4	5	6	7	8
		Bike Week				
9	10	11	12	13	14	15
		Run Week				
16	17	18	19	20	21	22
		Table Tennis Week				
23	24	25	26	27	28	29
30	31	Tap Week				

## AUGUST 2004

S	M	T	W	T	F	S
1	2	3	4	5	6	7
		Tai Chi Week				
8	9	10	11	12	13	14
		Hula Hoop Week				
15	16	17	18	19	20	21
		Ultimate Frisbee Week				
22	23	24	25	26	27	28
		Row Week				
29	30	31				
		Jump Week				





# Personal Record Form for Fall

## Directions:

What activities do you enjoy? On this page you'll find 13 ways you can VERB — one for each week throughout the fall (from September through November). Write down what you think about these activities. Which ones are your favorites? Which ones have you tried? Keep a record of what you think about these different ways to VERB. At the end of the school year, take another look. What activities are you doing then?

## Chart

For each week listed on the next page, put a ✓ in the box next to each VERB activity that you participated in during the week.

**JUMP (SEPT. 1):** \_\_\_\_\_  
\_\_\_\_\_

**BATON TWIRL (SEPT. 8):** \_\_\_\_\_  
\_\_\_\_\_

**BALANCE (SEPT. 15):** \_\_\_\_\_  
\_\_\_\_\_

**PADDLE (SEPT. 22):** \_\_\_\_\_  
\_\_\_\_\_

**INLINE SKATE (SEPT. 29):** \_\_\_\_\_  
\_\_\_\_\_

**TRACK AND FIELD (OCT. 6):** \_\_\_\_\_  
\_\_\_\_\_

**SWING (OCT. 13):** \_\_\_\_\_  
\_\_\_\_\_

**VOLLEYBALL (OCT. 20):** \_\_\_\_\_  
\_\_\_\_\_

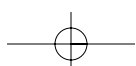
**PASS (OCT. 27):** \_\_\_\_\_  
\_\_\_\_\_

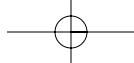
**DISC GOLF (NOV. 3):** \_\_\_\_\_  
\_\_\_\_\_

**LIMBO (NOV. 10):** \_\_\_\_\_  
\_\_\_\_\_

**WEIGHT TRAIN (NOV. 17):** \_\_\_\_\_  
\_\_\_\_\_

**MARTIAL ARTS (NOV. 24):** \_\_\_\_\_  
\_\_\_\_\_

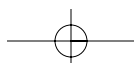


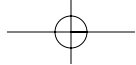


# September 2003 through November 2003



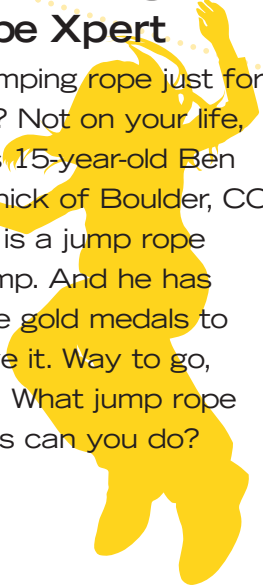
VERB Activity	Sept 1	Sept 8	Sept 15	Sept 22	Sept 29	Oct 6	Oct 13	Oct 20	Oct 27	Nov 3	Nov 10	Nov 17	Nov 24
Badminton													
Balance													
Baton Twirl													
Bike													
Bocce													
Bowl													
Catch													
Cheer													
Cumbia													
Dance													
Disc Golf													
Dive													
Dribble													
Field Hockey													
Figure Skate													
Football													
Gymnastics													
Hike													
Hula Hoop													
Inline Skate													
Jog													
Juggle													
Jump													
Karate													
Limbo													
Martial Arts													
Netball													
Paddle													
Pass													
Pitch													
Row													
Run													
Sepak Takraw													
Skateboard													
Soccer													
Stretch													
Surf													
Swim													
Swing													
Table Tennis													
Tai Chi													
Tap													
Tennis													
Throw													
Track and Field													
Ultimate Frisbee													
Volleyball													
Walk													
Water-ski													
Weight Train													
Wrestle													
Yoga													





### Meet a **JUMP** Rope Xpert

Is jumping rope just for girls? Not on your life, says 15-year-old Ben Raznick of Boulder, CO. Ben is a jump rope champ. And he has three gold medals to prove it. Way to go, Ben. What jump rope tricks can you do?



**MONDAY** | SEPTEMBER 1

**Labor Day**

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**TUESDAY** | SEPTEMBER 2

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**WEDNESDAY** | SEPTEMBER 3

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## VERB TIME

### SALTANDO por todos lados

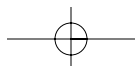
¿Cuántas veces puedes **SALTAR** la cuerda sin parar? Escribe los números aquí abajo?

Esta semana **SALTE** la cuerda  veces sin parar.

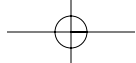
Mi mejor día para **SALTAR** la cuerda fué el

Teacher Comments:

Parent Signature:







# JUMP WEEK SALTA

www.verbnow.com

**THURSDAY** | SEPTEMBER 4

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## How Fast Can You JUMP?

We don't know if it's a record, but one national jump rope champ actually JUMPed 304 times in one minute. How many jumps is that a second?

**FRIDAY** | SEPTEMBER 5

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## Rhyme Time

Which one of the following is not a rhyme you say while jumping rope?

- a** Miss Mary Mack
- b** Rad Dude
- c** Teddy Bear, Teddy Bear

**Answer:** (b) Rad Dude. At least, it's not one that we know. Can you make up your own Rad Dude jump rope rhyme? Check out the real jump rope rhymes at [www.dam.gov](http://www.dam.gov).

**SATURDAY** | SEPTEMBER 6

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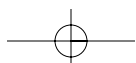
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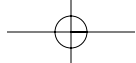
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**SUNDAY** | SEPTEMBER 7

S	M	T	W	T	F	S
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30				

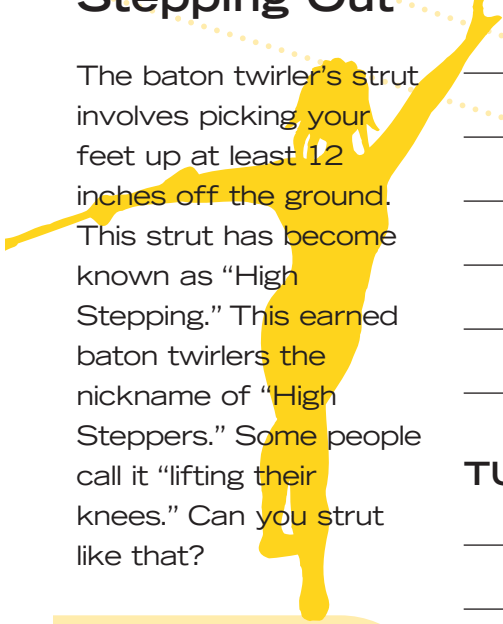




## Stepping Out

MONDAY | SEPTEMBER 8

The baton twirler's strut involves picking your feet up at least 12 inches off the ground. This strut has become known as "High Stepping." This earned baton twirlers the nickname of "High Steppers." Some people call it "lifting their knees." Can you strut like that?



TUESDAY | SEPTEMBER 9

WEDNESDAY | SEPTEMBER 10

## VERB TIME

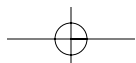
### Giro del bastón

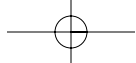
Hacer girar el bastón es un deporte emocionante tanto para los atletas como para el público. Es algo que pueden hacer niños y niñas.

¿Cuánto tiempo puedes hacer girar un bastón sin que se te caiga? Trata de tirarlo al aire y vuelve a cogerlo sin que se te caiga. Haz una representación para tus amigos y parientes. ¿Por qué no planeas un evento con el tema: Giro del bastón?

Teacher Comments:

Parent Signature:





# BATON TWIRL

WEEK

# DALE VUELTAS AL BASTÓN

www.verbnow.com

**THURSDAY** | SEPTEMBER 11

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**Did You Know...**

...that the first baton was made from a pool cue? It was made by a man named Ed Clark in 1927 for his daughter, Kitty. She became one of the first drum majorettes in a high school band.

**FRIDAY** | SEPTEMBER 12

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**Why Twirl?**

Besides having fun, which of the following do you think you might learn from baton twirling?

- (1) Hand-eye coordination
- (2) Balance
- (3) Stamina
- (4) All of the above

**SATURDAY** | SEPTEMBER 13

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**Answer:** If you said "All of the above," you're right. Baton twirling can help you learn all of these skills. Give it a try.

**SUNDAY** | SEPTEMBER 14

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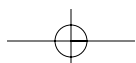
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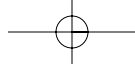
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### Meet a **BALANCE** Xpert

Twenty-two-year-old Katy Wilson really knows how to keep her balance. At the 1999 Special Olympics World Summer Games, Katy won a gold medal in the balance beam and vault. What's her secret? "You just have to keep on trying," says Katy, "and never give up!"

**MONDAY** | SEPTEMBER 15

**Hispanic Heritage Month Begins**

**El Grito de Dolores (Cry of Independence)**

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**TUESDAY** | SEPTEMBER 16

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## **VERB** T I M E

### **Equilibrio**

¿Puedes pararte de manos? El pararse de manos es una habilidad básica para la gimnasia. Pero es necesario tener mucho equilibrio y fuerza.

¡Inténtalo! Practica este ejercicio contra la pared al principio.  
¡Recuerda! Es buena idea tener alguien que te ayude.

**WEDNESDAY** | SEPTEMBER 17

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**Teacher Comments:**

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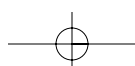
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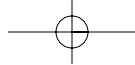
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**Parent Signature:**





# BALANCE WEEK EQUILIBRIO

www.verbnow.com

**THURSDAY** | SEPTEMBER 18

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## A Perfect 10

In Olympic gymnastics a "10" is a perfect score. In 1976 Nadia Comaneci from Romania became the first gymnast to ever score a perfect 10. In fact, she scored seven of them in seven different events. Practice your handstands with friends. Give each other a 10 for effort.

**FRIDAY** | SEPTEMBER 19

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## Quick Quiz

How wide is a standard balance beam?

- a** As wide as a loaf of bread
- b** As wide as a skateboard
- c** As wide as the Ohio River

**Answer:** (a) A standard balance beam is four inches wide. That's about as wide as a loaf of bread. It is also about four feet off the ground.

**SATURDAY** | SEPTEMBER 20

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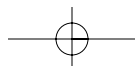
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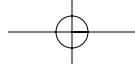
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**SUNDAY** | SEPTEMBER 21

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**Balance Awareness Week begins September 14.**





MONDAY | SEPTEMBER 22

Meet a **PADDLING** Xpert

Gwen Greeley is a 17-year-old paddling phenom from Suamico, Wisconsin. And she may just be the next gold medal winner at the 2008 Olympics! Gwen first started kayaking at age 10. Gwen says, "At first I was scared. But really there wasn't anything scary about it."

TUESDAY | SEPTEMBER 23  
**AUTUMN** begins

**VERB**  
T I M E

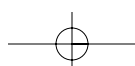
**REMA con cuidado**

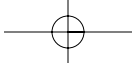
Para ser buen remero, hay que ser también buen nadador.

Nunca se sabe cuando vas a tener que nadar por debajo o en una corriente de agua. ¡Recuerda! Ya sea en kayak o en canoa, cuando vayas a remar vé con un adulto. Y ¡preparate para mojar-te!

WEDNESDAY | SEPTEMBER 24

Teacher Comments:  
  
Parent Signature:





# PADDLE WEEK REMA

www.verbnow.com

THURSDAY | SEPTEMBER 25

Handwriting practice lines for Thursday, September 25.

## Are You a Paddler?

Paddlers are people who like to canoe or kayak. And boy, do they really know how to have fun on the water. What does it take to be a paddler? Just a boat, safety gear, a paddle, nature, you...and water, of course.

FRIDAY | SEPTEMBER 26

California Native American Day

Handwriting practice lines for Friday, September 26.

## True or False

Kayak paddles and canoe paddles are pretty much the same.

Answer: False. Kayak paddles have a blade on each end. Canoe paddles have a blade on only one end of the stick.

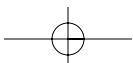
SATURDAY | SEPTEMBER 27

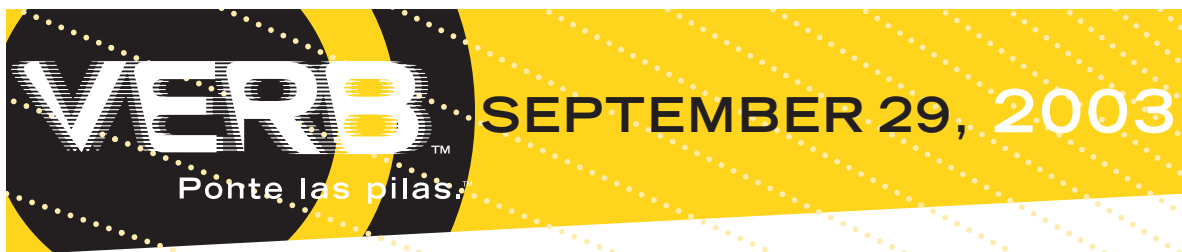
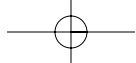
Handwriting practice lines for Saturday, September 27.

SUNDAY | SEPTEMBER 28

Handwriting practice lines for Sunday, September 28.

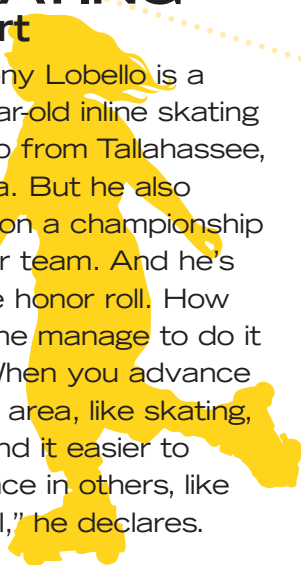
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28	29	30				





## Meet a SKATING Xpert

Anthony Lobello is a 17-year-old inline skating champ from Tallahassee, Florida. But he also plays on a championship soccer team. And he's on the honor roll. How does he manage to do it all? "When you advance in one area, like skating, you find it easier to advance in others, like school," he declares.



MONDAY | SEPTEMBER 29

Handwriting practice lines for Monday, September 29.

TUESDAY | SEPTEMBER 30

Handwriting practice lines for Tuesday, September 30.

## VERB TIME

### Deslízate antes de PATINAR

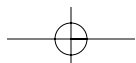
Trata de patinar usando sólo un pie. Es algo muy bueno para practicar el equilibrio. ¡Mira a ver cuánto tiempo puedes deslizarte sobre cada pie!

Cuando mejoras en un área, como el patinaje, descubres que es más fácil avanzar en otras, como la escuela.

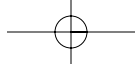
WEDNESDAY | OCTOBER 1

Handwriting practice lines for Wednesday, October 1.

Teacher Comments and Parent Signature box.







# INLINE SKATE WEEK PATÍN AJE EN LÍNEA

www.verbnow.com

**THURSDAY** | OCTOBER 2

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**Did You Know...**

...that inline skates were invented by a Minnesota hockey player so that he could skate during the off season? Why inline skating? Some of the skills for playing hockey are the same for inline skating.

**FRIDAY** | OCTOBER 3

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**True or False**

Inline skating became an official Olympic sport at the Olympic Games in the summer of 1999.

**Answer:** False. In fact, it's not an Olympic sport... yet. Many people hope it will become an Olympic sport for the 2008 Summer Olympics. Oh, by the way, that was a trick question. There wasn't a summer Olympics in 1999.

**SATURDAY** | OCTOBER 4

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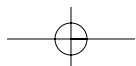
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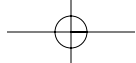
**SUNDAY** | OCTOBER 5

Yom Kippur begins at sundown

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28	29	30				

**October is National Roller Skating Month.**





OCTOBER 6, 2003

### What's Your Favorite?

Listed below are eight field events in the Olympics. Check the ones you would like to learn more about. Then talk to your parent or gym teacher about trying these events.

- long jump
- triple jump
- high jump
- pole vault
- shot put
- discus
- javelin
- hammer throw

MONDAY | OCTOBER 6

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TUESDAY | OCTOBER 7

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WEDNESDAY | OCTOBER 8

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## VERB TIME

### Practica atletismo

¿Tienes que ser un atleta olímpico para pasarlo bien haciendo atletismo? ¡Desde luego que no! Si te gusta correr, lanzar y saltar, el atletismo es tu deporte.

Haz un campeonato de atletismo con tus amigos. A ver quién gana la medalla de oro en cada evento. Para obtener más información sobre el correr, lanzar y saltar, ve a [www.bam.gov](http://www.bam.gov)

Teacher Comments:

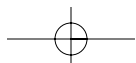
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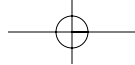
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Parent Signature:





# TRACK AND FIELD WEEK ATLETISMO

www.verbnow.com

**THURSDAY** | OCTOBER 9

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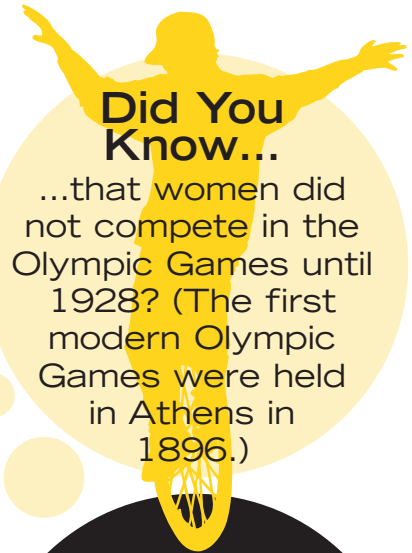
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## Did You Know...

...that women did not compete in the Olympic Games until 1928? (The first modern Olympic Games were held in Athens in 1896.)

**FRIDAY** | OCTOBER 10

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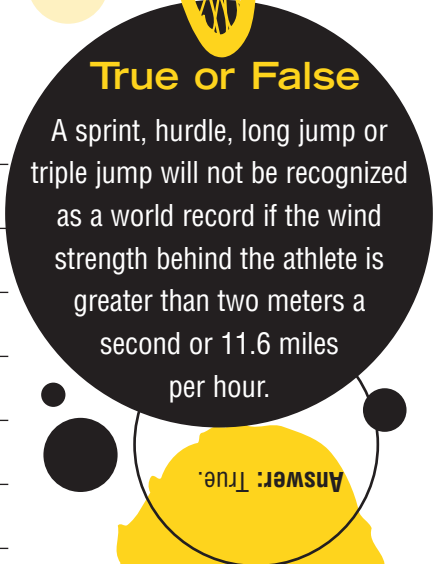
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## True or False

A sprint, hurdle, long jump or triple jump will not be recognized as a world record if the wind strength behind the athlete is greater than two meters a second or 11.6 miles per hour.

Answer: True

**SATURDAY** | OCTOBER 11

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**SUNDAY** | OCTOBER 12

**Día de la Raza (Columbus Day)**

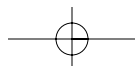
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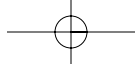
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# VERB™

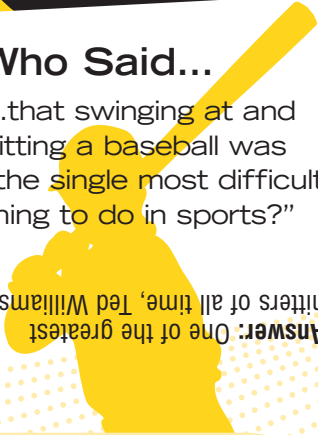
Ponte las pilas.™

## OCTOBER 13, 2003

### Who Said...

...that swinging at and hitting a baseball was "the single most difficult thing to do in sports?"

Answer: One of the greatest hitters of all time, Ted Williams.



MONDAY | OCTOBER 13

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## VERB TIME

### El sentido del bateador

Pegarle a la pelota con un bate es pura coordinación. Algunos consejos.

Cuando el lanzador tira la pelota, da un paso hacia la pelota girando las caderas. Mantén tus brazos inmóviles mientras te mueves hacia la pelota. No quites los ojos de la pelota y termina tu movimiento girando hacia adelante y cambiando tu peso hacia el pie del frente, siguiendo el movimiento con el bate después de que le pegues a la pelota.

Si quieres aprender más sobre el baseball, vé a [www.bam.gov](http://www.bam.gov). Pero aún más importante. Ve a practicar a batear con un amigo.

TUESDAY | OCTOBER 14

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WEDNESDAY | OCTOBER 15

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**Teacher Comments:**

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**Parent Signature:**

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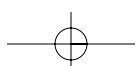
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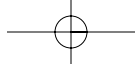
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# SWING WEEK PEGARLE A LA PELOTA

www.verbnow.com

THURSDAY | OCTOBER 16

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## Fast Fact

When playing soft-ball, keep your eyes peeled for pitches that are shoulder high and that drop right over the plate — they are perfect for driving into the field.

FRIDAY | OCTOBER 17

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## Play It Safe

Did you know that an umpire can call you out for throwing your bat? Be a team player — always know where your teammates are before swinging your bat. And always drop your bat next to your side in the batter's box before you head for first base.

SATURDAY | OCTOBER 18

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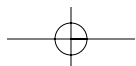
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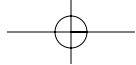
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SUNDAY | OCTOBER 19

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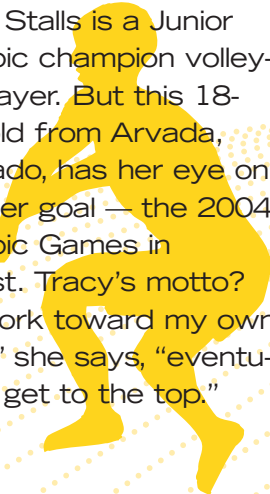




OCTOBER 20, 2003

### Meet a VOLLEYBALL Xpert

Tracy Stalls is a Junior Olympic champion volleyball player. But this 18-year-old from Arvada, Colorado, has her eye on a bigger goal — the 2004 Olympic Games in August. Tracy's motto? "If I work toward my own goals," she says, "eventually I'll get to the top."



MONDAY | OCTOBER 20

Handwriting practice lines for Monday, October 20

TUESDAY | OCTOBER 21

Handwriting practice lines for Tuesday, October 21

WEDNESDAY | OCTOBER 22

Handwriting practice lines for Wednesday, October 22

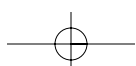
## VERB TIME

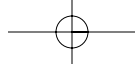
### Volea

Forma un triángulo con dos amigos. Da tres pasos gigantes para atrás. Voleen el balón entre los tres sin dejar que se les caiga.

¿Cuántas veces puedes volear el balón antes de que toque el suelo? Recuerda: la misma persona no puede tener contacto con el balón (o volear) dos veces seguidas. ¡Pásalo bien! Voleibol. Ponte las pilas.

Teacher Comments and Parent Signature box





# VOLLEYBALL WEEK VOLLEYBALL

www.verbnow.com

**THURSDAY** | OCTOBER 23

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## True or False

Volleyball is unique because the same player isn't allowed to hit the ball more than once in a row.

**Answer: True.**

**FRIDAY** | OCTOBER 24

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## Four Games in One

Volleyball was invented by William G. Morgan in 1895. He combined ideas from basketball, baseball, tennis, and handball to create the game.

But he didn't call the game volleyball back then. What was the original name?

- a Ollie Ollie Volley
- b Mintonette
- c Morganball

**Answer: (b) Mintonette**

**SATURDAY** | OCTOBER 25

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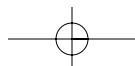
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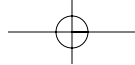
**SUNDAY** | OCTOBER 26

**Extra Hour of VERB Day**

**Daylight Savings Time**

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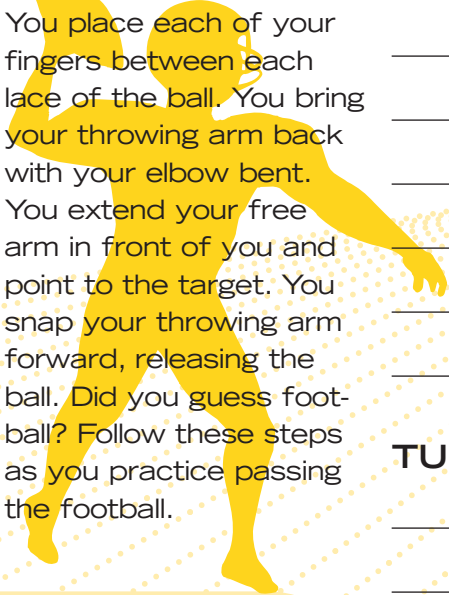
# VERB™

Ponte las pilas.™

## OCTOBER 27, 2003

### Guess the Sport

You place each of your fingers between each lace of the ball. You bring your throwing arm back with your elbow bent. You extend your free arm in front of you and point to the target. You snap your throwing arm forward, releasing the ball. Did you guess football? Follow these steps as you practice passing the football.



**MONDAY** | OCTOBER 27

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**TUESDAY** | OCTOBER 28

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**WEDNESDAY** | OCTOBER 29

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## VERB T I M E

### Practica el pase

¿Tienes una bola en la casa? Balón de basquet, pelota de béisbol, balón de fútbol, o de fútbol americano? ¿Se nos olvidó alguno? ¿La pelota del perro? No importa cuál es tu juego, pasar bien la bola es una habilidad importantísima en cualquier deporte.

Pídele a tus padres, hermanito o, hasta a tu perro, que vayan contigo al patio. Trata de correr y pasar al mismo tiempo. ¡Muévete! ¡Qué esperas! Ponte las pilas.

**Teacher Comments:**

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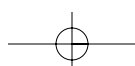
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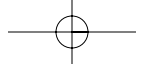
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**Parent Signature:**







# PASS WEEK PASAR

www.verbnow.com

**THURSDAY** | OCTOBER 30

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**Longest NFL Pass Completion**

Can you guess what the longest pass completion in NFL history was? The answer is 99 yards. It has happened eight times in the NFL. And each time it resulted in a touchdown.

**FRIDAY** | OCTOBER 31

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**Do you know the correct way to pass a soccer ball? Number these steps in the correct order.**

- \_\_\_ (a) Plant your non-kicking foot next to the ball
- \_\_\_ (b) Kick the ball right in the center using the inside of your foot
- \_\_\_ (c) Pick your target out before you start the pass

**SATURDAY** | NOVEMBER 1

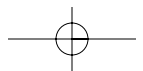
**National American Indian Heritage Month**  
**Día de los Muertos (Day of the Dead)**

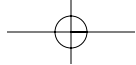
Now get together with your friends and try passing the soccer ball.  
**Answer: 1-c; 2-a; 3-b**

**SUNDAY** | NOVEMBER 2

**Día de los Muertos (Day of the Dead)**

S	M	T	W	T	F	S
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5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	





### What Are You Doing?

You're outside. You're throwing a disc toward a plastic garbage can, trying to hit it. You give yourself one point each time you throw the disc. What are you doing? If you said "playing disc golf," you're right. Disc golf is one of the hottest new sports around. Get some friends together and give it a try. Disc golf. Ponte las pilas.

**MONDAY** | NOVEMBER 3

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**TUESDAY** | NOVEMBER 4

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## VERB TIME

### Golf con disco: así se hace.

- (1) Escoge objetos al aire libre que sirvan de "hoyos." (Un árbol, un latón de basura y un poste son buenas posibilidades.)
- (2) Partida: tomen turnos lanzando el disco hacia el primer hoyo.
- (3) Anota cuántas tiradas se necesitan para pegarle al blanco ("hoyo").
- (4) Ahora sigue al "hoyo" siguiente.
- (5) Tanteo: Un punto por cada tiro hacia el "hoyo." El que tiene menos puntos al final de la ronda gana.

Si quieres más información visita [www.VERBnow.com](http://www.VERBnow.com)

**WEDNESDAY** | NOVEMBER 5

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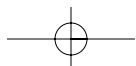
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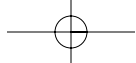
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**Parent Signature:**

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# DISC GOLF WEEK GOLF CON DISCO

www.verbnow.com

THURSDAY | NOVEMBER 6

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**True or False**

Disc golf was one of the most popular events at the first modern Olympic Games in Athens, Greece, in 1896.

**Answer:** False. Disc golf is not an Olympic sport – at least not yet. Who knows? Maybe one day it will be.

FRIDAY | NOVEMBER 7

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**Quick Quiz You Can't Fail**

Playing disc golf with your friends is easier if everyone has his or her own:

- a Shoes
- b Toothbrush
- c Flying disc

**Answer:** (c) Flying disc, such as a Frisbee®

SATURDAY | NOVEMBER 8

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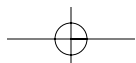
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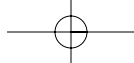
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SUNDAY | NOVEMBER 9

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23	24	25	26	27	28	29
30						

November is National American Indian Heritage Month.





### Play It Safe

**MONDAY** | NOVEMBER 10

Limbo is a game that tests your strength and flexibility. Like all games, make sure to stretch and warm up before starting. For more information on how to have a "Safety Savvy Workout," check out "Survival Skills" at [www.bam.gov](http://www.bam.gov). Let's limbo.

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## VERB T I M E

**TUESDAY** | NOVEMBER 11

### Practica el limbo

Haz una fiesta para bailar limbo con unos amigo. Para jugar necesitas un palo de escoba o cualquier palo largo similar.

Dos de los amigos agarran una punta del palo cada uno, a cierta altura del suelo. Pon un poco de música. Ahora, cada participante pasa por debajo del palo como puede, doblándose hacia atrás de las rodillas hacia arriba. El que toca el palo o se cae se descalifica. Después de que cada jugador pase una vez, se baja un poco el palo. El último que quede gana y escoge la música para la ronda siguiente.

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**WEDNESDAY** | NOVEMBER 12

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**Teacher Comments:**

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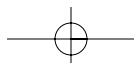
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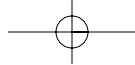
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# LIMBO WEEK LIMBO

www.verbnow.com

**THURSDAY** | NOVEMBER 13

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## Did You Know...

...that Calypso is the national music of Trinidad, but Limbo is the national dance? Julia Edwards, a 65-year-old grandmother, is known locally in Trinidad as the Queen of the Limbo.

**FRIDAY** | NOVEMBER 14

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## Quick Quiz You Can't Fail

The limbo dance is also known as:

- a** Balance dancing
- b** Under stick dance
- c** Limber belly dance

Answer: (b) Under stick dance. If you had to come up with a new name for this dance, what would you call it?

**SATURDAY** | NOVEMBER 15

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## True or False

Limbo is a dance from the West Indies. **Answer: True**

**SUNDAY** | NOVEMBER 16

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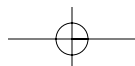
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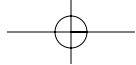
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NOVEMBER 17, 2003

**Muscle Kindness**

**MONDAY** | NOVEMBER 17

Before you begin any kind of weight training, be kind to your muscles. Give them a proper warm-up. Start by doing five to ten minutes of cardio exercise. Walking on a treadmill is a good way to warm up before an activity or riding a stationary bike. Be kind to your muscles and your muscles will be kind to you.

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**TUESDAY** | NOVEMBER 18

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**WEDNESDAY** | NOVEMBER 19

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**VERB TIME**

**Hora de levantar pesas**

Usa la mochila para levantar pesas con un brazo. Pon un par de libros de texto dentro de la mochila. Cógela por la correa y levanta el brazo hacia ti doblando el codo.

Si te sientes fuerte, añade otro libro y hazlo unas veces más. Cambia de brazo. ¿Cuántas veces puedes hacerlo con cada brazo? (Acuérdate de mantener la espalda erguida para que no te lastimes.) ¡Pruébalo! Ponte las pilas.

**Teacher Comments:**

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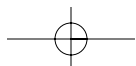
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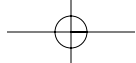
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# WEIGHT TRAINING WEEK LEVANTAR PESAS

www.verbnow.com

THURSDAY | NOVEMBER 20

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### True or False

If you have had a tough day at school, or if you just feel kind of blue, arm curls and other weight-training activities can help you feel stronger. True or false?

**Answer:** True. When you do these kinds of activities, your body releases endorphins (say: en-door-fins). These are chemicals that create a happy feeling in your brain.

FRIDAY | NOVEMBER 21

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### Quick Quiz You Can't Fail

The muscle on the front of your upper arm is called:

- a your bicep (say: bye-sepp)
- b your tricep (say: try-sepp)
- c your quadriceps (say: quad-ri-sepps)

**Answer:** (a) Your bicep. (Say: bye-sepp). When you contract your bicep, you can actually see it push up under your skin.

SATURDAY | NOVEMBER 22

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SUNDAY | NOVEMBER 23

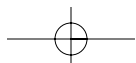
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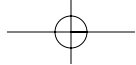
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23	24	25	26	27	28	29
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### What Are You Doing?

You're wearing a crisp white robe tied with a cloth belt. You're holding your arm out, making your hand look like a blade. You jump up in the air with one foot and kick out with another, landing with perfect balance. If you said "practicing one of the martial arts," you're right. Are the martial arts something you'd like to learn to do?

**MONDAY** | NOVEMBER 24

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**TUESDAY** | NOVEMBER 25

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## VERB TIME

### Aprende más sobre las artes marciales

¿Quisieras aprender más sobre las artes marciales?

Pídele a uno de tus padres que te ayude a buscar información en la Red. Decide cuál de las artes marciales es la más adecuada para ti. Busca en tu área o pregúntale al maestro de gimnasia si hay un programa de artes marciales al que puedes asistir. Artes marciales. Ponte las pilas.

**WEDNESDAY** | NOVEMBER 26

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**Teacher Comments:**

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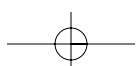
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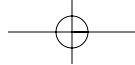
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# MARTIAL ARTS WEEK ARTES MARCIALES

www.verbnow.com

**THURSDAY** | NOVEMBER 27

**Thanksgiving Day**

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## Did You Know...

...that the words "martial arts" describe several different sports, combat-training styles, and self-defense disciplines? The martial arts began in Asian countries, such as China, Japan, and Korea.

**FRIDAY** | NOVEMBER 28

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## Quick Quiz You Can't Fail

Which one of the following is not an example of the martial arts?

- a Ju-Jitsu
- b Lo Mein
- c Tae Kwon Do
- d Judo

Answer: (b) Lo Mein.

**SATURDAY** | NOVEMBER 29

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## True or False

Teachers of martial arts are often referred to as "teddies." If you want to get good, it's very important to follow the directions of your teddies.

Answer: False. They're called "masters" or "senseis."

**SUNDAY** | NOVEMBER 30

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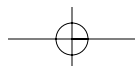
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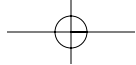
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23	24	25	26	27	28	29
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# Personal Record Form for Winter

## Directions:

What activities do you enjoy? On this page you'll find 13 ways you can VERB — one for each week throughout the winter (from December through February). Write down what you think about these activities. Which ones are your favorites? Which ones have you tried? Keep a record of what you think about these different ways to VERB. At the end of the school year, take another look. What activities are you doing then?

## Chart

For each week listed on the next page, put a ✓ in the box next to each VERB activity that you participated in during the week.

**NETBALL** (DEC. 1): \_\_\_\_\_  
\_\_\_\_\_

**BOWL** (DEC. 8): \_\_\_\_\_  
\_\_\_\_\_

**SOCCER** (DEC. 15): \_\_\_\_\_  
\_\_\_\_\_

**DANCE** (DEC. 22): \_\_\_\_\_  
\_\_\_\_\_

**FIGURE SKATE** (DEC. 29): \_\_\_\_\_  
\_\_\_\_\_

**SEPAK TAKRAW** (JAN. 5): \_\_\_\_\_  
\_\_\_\_\_

**CATCH** (JAN. 12): \_\_\_\_\_  
\_\_\_\_\_

**JUGGLE** (JAN. 19): \_\_\_\_\_  
\_\_\_\_\_

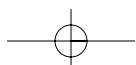
**FOOTBALL** (JAN. 26): \_\_\_\_\_  
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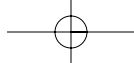
**STRETCH** (FEB. 2): \_\_\_\_\_  
\_\_\_\_\_

**SKATEBOARD** (FEB 9): \_\_\_\_\_  
\_\_\_\_\_

**DRIBBLE** (FEB. 16): \_\_\_\_\_  
\_\_\_\_\_

**BADMINTON** (FEB. 23): \_\_\_\_\_  
\_\_\_\_\_

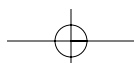


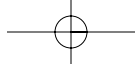


# December 2003 through February 2004



VERB Activity	Dec 1	Dec 8	Dec 15	Dec 22	Dec 29	Jan 5	Jan 12	Jan 19	Jan 26	Feb 2	Feb 9	Feb 16	Feb 23
Badminton													
Balance													
Baton Twirl													
Bike													
Bocce													
Bowl													
Catch													
Cheer													
Cumbia													
Dance													
Disc Golf													
Dive													
Dribble													
Field Hockey													
Figure Skate													
Football													
Gymnastics													
Hike													
Hula Hoop													
Inline Skate													
Jog													
Juggle													
Jump													
Karate													
Limbo													
Martial Arts													
Netball													
Paddle													
Pass													
Pitch													
Row													
Run													
Sepak Takraw													
Skateboard													
Soccer													
Stretch													
Surf													
Swim													
Swing													
Table Tennis													
Tai Chi													
Tap													
Tennis													
Throw													
Track and Field													
Ultimate Frisbee													
Volleyball													
Walk													
Water-ski													
Weight Train													
Wrestle													
Yoga													





### True or False

In netball, only two designated players can score goals. True or false?

Answer: True. Also, in netball, there is no backboard for the net.

**MONDAY** | DECEMBER 1

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## VERB T I M E

**Hazte profesional del handball.**

Handball es como el básquetbol. Pero hay diferencias. Estas son algunas de ellas:

En básquetbol hay cinco jugadores en cada equipo. En handball hay siete jugadores en cada equipo.

También handball es un deporte de pases. Después de coger el balón, no puedes dar más de dos pasos con el. Tienes que pasar el balón en tres segundos. Tampoco puedes driblear el balón. ¿Te parece que handball es divertido? Reúnete con tus amigos para aprender más sobre este deporte tan popular. Handball.

Ponte las pilas.

**TUESDAY** | DECEMBER 2  
**Nuestra Virgen de Guadalupe**  
**(Our Virgin of Guadalupe)**

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**WEDNESDAY** | DECEMBER 3

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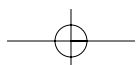
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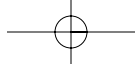
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Teacher Comments:

Parent Signature:





# NETBALL WEEK HANDBALL

www.verbnow.com

**THURSDAY** | DECEMBER 4

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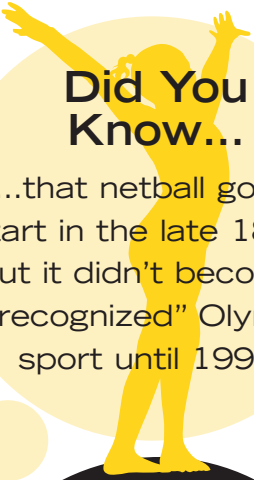
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**Did You Know...**

...that netball got its start in the late 1890s, but it didn't become a "recognized" Olympic sport until 1995?



**FRIDAY** | DECEMBER 5

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**Quick Quiz You Can't Fail**

All sports have their own special ball! Right? Right. Even though netball is based on basketball, the ball used in netball most closely resembles a soccer ball. But, it has one thing that would be illegal in most other sports. What is it?

- a Weights on the inside.
- b Helium on the inside.
- c Sticky film on the outside.

**SATURDAY** | DECEMBER 6

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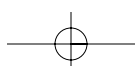
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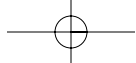
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**Answer:** (c) Sticky film on the outside so players can grip the ball more easily.

**SUNDAY** | DECEMBER 7

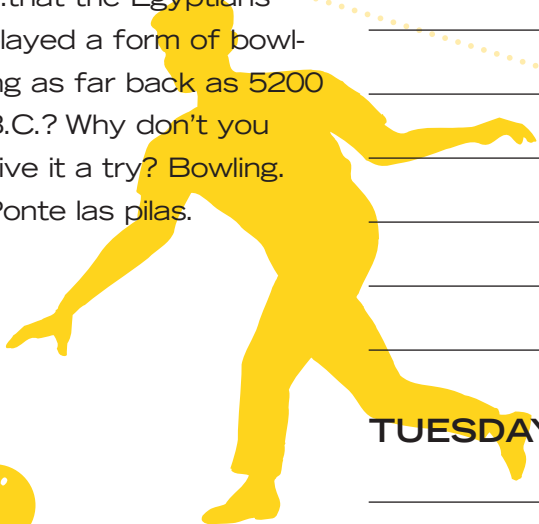
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28	29	30				





**Did You Know...**

...that the Egyptians played a form of bowling as far back as 5200 B.C.? Why don't you give it a try? Bowling. Ponte las pilas.



**MONDAY** | DECEMBER 8

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**TUESDAY** | DECEMBER 9

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**Contruete tu propia bolera**

Si no puedes ir a la bolera por qué no construyes tu propia bolera. Usa botellas de agua de plástico grandes y un balón de básquetbol. Con tus amigos usa la bolera casera para practicar el balance y la coordinación. Para hacerlo más divertido, tira una vez al aro por cada bolo que se cae. No importa si juegas bien a los bolos o al básquetbol, ¡ganas de todas maneras!

**WEDNESDAY** | DECEMBER 10

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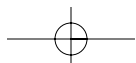
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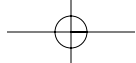
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**Teacher Comments:**

**Parent Signature:**





# BOWL WEEK JUGAR A LOS BOLOS

www.verbnow.com

THURSDAY | DECEMBER 11

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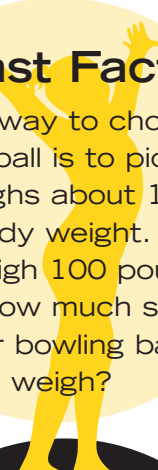
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**Fast Fact**

A good way to choose a bowling ball is to pick one that weighs about 1/10 of your body weight. So, if you weigh 100 pounds, about how much should your bowling ball weigh?



FRIDAY | DECEMBER 12

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**Quick Quiz You Can't Fail**

In bowling, when you knock down all 10 pins with the first ball in a frame it's called:

- a Dumb luck
- b A strike
- c A spare

**Answer:** (b) A strike. A spare is when you knock down all 10 pins with two balls in a frame.

SATURDAY | DECEMBER 13

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SUNDAY | DECEMBER 14

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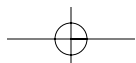
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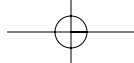
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28	29	30				





# VERB™

Ponte las pilas.

## DECEMBER 15, 2003

### Soccer Match Up

**MONDAY** | DECEMBER 15

Match each soccer skill below with its definition.

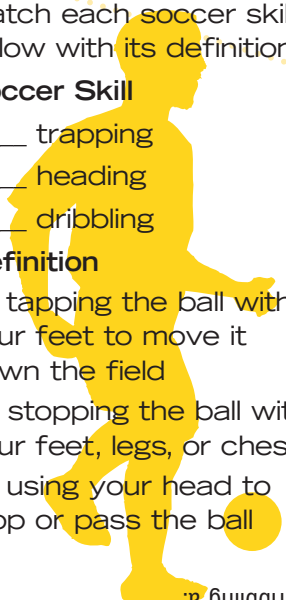
#### Soccer Skill

- \_\_\_ trapping
- \_\_\_ heading
- \_\_\_ dribbling

#### Definition

- (a) tapping the ball with your feet to move it down the field
- (b) stopping the ball with your feet, legs, or chest
- (c) using your head to stop or pass the ball

Answer: trapping-b; heading-c; dribbling-a.




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**TUESDAY** | DECEMBER 16

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**WEDNESDAY** | DECEMBER 17

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Teacher Comments:

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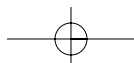
Parent Signature:

# VERB TIME

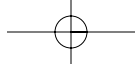
## Crea tu propia portería

¿Quieres jugar al fútbol en el patio pero no hay portería? ¡No hay problema!

Es sencillo. Pon dos objetos, conos o botellas de agua, y chuta entre ellos. Invita a unos amigos y puedes pasarlo bien con el fútbol. Fútbol. Ponte las pilas.







# SOCCER WEEK FÚTBOL

www.verbnow.com

THURSDAY | DECEMBER 18

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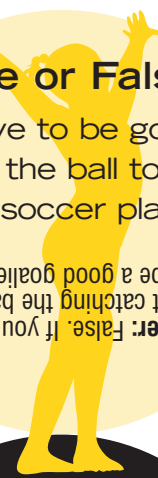
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### True or False

You have to be good at kicking the ball to be a good soccer player.

**Answer:** False. If you are good at catching the ball, you might be a good goalie.



FRIDAY | DECEMBER 19

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### Did You Know...

...that if you played soccer on top of a mountain, you'd be able to kick the ball much farther? Can you guess why? To find out, go to [www.bam.gov](http://www.bam.gov).

### Fast Fact

How long do you think you could keep a soccer ball in the air without letting it touch the ground? Nikolai Kutsenko of the Ukraine juggled one for 24.5 hours nonstop with his feet, legs, and head. How long can you juggle a soccer ball without using your hands?

SATURDAY | DECEMBER 20

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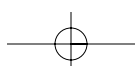
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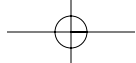
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SUNDAY | DECEMBER 21

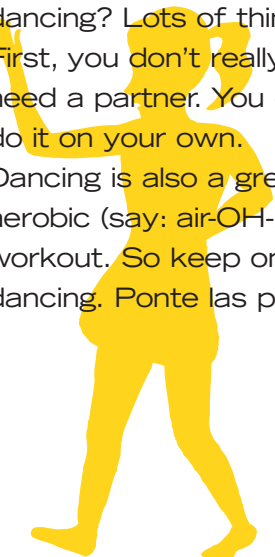
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### It Takes One to Tango

What's so great about dancing? Lots of things. First, you don't really need a partner. You can do it on your own. Dancing is also a great aerobic (say: air-OH-bick) workout. So keep on dancing. Ponte las pilas.



**MONDAY** | DECEMBER 22

**WINTER** begins

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**TUESDAY** | DECEMBER 23

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**WEDNESDAY** | DECEMBER 24

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**Teacher Comments:**

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**Parent Signature:**

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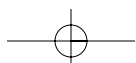
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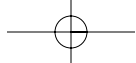
## VERB TIME

### Twist y Grita

Sabes bailar el "twist"? (Pregúntale a tus padres o abuelos. Ellos podrán enseñarte.)

Aprende a bailar el twist. Después, inventa tu propia versión del baile. Añade algunos movimientos locos. Dale un nombre interesante a tu nuevo baile.





# DANCE WEEK BAILAR

www.verbnow.com

**THURSDAY** | DECEMBER 25

**Christmas (Navidad)**

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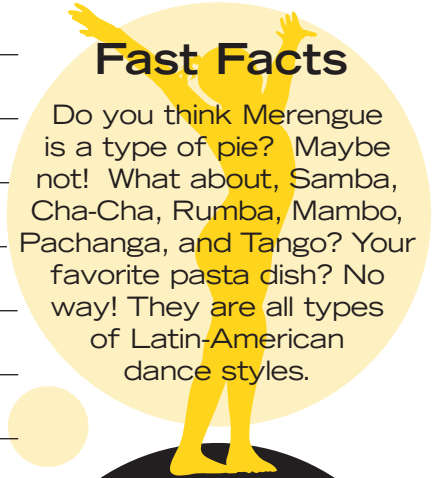
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## Fast Facts

Do you think Merengue is a type of pie? Maybe not! What about, Samba, Cha-Cha, Rumba, Mambo, Pachanga, and Tango? Your favorite pasta dish? No way! They are all types of Latin-American dance styles.



**FRIDAY** | DECEMBER 26

**Kwanzaa begins**

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## Quick Quiz You Can't Fail

What famous dance step did Michael Jackson invent?

- a** The Earthwalk
- b** The Moonwalk
- c** The Spacewalk

Answer: (b) The Moonwalk.

**SATURDAY** | DECEMBER 27

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**SUNDAY** | DECEMBER 28

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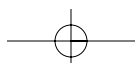
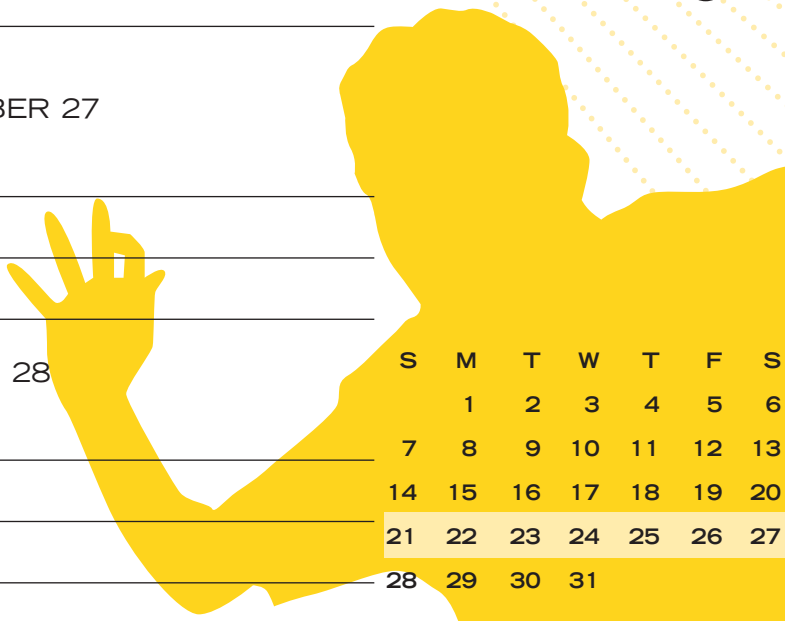
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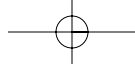
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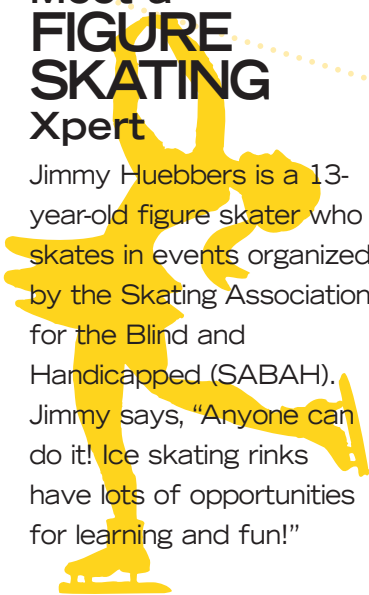
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### Meet a **FIGURE SKATING** Xpert

Jimmy Huebbers is a 13-year-old figure skater who skates in events organized by the Skating Association for the Blind and Handicapped (SABAH). Jimmy says, "Anyone can do it! Ice skating rinks have lots of opportunities for learning and fun!"



**MONDAY** | DECEMBER 29

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**TUESDAY** | DECEMBER 30

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**WEDNESDAY** | DECEMBER 31

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## **VERB** T I M E

### **Quitanieves**

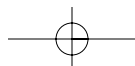
En el patinaje en hielo es importante saber parar. La manera básica para parar se llama el "quitanieves."

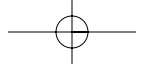
Mantén las rodillas dobladas; mueve tu peso hacia un pie; después mueve el otro pie hacia adentro formando un ángulo. Progresivamente mueve tu peso hacia el pie que forma el ángulo. Esto te ayudará a reducir la velocidad y, por fin, a parar.

**Teacher Comments:**

**Parent Signature:**





# FIGURE SKATING WEEK PATINAJE EN HIELO

www.verbnow.com

**THURSDAY** | JANUARY 1

**New Year's Day**

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**Did You Know...**

...that the blade on a figure skate is only 3-4 millimeters thick — that's the same width as two pennies.

**FRIDAY** | JANUARY 2

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**Quick Quiz You Can't Fail**

Everyone knows that the "Axel" is a figure skating jump. It is named for a skater who first performed it in competition in 1882 — more than 120 years ago. Can you name the skater?

- a Rear Axel
- b Axel Paulsen
- c Axel Dentally

**Answer:** (b) Axel Paulsen. He was a figure skater from Norway.

**SATURDAY** | JANUARY 3

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**SUNDAY** | JANUARY 4

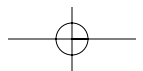
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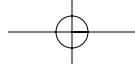
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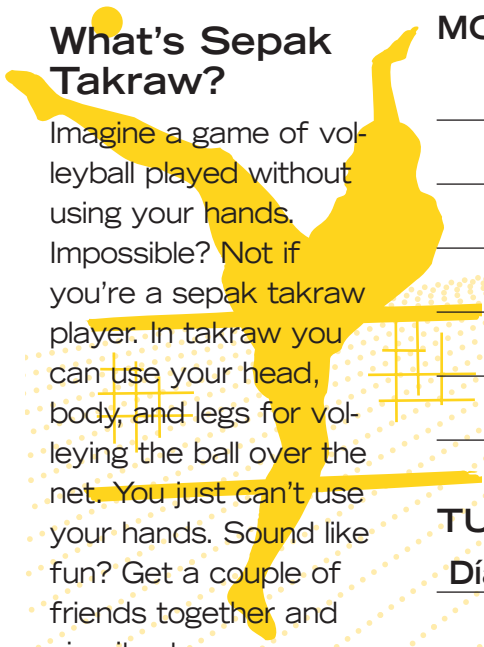




JANUARY 5, 2004

### What's Sepak Takraw?

Imagine a game of volleyball played without using your hands. Impossible? Not if you're a sepak takraw player. In takraw you can use your head, body, and legs for volleying the ball over the net. You just can't use your hands. Sound like fun? Get a couple of friends together and give it a try.



MONDAY | JANUARY 5

Handwriting practice lines for Monday, January 5

TUESDAY | JANUARY 6

Día de los Santos Reyes (Three Kings Day)

Handwriting practice lines for Tuesday, January 6

## VERB TIME

### Jugar al Sepak Takraw solo

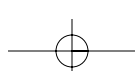
¿Sabes que puedes jugar una versión de Sepak Takraw solo?

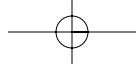
El objetivo del juego solo es el de mantener una pelota en el aire por el mayor tiempo posible sin usar las manos o brazos. Puedes usar cualquier otra parte: la cabeza, la espalda, las piernas, el estómago. ¡Inténtalo! Ponte las pilas.

WEDNESDAY | JANUARY 7

Handwriting practice lines for Wednesday, January 7

Teacher Comments and Parent Signature box





# SEPAK TAKRAW WEEK SEPAK TAKRAW

www.verbnow.com

THURSDAY | JANUARY 8

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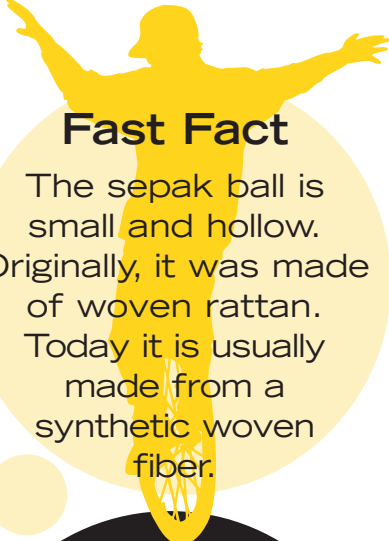
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**Fast Fact**

The sepak ball is small and hollow. Originally, it was made of woven rattan. Today it is usually made from a synthetic woven fiber.

FRIDAY | JANUARY 9

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**Did You Know...**

...that sepak takraw is the national sport of Malaysia? Maybe that's because it was created by the royal family of Malaysia about 500 years ago.

SATURDAY | JANUARY 10

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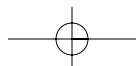
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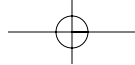
**Fast Fact**

The name "sepak takraw" comes from two languages. "Sepak" is "kick" in Malay and "Takraw" is "ball" in Thai.

SUNDAY | JANUARY 11

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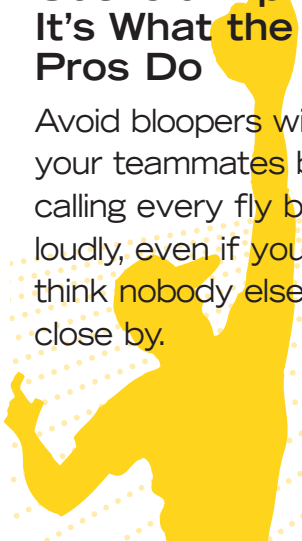




January 12, 2004

**Baseball  
Outfield Tip:  
It's What the  
Pros Do**

Avoid bloopers with your teammates by calling every fly ball loudly, even if you think nobody else is close by.



**MONDAY** | JANUARY 12

Handwriting practice lines for Monday, January 12, featuring a dotted pattern background.

**TUESDAY** | JANUARY 13

Handwriting practice lines for Tuesday, January 13, featuring a dotted pattern background.

**WEDNESDAY** | JANUARY 14

Handwriting practice lines for Wednesday, January 14.

**VERB  
T I M E**

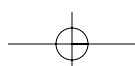
**Coge la pelota:  
Así se hace!**

Coger una pelota es fácil si sabes hacerlo. Aquí te damos unas ideas.

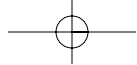
No pierdas de vista la pelota. Agáchate con los pies separados y las rodillas dobladas. Así te puedes mover con rapidez en cualquier dirección.

Preparate, con el guante un poco más abajo que las rodillas, con el guante hacia afuera. ¡Trata! Practica con un amigo. ¡Ponte las pilas! Si quieres más consejos para coger la pelota mejor, visita [www.bam.gov](http://www.bam.gov)

Teacher Comments and Parent Signature section.







# CATCH WEEK COGER LA PELOTA

www.verbnow.com

THURSDAY | JANUARY 15

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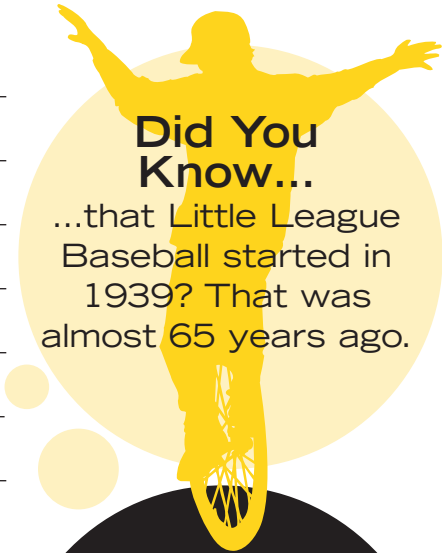
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### Did You Know...

...that Little League Baseball started in 1939? That was almost 65 years ago.

FRIDAY | JANUARY 16

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### Quick Quiz You Can't Fail

Baseball catchers have a special set of protective gear. Which of the following is not an example of required protective equipment if you play behind the plate?

- a Shin guards
- b Chest protector
- c Sunblock
- d Helmet

SATURDAY | JANUARY 17

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Answer: (c) Sunblock, although it's a good idea to wear this, it's not required.

SUNDAY | JANUARY 18

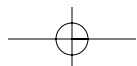
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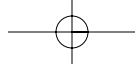
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### Meet a JUGGLING Xpert

Can anybody learn to juggle? You bet, says juggler Larry Boehmar from Chicago, Illinois. "It's simply a matter of practice and persistence," he says. "Most people who try to learn juggling give up too soon, but almost anybody can learn." Are you ready to learn to juggle? Ponte las pilas.

MONDAY | JANUARY 19

Martin Luther King, Jr. Day

TUESDAY | JANUARY 20

WEDNESDAY | JANUARY 21

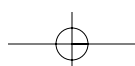
## VERB TIME

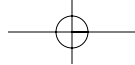
### Aprende a hacer malabarismo

Empieza con una pelota (puede ser de tenis). Practica a pasarla de una mano a la otra.

Trata de tirar la pelota al mismo lugar cada vez. Ahora, añade una segunda pelota. Tira la segunda pelota en el momento en que la primera pelota llega a su pico (el punto más alto antes de que empiece a caer.) Practica hasta que te sea natural. Finalmente, añade una tercera pelota. Trata de tirar la tercera pelota cuando la segunda pelota está a su máxima altura. Ahora lo único que tienes que hacer es hacerlo, hacerlo y hacerlo.

Teacher Comments:  
  
Parent Signature:





# JUGGLE WEEK MALABARISMO

www.verbnow.com

**THURSDAY** | JANUARY 22

**Chinese Lunar New Year**

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## Fast Fact

Many people believe that Enrico Rastelli (1896—1931) is the greatest juggler who ever lived. He could juggle up to 10 balls at one time. That's a record. How many can you juggle?

**FRIDAY** | JANUARY 23

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## What Are You Doing If...

...you're doing a shower?

- a** Cleaning up after gym
- b** Cleaning the locker room floor
- c** Practicing a juggling pattern

**SATURDAY** | JANUARY 24

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**SUNDAY** | JANUARY 25

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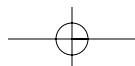
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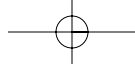
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**Answer:**(c) Practicing a juggling pattern. Find out what that pattern is. Then give it a try.

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JANUARY 26, 2004

### Meet a FOOTBALL Xpert

By the time he was 11 years old, Brian Menditto was playing football on the Hopewell Valley Bulldogs Pop Warner team in Hopewell, NJ. But to be on the popular Pop Warner team, Brian had to be more than just a good athlete. That's because Pop Warner Little Scholars, Inc. is the only national youth sports organization that requires good grades to participate. Way to go, Brian.

MONDAY | JANUARY 26

Handwriting practice lines for Monday, January 26. Includes a yellow dot pattern graphic.

TUESDAY | JANUARY 27

Handwriting practice lines for Tuesday, January 27. Includes a yellow dot pattern graphic.

WEDNESDAY | JANUARY 28

Handwriting practice lines for Wednesday, January 28.

## VERB TIME

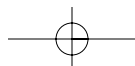
### Coger la pelota

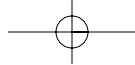
¿Quieres aprender lo básico del football? Empieza aprendiendo a coger el balón. Sigue los pasos.

- (1) Extiende los brazos con los codos un poco doblados delante del pecho.
- (2) Junta las manos, tocando los pulgares y los índices hasta formar un triángulo con los dedos.
- (3) Coge la nariz del balón en el triángulo y usa el pecho para atrapar el balón.
- (4) Abraza el balón, con fuerza, contra el pecho.

**Teacher Comments:**

**Parent Signature:**





# FOOTBALL WEEK FÚTBOL AMERICANO

www.verbnow.com

**THURSDAY** | JANUARY 29

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## Fast Fact

How far you can throw a football is based on three things: the speed of the football after you throw it (or the “velocity”), the angle (or arc) the football is thrown at, and how the ball rotates in the air. Go ahead now. Give it a try. See how far you can throw a football keeping these three things in mind.

**FRIDAY** | JANUARY 30

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## Football Skills

What do you think are the most important skills in football?

- a Throwing and catching
- b Blocking and tackling
- c Punting and kicking
- d All of the above

**SATURDAY** | JANUARY 31

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**Answer:** If you said, (d) All of the above, you're right. If you like to do any of these skills, talk with your parents about joining a football team.

**SUNDAY** | FEBRUARY 1

**Black History Month begins**

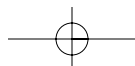
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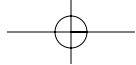
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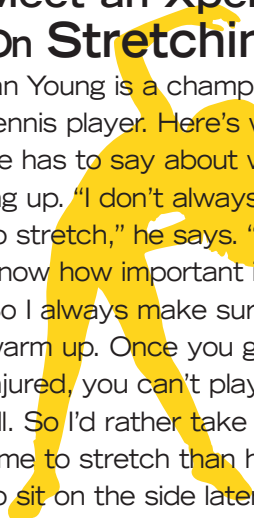
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4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31





### Meet an Xpert: On Stretching

Ian Young is a champion tennis player. Here's what he has to say about warming up. "I don't always want to stretch," he says. "But, I know how important it is. So I always make sure to warm up. Once you get injured, you can't play at all. So I'd rather take the time to stretch than have to sit on the side later on."



**MONDAY** | FEBRUARY 2

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**TUESDAY** | FEBRUARY 3

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## VERB T I M E

### Estírate

**Párate y pon los brazos por arriba de la cabeza.**

Alcanza lo más alto posible. Mantén los talones en el piso. Cuenta lentamente hasta diez. Ahora, afloja las rodillas un poco y dóblate despacio a la altura de la cintura hacia el suelo. Trata de tocarte los pies. Intenta tocar el suelo. (Está bien si no puedes hacerlo al principio.) Hazlo con cuidado porque te puedes lastimar. ¡Acuérdate: ni saltes ni aguantés la respiración! Cuenta hasta treinta despacio. ¡Yes, estás calentando! ¡Bien hecho!

**WEDNESDAY** | FEBRUARY 4

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**Teacher Comments:**

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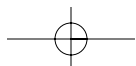
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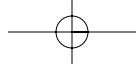
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**Parent Signature:**





# STRETCH WEEK ESTIRARSE

www.verbnow.com

**THURSDAY** | FEBRUARY 5

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## Did You Know...

...that cooling down is just as important as warming up? That's right! You should perform the same stretches after your game that you did before the big game! Why? Cooling down can help reduce stiffness. It also brings your pulse rate down slowly.

**FRIDAY** | FEBRUARY 6

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## Quick Quiz You Can't Fail

What are you doing if you are jogging in place, circling your arms forward eight times, then back eight times, and sweating just a little?

- a Swimming the English Channel
- b Warming up
- c Making snow angels

Answer: (b) Warming up. VERB. It's what you do.

**SATURDAY** | FEBRUARY 7

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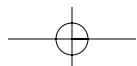
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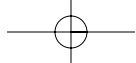
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**SUNDAY** | FEBRUARY 8

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22	23	24	25	26	27	28
29						





# VERB TIME

Una prueba difícil sobre monopatines

Empareja el nombre del "truco" de monopatín con su definición.

## Piruetas

- Air
- Carve
- McTwist

## Definición

- (a) Patinar en un arco largo
- (b) Una revolución de 540 grados que se hace en una rampa
- (c) Correr sin tocar el suelo con ninguna de las cuatro ruedas.

**Respuestas:** Air (c) Correr sin tocar el suelo con ninguna de las cuatro ruedas; abreviatura de aerial; Carve (a) Patinar en un arco largo; McTwist (b) una revolución de 540 grados que se hace en una rampa

MONDAY | FEBRUARY 9

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TUESDAY | FEBRUARY 10

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WEDNESDAY | FEBRUARY 11

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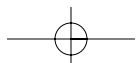
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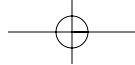
Teacher Comments:

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Parent Signature:







# SKATEBOARD WEEK MONTANA

## EN MONOPATÍN

www.verbnow.com

**THURSDAY** | FEBRUARY 12

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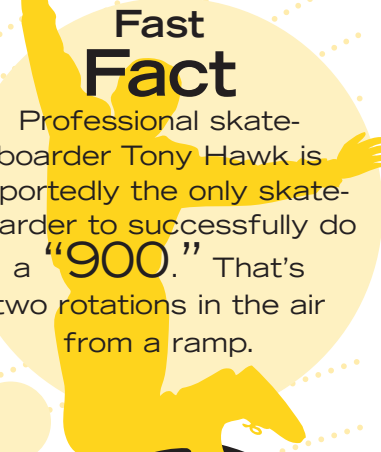
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### Fast Fact

Professional skateboarder Tony Hawk is reportedly the only skateboarder to successfully do a "900." That's two rotations in the air from a ramp.



**FRIDAY** | FEBRUARY 13

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### Did You Know...

...that just about every skateboarding trick is based on a trick called the Ollie? It was created more than 25 years ago by a 13-year-old boy named Alan Gelfand.



**SATURDAY** | FEBRUARY 14

**Día de la Amistad (Valentine's Day)**

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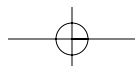
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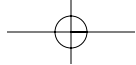
### Try This

Do you know how to perform a skateboard ollie? An ollie is a jump performed by tapping the tail of the board on the ground. Be sure to wear safety gear. You can find more cool info about skateboarding at [www.bam.gov](http://www.bam.gov).

**SUNDAY** | FEBRUARY 15

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# VERB™

Ponte las pilas.™

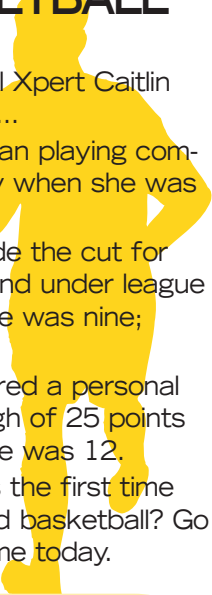
## FEBRUARY 16, 2004

### Meet a BASKETBALL Xpert

Basketball Xpert Caitlin Cleveland...

- first began playing competitively when she was six;
- first made the cut for the 12 and under league when she was nine; and...
- first scored a personal game high of 25 points when she was 12.

When was the first time you played basketball? Go play a game today.



MONDAY | FEBRUARY 16

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TUESDAY | FEBRUARY 17

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WEDNESDAY | FEBRUARY 18

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Teacher Comments:

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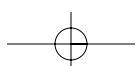
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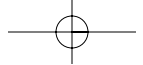
## VERB TIME

### Driblear doble

¿Quieres practicar como driblar una pelota de basketball? Bota la bola de basketball en el suelo con el brazo más fuerte. Cuando rebota, usa las puntas de los dedos para parar el movimiento hacia arriba y empujarla hacia el suelo. Mantenla más o menos a la altura de la cintura cuando rebota.

Quando puedas hacerlo bien, sin moverte, con una mano, cambia para la otra y empieza a moverte mientras driblas. ¡No dudes! ¡Inténtalo!





# DRIBBLE WEEK BOTA EL BALÓN

www.verbnow.com

**THURSDAY** | FEBRUARY 19

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## Did You Know...

...that basketballs come in different sizes depending on your age and whether you're a girl or boy? There are also different basketballs for inside and outside use. Ask for help to figure out what size and type ball you need.

**FRIDAY** | FEBRUARY 20

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### Can You Believe It?

Michael Jordan — the NBA's Most Valuable Player for five seasons — was cut from the varsity basketball team when he was in the 10th grade. It just goes to show you: Never give up.

**SATURDAY** | FEBRUARY 21

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**SUNDAY** | FEBRUARY 22

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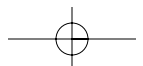
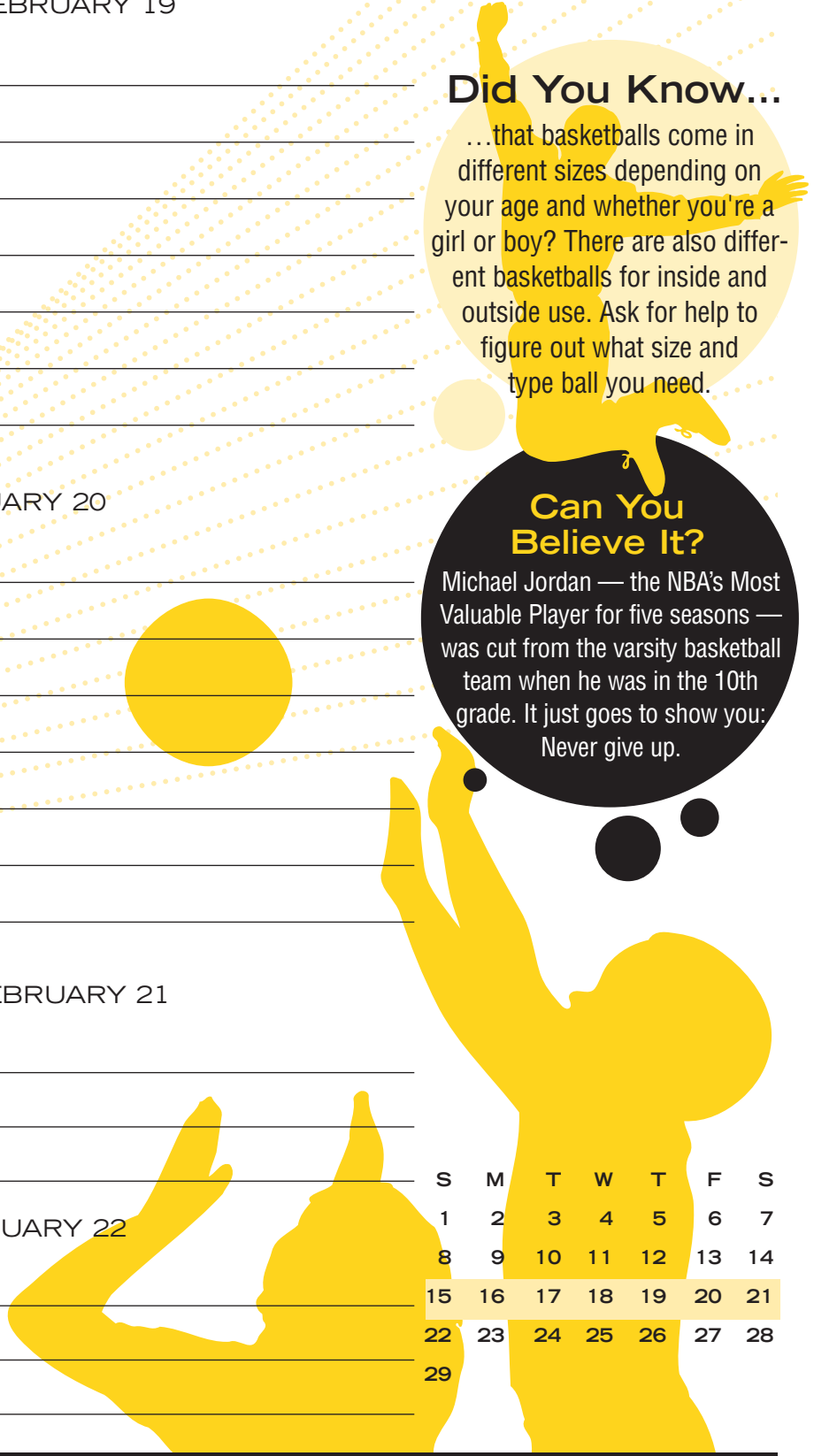
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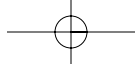
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# VERB™

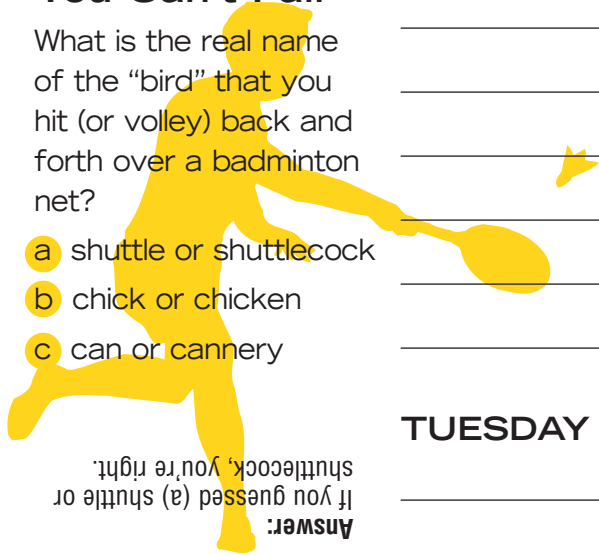
Ponte las pilas.™

## FEBRUARY 23, 2004

### Quick Quiz You Can't Fail

What is the real name of the "bird" that you hit (or volley) back and forth over a badminton net?

- a shuttle or shuttlecock
- b chick or chicken
- c can or cannery



**Answer:** If you guessed (a) shuttle or shuttlecock, you're right.

**MONDAY** | FEBRUARY 23

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**TUESDAY** | FEBRUARY 24

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**WEDNESDAY** | FEBRUARY 25  
**Ash Wednesday**

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## VERB T I M E

**¿Por cuánto tiempo puedes mantener el "Pájaro" en el aire?**

No es necesario tener una red para jugar ésta versión del badminton.

Asegúrate de que haya un "battledore" (raqueta de badminton). También va ser necesario que tengan un "shuttlecock" (conocido como el "pájaro" que es como la pelota en este deporte, que por su forma le llaman el "pajaro"). Ahora con unos amigos practiquen para ver por cuánto tiempo pueden mantener el pájaro en el aire. O divídanse en dos equipos. ¿Qué equipo puede mantener el pájaro en el aire por más tiempo? Ponte las pilas.

**Teacher Comments:**

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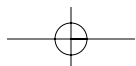
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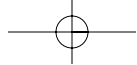
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**Parent Signature:**





# BADMINTON WEEK BADMINTON

www.verbnow.com

**THURSDAY** | FEBRUARY 26

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## Did You Know...

...that the name for the game of badminton came from England? In 1873 the Duke of Beaufort gave a party at Badminton, his country home. Guests played a new game there and later told their friends about the "Badminton game" they played.

**FRIDAY** | FEBRUARY 27

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## True or False

In the game of badminton, it's okay to catch the shuttlecock on your racquet and then sling it back over the net. This is known as carrying the bird.

**Answer:** No way! You can smash the bird - that's an overhead shot in which the bird travels sharply downward - but you can't "carry" it.

**SATURDAY** | FEBRUARY 28

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**SUNDAY** | FEBRUARY 29

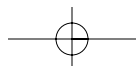
Hurray for Leap Year: Today, you get an extra day of VERB!

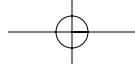
¡Viva el año bisiesto: hoy tienes un día mas para jugar!

S	M	T	W	T	F	S
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8	9	10	11	12	13	14
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# Personal Record Form for Spring

## Directions:

What activities do you enjoy? On this page you'll find 14 ways you can VERB — one for each week throughout the spring (from March through May). Write down what you think about these activities. Which ones are your favorites? Which ones have you tried? Keep a record of what you think about these different ways to VERB. At the end of the school year, take another look. What activities are you doing then?

## Chart

For each week listed on the next page, put a ✓ in the box next to each VERB activity that you participated in during the week.

CHEER (MAR. 1) \_\_\_\_\_  
\_\_\_\_\_

WRESTLE (MAR. 8): \_\_\_\_\_  
\_\_\_\_\_

HIKE (MAR. 15) \_\_\_\_\_  
\_\_\_\_\_

GYMNASTICS (MAR. 22): \_\_\_\_\_  
\_\_\_\_\_

THROW (MAR. 29): \_\_\_\_\_  
\_\_\_\_\_

YOGA (APR. 5): \_\_\_\_\_  
\_\_\_\_\_

FIELD HOCKEY (APR. 12): \_\_\_\_\_  
\_\_\_\_\_

KARATE (APR. 19): \_\_\_\_\_  
\_\_\_\_\_

WALK (APR. 26): \_\_\_\_\_  
\_\_\_\_\_

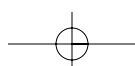
BIKE (MAY 3): \_\_\_\_\_  
\_\_\_\_\_

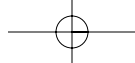
RUN (MAY 10): \_\_\_\_\_  
\_\_\_\_\_

TABLE TENNIS (MAY 17): \_\_\_\_\_  
\_\_\_\_\_

TAP (MAY 24): \_\_\_\_\_  
\_\_\_\_\_

BOCCE (MAY 31): \_\_\_\_\_  
\_\_\_\_\_

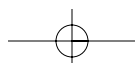


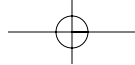


# March 2004 through May 2004



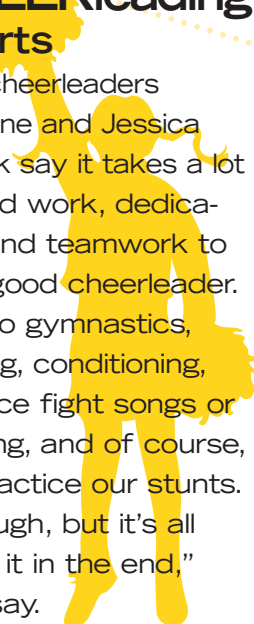
VERB Activity	Mar 1	Mar 8	Mar 15	Mar 22	Mar 29	Apr 5	Apr 12	Apr 19	Apr 26	May 3	May 10	May 17	May 24	May 31
Badminton														
Balance														
Baton Twirl														
Bike														
Bocce														
Bowl														
Catch														
Cheer														
Cumbia														
Dance														
Disc Golf														
Dive														
Dribble														
Field Hockey														
Figure Skate														
Football														
Gymnastics														
Hike														
Hula Hoop														
Inline Skate														
Jog														
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Jump														
Karate														
Limbo														
Martial Arts														
Netball														
Paddle														
Pass														
Pitch														
Row														
Run														
Sepak Takraw														
Skateboard														
Soccer														
Stretch														
Surf														
Swim														
Swing														
Table Tennis														
Tai Chi														
Tap														
Tennis														
Throw														
Track and Field														
Ultimate Frisbee														
Volleyball														
Walk														
Water-ski														
Weight Train														
Wrestle														
Yoga														





## Meet Two CHEERleading Xperts

Twin cheerleaders Jeannine and Jessica Patrick say it takes a lot of hard work, dedication, and teamwork to be a good cheerleader. "We do gymnastics, running, conditioning, practice fight songs or dancing, and of course, we practice our stunts. It's tough, but it's all worth it in the end," they say.



**MONDAY** | MARCH 1

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**TUESDAY** | MARCH 2

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**WEDNESDAY** | MARCH 3

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## VERB T I M E

### Inventa una porra

Prepara una porra con unos amigos sobre las precauciones que hay que tener cuando se hacen acrobacias y practícala con tus amigos.

¿Puedes inventar una porra que incluya "Ponte las pilas"?

Teacher Comments:

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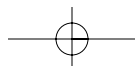
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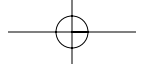
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Parent Signature:







# CHEER WEEK ANIMA

www.verbnow.com

**THURSDAY** | MARCH 4

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## Three Cheers for Stunt Safety

Before trying any cheerleading stunt, remember these three safety rules:

- Always practice on mats or pads
- Always use spotters
- Never attempt a stunt unless a coach is present.

**FRIDAY** | MARCH 5

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## Guess Who

Which one of these famous people used to be a cheerleader?

- a Samuel L. Jackson
- b Madonna
- c George W. Bush
- d All of the above

**Answer:** (d) All of the above.

**SATURDAY** | MARCH 6

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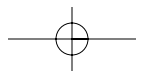
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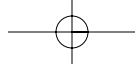
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**SUNDAY** | MARCH 7

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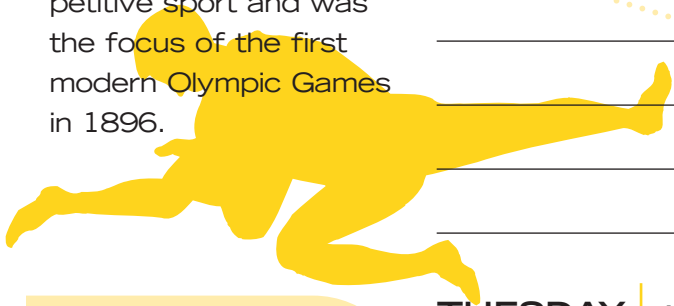
Cheer for National Cheerleading Week





### Fast Fact

Greco-Roman style wrestling is considered the world's oldest competitive sport and was the focus of the first modern Olympic Games in 1896.



**MONDAY** | MARCH 8

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## VERB T I M E

### Calentándose para luchar

¿Estás listo para practicar la lucha? Tienes que levantar la temperatura corporal antes que nada. En otras palabras, tienes que calentar.

Ted Witulski del USA Wrestling dice que hay, literalmente, cientos de maneras de calentar antes de entrenar. Las posibilidades pueden incluir acrobacias y ejercicios gateando, saltando o brincando. Habla con tu maestro de educación física para aprender ejercicios para calentar.

**TUESDAY** | MARCH 9

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**WEDNESDAY** | MARCH 10

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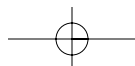
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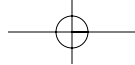
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**Teacher Comments:**

**Parent Signature:**





# WRESTLE WEEK LUCHAR

www.verbnow.com

**THURSDAY** | MARCH 11

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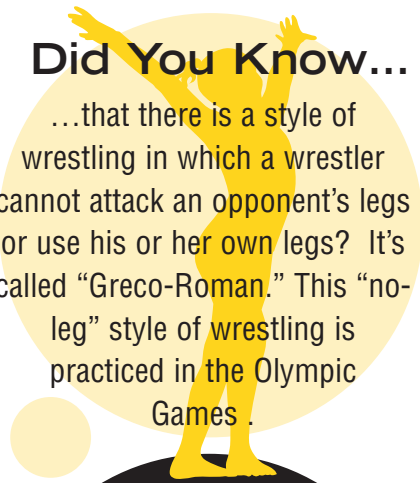
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## Did You Know...

...that there is a style of wrestling in which a wrestler cannot attack an opponent's legs or use his or her own legs? It's called "Greco-Roman." This "no-leg" style of wrestling is practiced in the Olympic Games.



**FRIDAY** | MARCH 12

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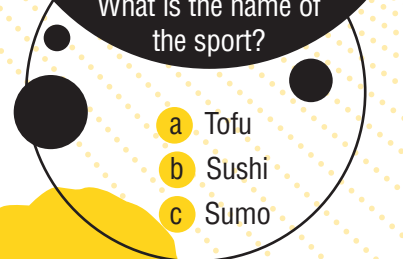
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## Quick Quiz You Can't Fail

It is the traditional national sport of Japan. Two extremely large men meet in a ring that is 4.55 meters across. They wear thick silk belts around their waists, and try to force each other out of the ring.

What is the name of the sport?

- a Tofu
- b Sushi
- c Sumo



**SATURDAY** | MARCH 13

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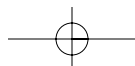
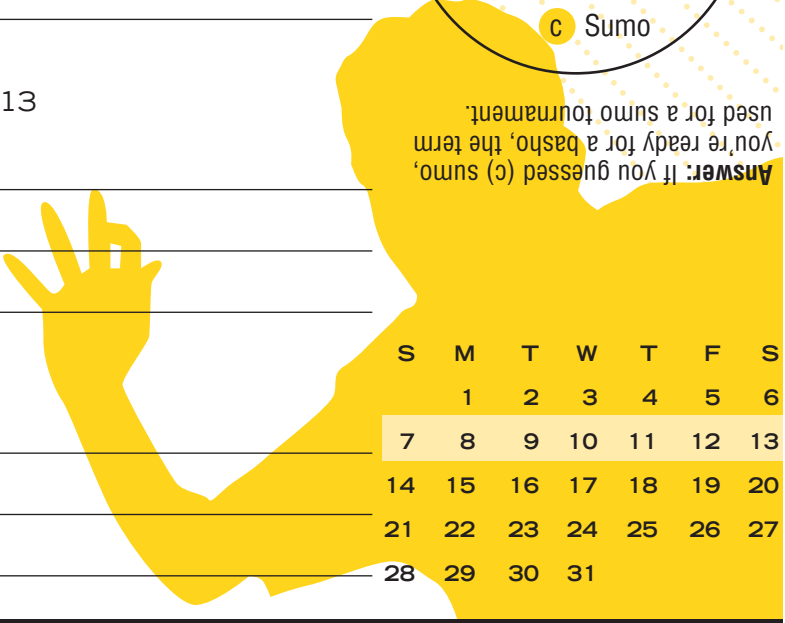
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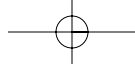
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**Answer:** If you guessed (c) sumo, you're ready for a basho, the term used for a sumo tournament.

**SUNDAY** | MARCH 14

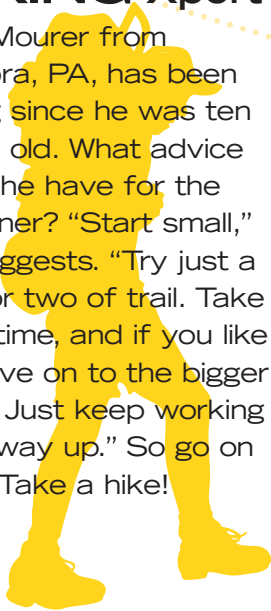
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28	29	30	31			





## Meet a **HIKING** Xpert

Ben Mourer from Chicora, PA, has been hiking since he was ten years old. What advice does he have for the beginner? "Start small," he suggests. "Try just a mile or two of trail. Take your time, and if you like it, move on to the bigger trails. Just keep working your way up." So go on now! Take a hike!



**MONDAY** | MARCH 15

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**TUESDAY** | MARCH 16

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**WEDNESDAY** | MARCH 17

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## **VERB** T I M E

### Consejos para ir de excursión

Ponte en forma antes de ir de excursión. Trata de caminar con tus padres por tu barrio, por 30 ó 45 minutos diarios.

Al aumentar tu fuerza y resistencia, estarás mejor preparado para una excursión de fin de semana.

Teacher Comments:

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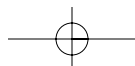
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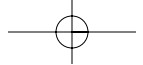
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Parent Signature:





# HIKE WEEK EXCURSION

www.verbnow.com

**THURSDAY** | MARCH 18

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### Take a Hike

The Appalachian Trail is 2,160 miles long and goes all the way from Katachdin, Maine, to Springer Mountain, Georgia. It passes through 13 states. Now that's really taking a hike.

**FRIDAY** | MARCH 19

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### Name That Park

According to the National Park Service, America's national parks have more than 12,000 miles of trails. Where would you be if you were hiking in the following park?

1. It's in parts of Idaho, Montana, and Wyoming.
  2. It's the first and oldest national park in the world.
  3. Old Faithful Geyser is here.
- Now, name that park.

**SATURDAY** | MARCH 20

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**Answer:** Did you guess Yellowstone National Park? If you did, you're right.

**SUNDAY** | MARCH 21

**SPRING begins**

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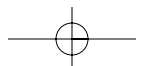
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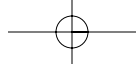
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### Did You Know...

...that male gymnasts compete in six events: floor, vault, parallel bars, horizontal bar, still rings, and pommel horse.

Female gymnasts compete in four events: floor, vault, uneven parallel bars, and balance beam.



## VERB TIME

### Aprende a dar piruetas

No se necesita ser atleta olímpico para practicar gimnasia. Empieza dando volteretas. Aprende a darlas en el sitio Bam! (Body and Mind). Ve a [www.bam.gov](http://www.bam.gov), palabra clave: cartwheel.

**MONDAY** | MARCH 22

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**TUESDAY** | MARCH 23

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**WEDNESDAY** | MARCH 24

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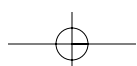
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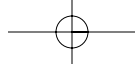
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**Teacher Comments:**

**Parent Signature:**





# GYMNASTICS WEEK **Gimnasia**

www.verbnow.com

**THURSDAY** | MARCH 25

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## Play It Safe

Here are three important rules for gymnastics:

- (1) Never do a trick you are not familiar with
- (2) Always have a trained "spotter" with you
- (3) Never eat or chew gum while doing gymnastics

Follow these rules and you can have fun with gymnastics.

**FRIDAY** | MARCH 26

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## Quick Quiz You Can't Fail

What are gymnasts called who jump, tumble, flip, and dance to music while using rope, hoops, bars, or ribbons as part of their routines?

- a Multi-talented gymnasts
- b Wild and crazy gymnasts
- c Rhythmic gymnasts

**Answer:**  
(c) Rhythmic gymnasts.

**SATURDAY** | MARCH 27

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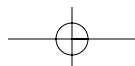
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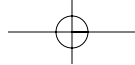
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**SUNDAY** | MARCH 28

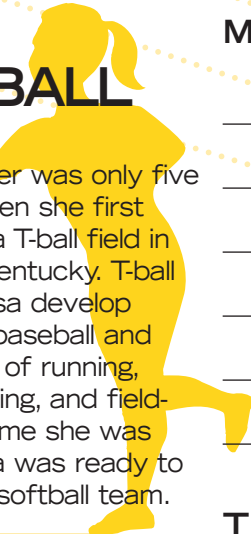
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28	29	30	31			





### Meet a **SOFTBALL** Xpert

Melissa Fowler was only five years old when she first stepped on a T-ball field in Lexington, Kentucky. T-ball helped Melissa develop the primary baseball and softball skills of running, throwing, hitting, and fielding. By the time she was eight, Melissa was ready to join her first softball team.



**MONDAY** | MARCH 29

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**TUESDAY** | MARCH 30

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**WEDNESDAY** | MARCH 31

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## VERB T I M E

### Tirar la pelota

¿Sabes tirar la pelota de beisbol con precisión? Estos cuatro pasos son importantes. Enumera los pasos en el orden correcto.

- \_\_\_\_\_ (a) Asegúrate de que el hombro que está al frente está en la dirección en que tiras.
- \_\_\_\_\_ (b) Da un paso hacia el blanco con el pie del lado en que tienes el guante.
- \_\_\_\_\_ (c) Tira la pelota
- \_\_\_\_\_ (d) Apunta la visera de tu gorra en la dirección del blanco

¡Inténtalo! ¡Ponte las pilas!  
Para más consejos sobre como tirar, pegarle y coger la pelota ve a: [www.bam.com](http://www.bam.com)

Respuesta: 1-b; 2-a; 3-d; 4-c

Teacher Comments:

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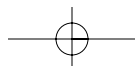
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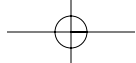
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Parent Signature:







# THROW WEEK TIRA

www.verbnow.com

THURSDAY | APRIL 1

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## Did You Know...

...that a major league baseball pitcher can throw a baseball up to 95 miles an hour? At that speed, how long do you think it takes the ball to cross the plate? If you said less than 1/2 of a second, you're right.

## Silly Fact You Had to Know

There are exactly 108 stitches on a baseball. (What we want to know is "Who counted?")

FRIDAY | APRIL 2

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SATURDAY | APRIL 3

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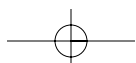
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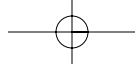
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SUNDAY | APRIL 4

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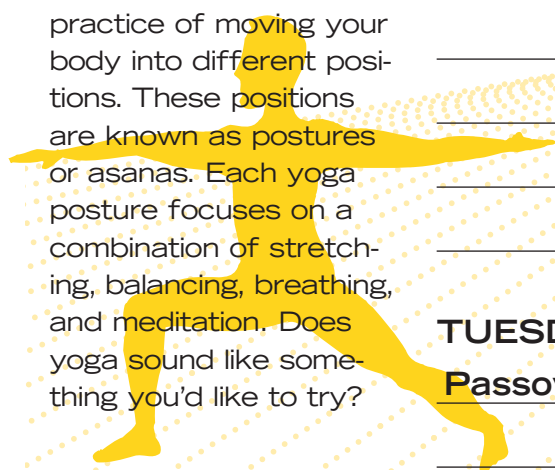




April 5, 2004

Did You Know...

...that yoga started in India more than 5,000 years ago? It is the practice of moving your body into different positions. These positions are known as postures or asanas. Each yoga posture focuses on a combination of stretching, balancing, breathing, and meditation. Does yoga sound like something you'd like to try?



MONDAY | APRIL 5

Semana Santa (Holy Week)

Handwriting practice lines for Monday

TUESDAY | APRIL 6

Passover

Handwriting practice lines for Tuesday

WEDNESDAY | APRIL 7

Handwriting practice lines for Wednesday

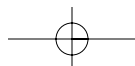
VERB TIME

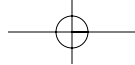
Intenta hacer esto

Dobla la pierna derecha y ponla sobre la rodilla izquierda. Pon la mano derecha en el suelo detrás de ti. Pon la mano izquierda en el tobillo izquierdo.

Ahora concéntrate en respirar hacia adentro y hacia afuera por la nariz. Limpia la mente. Felicidades, ya estás practicando yoga. ¡Inténtalo!. Ponte las pilas. Para más consejos sobre yoga ve a www.VERBnow.com.

Teacher Comments and Parent Signature box





# YOGA WEEK YOGA

www.verbnow.com

**THURSDAY** | APRIL 8

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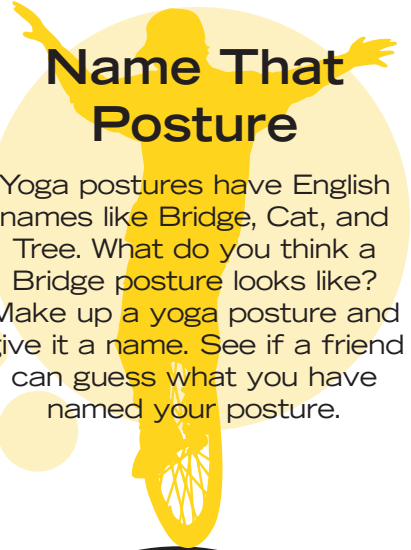
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## Name That Posture

Yoga postures have English names like Bridge, Cat, and Tree. What do you think a Bridge posture looks like? Make up a yoga posture and give it a name. See if a friend can guess what you have named your posture.



**FRIDAY** | APRIL 9

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## Quick Quiz You Can't Fail

There are three different ways in which yoga postures are usually done. Some yoga postures are done standing; some are done sitting. What is the third way?

- a. Playing video games
- b. Surfing on the net
- c. Lying down

Answer: (c) Lying down.

**SATURDAY** | APRIL 10

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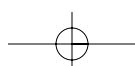
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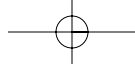
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**SUNDAY** | APRIL 11

**Easter**

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**VERB  
T I M E**

**Aprende a jugar hockey sobre hierba**

¿Te gustaría aprender a jugar al hockey sobre hierba o pasto? Empieza aprendiendo los términos. Aquí hay tres . Empareja el término con la definición.

- Pase desde el centro
- Scoop
- La "D"

**MONDAY** | APRIL 12

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**TUESDAY** | APRIL 13

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**WEDNESDAY** | APRIL 14

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**Definiciones de hockey sobre hierba.**

- (a) El "striking circle"; es el área desde donde se debe tirar para anotar un gol.
- (b) El levantar la bola desde el suelo poniendo la cabeza del palo debajo de la bola.
- (c) El pase desde el centro del campo que se usa para empezar el partido o volverlo a empezar después del medio tiempo.

**Teacher Comments:**

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**Parent Signature:**

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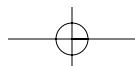
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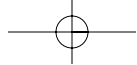
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Respuestas: c. Pase del centro  
b. Scoop a. La "D"





# FIELD HOCKEY WEEK

# HOCKEY SOBRE HIERBA

www.verbnow.com

THURSDAY | APRIL 15

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## Did You Know...

...that a woman named Constance M. K. Applebee from England introduced the sport of field hockey to the United States during a physical education seminar at Harvard in 1901?

## Fast Fact

Field hockey is one of the oldest pastimes in history. The sport of field hockey dates back well before the ancient Olympic Games.

FRIDAY | APRIL 16

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SATURDAY | APRIL 17

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SUNDAY | APRIL 18

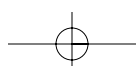
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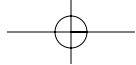
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APRIL 19, 2004

**What Is Karate?**

**MONDAY** | APRIL 19

Karate is one of the martial arts. It is the expression of power and movement. It involves both mental and physical disciplines. As an approach to life, it involves the training of the mind, body, and spirit. Does karate sound like fun? Ask your parents or physical education teacher where you can start to learn karate.

**TUESDAY** | APRIL 20

**WEDNESDAY** | APRIL 21

**VERB TIME**

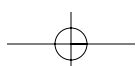
**¿Es el karate para ti?**

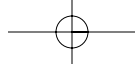
**¿Te divertirías haciendo karate? Piensa en esto.**

- (1) El karate es una buena alternativa a los deportes en equipo
- (2) El karate es divertido tanto para niñas como para niños.
- (3) Pueden participar personas de todas las edades.
- (4) Puede ayudarte a mejorar algunas habilidades mentales como la concentración y la memoria.

**Teacher Comments:**

**Parent Signature:**





# KARATE WEEK KARATE

www.verbnow.com

THURSDAY | APRIL 22

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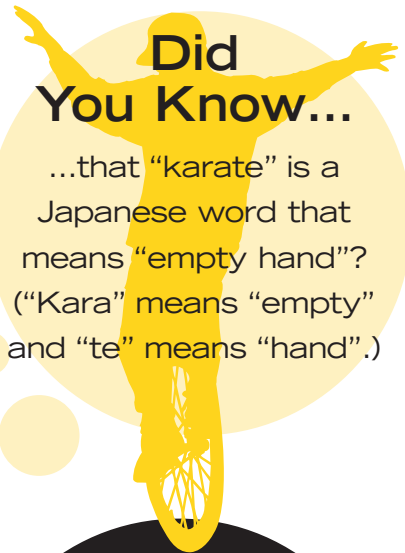
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## Did You Know...

...that "karate" is a Japanese word that means "empty hand"? ("Kara" means "empty" and "te" means "hand".)



FRIDAY | APRIL 23

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## Quick Quiz You Can't Fail

A school or practice hall where karate, judo, or other martial arts are taught is called a:

- a hojo
- b dojo
- c yoyo

Answer: (b) dojo

SATURDAY | APRIL 24

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## Fast Fact

A person who studies karate is called a karateka. A karateka wears a gi (white, loose-fitting pants and jacket).

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SUNDAY | APRIL 25

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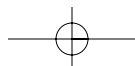
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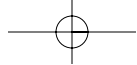
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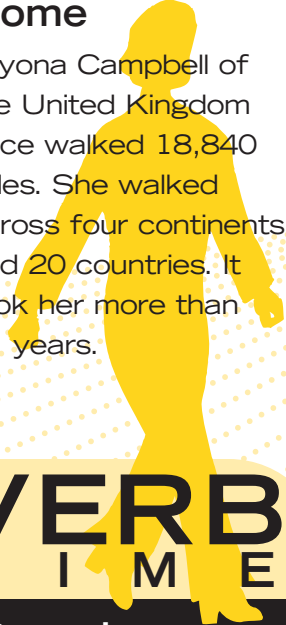
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### A Long Walk Home

Ffiona Campbell of the United Kingdom once walked 18,840 miles. She walked across four continents and 20 countries. It took her more than 11 years.



MONDAY | APRIL 26

Handwriting practice lines for Monday, April 26

TUESDAY | APRIL 27

Handwriting practice lines for Tuesday, April 27

WEDNESDAY | APRIL 28

Handwriting practice lines for Wednesday, April 28

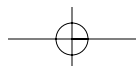
## VERB TIME

### Organiza un autobús escolar andante

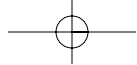
¿Qué es un autobús escolar andante? Una forma segura y saludable de ir a la escuela.

Algún padre o adulto se pone a la cabeza. El adulto te "recoge" a ti y a tus amigos en cada casa—a pie. El grupo se agranda mientras caminan hacia la escuela juntos usando la misma ruta. Además de ser buen ejercicio, también podrás conocer mejor el vecindario, pasar tiempo con tus amigos y hasta aumentar la energía antes de llegar a clase. Habla con tus padres acerca de esto y conviértete en el primero en organizar un autobús escolar andante.

Teacher Comments and Parent Signature box







# WALK WEEK CAMINA

www.verbnow.com

THURSDAY | APRIL 29

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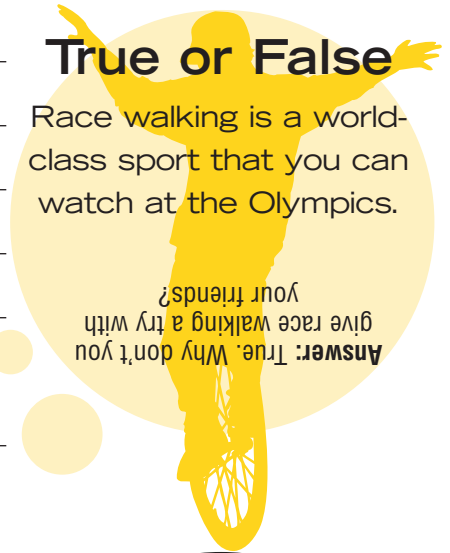
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## True or False

Race walking is a world-class sport that you can watch at the Olympics.

Answer: True. Why don't you give race walking a try with your friends?



FRIDAY | APRIL 30

Today is International Walk Day.

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## Quick Quiz You Can't Fail

What's the difference between walking and running?

- a How thick your socks are
- b How fast you're moving
- c Whether or not both feet leave the ground.

Answer: (c) When you're walking, one foot remains on the ground at all times. When you're running, both feet are sometimes off the ground.

SATURDAY | MAY 1

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SUNDAY | MAY 2

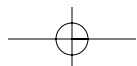
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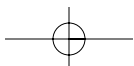
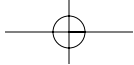
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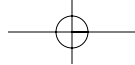
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S	M	T	W	T	F	S
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4	5	6	7	8	9	10
11	12	13	14	15	16	17
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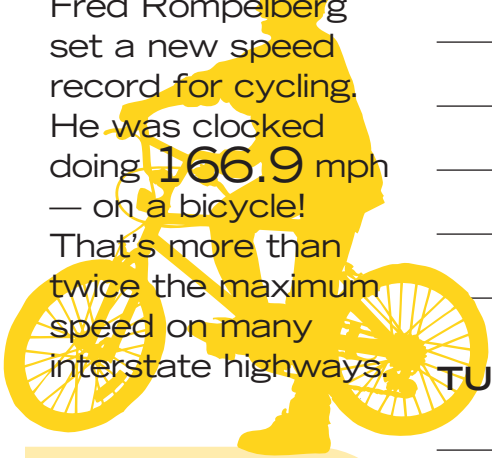






# Fred Flash

In 1995, 50-year-old Fred Rompelberg set a new speed record for cycling. He was clocked doing **166.9** mph — on a bicycle! That's more than twice the maximum speed on many interstate highways.



**MONDAY** | MAY 3

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**TUESDAY** | MAY 4

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# VERB TIME

## Piensa sobre estos consejos de seguridad

¿Conoces a alguien que está empezando a aprender a montar en bicicleta? ¿Cuál de estos consejos de seguridad crees que es más importante que le digas a esta persona?

- Siempre lleva casco
- Para en todas las intersecciones
- Señala con las manos cuando doblas
- Ten cuidado con el pavimento disperejo
- Nunca montes en bicicleta con audífonos

Sabías la respuesta ¿verdad? Todos son importantes.

**WEDNESDAY** | MAY 5

**Cinco de Mayo (Battle of Puebla)**

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**Teacher Comments:**

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**Parent Signature:**

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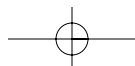
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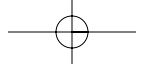
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# BIKE WEEK CICLISMO

www.verbnow.com

**THURSDAY** | MAY 6

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**Hit the Brakes... Safely**

If you are going 20 mph and hit the brakes, it will take you 15 feet to stop on dry pavement, but 23 feet on wet pavement. What's the point? Brake early on wet or dry pavement.

**FRIDAY** | MAY 7

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**Cool Ride**

You can put reflectors or funky reflective stickers on your bike — or your helmet. Who knew being safe could look so cool?

**SATURDAY** | MAY 8

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**Take a Trip**

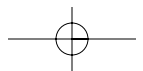
Talk to a parent or coach at your school about organizing a bike riding club. Plan weekend riding trips with friends and family.

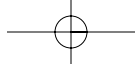
**SUNDAY** | MAY 9

**Día de la Madre (Mother's Day)**

S	M	T	W	T	F	S
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

**May is National BIKE Month**

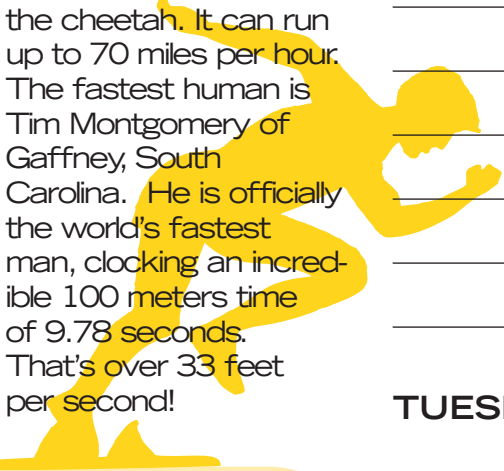




MAY 10, 2004

Did You Know?

The fastest animal is the cheetah. It can run up to 70 miles per hour. The fastest human is Tim Montgomery of Gaffney, South Carolina. He is officially the world's fastest man, clocking an incredible 100 meters time of 9.78 seconds. That's over 33 feet per second!



MONDAY | MAY 10

Handwriting practice lines for Monday, May 10

TUESDAY | MAY 11

Handwriting practice lines for Tuesday, May 11

VERB TIME

Consejos para cuidarte: No te metas en problemas.

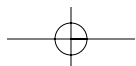
¿Cuál es un buen lugar para correr? Pregúntale a tus padres o a un entrenador en la escuela.

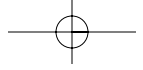
Usa una pista, campo, gimnasio, sendero o lugar pavimentado en la escuela. Usa conos para indicar ciertas distancias como 100m, 200m ó 400 m. Asegúrate de que el área donde corres está bien iluminada y de que tus padres o tutores aprueban. Correr es divertido cuando tienes cuidado.

WEDNESDAY | MAY 12

Handwriting practice lines for Wednesday, May 12

Teacher Comments and Parent Signature box





# Run WEEK CORRE

www.verbnow.com

THURSDAY | MAY 13

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## On This Day...

September 25, 1988:  
 Florence Griffith Joyner set a world record. She ran 100 meters in 10.49 seconds at the 1988 Olympic Trials.  
 How fast can you run that distance?

FRIDAY | MAY 14

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## True or False

In one scientific experiment, mice that ran on an exercise wheel grew more new brain cells than mice that didn't have an exercise wheel.  
 True or false?

Answer: True. Does that mean running can increase your brain power? We don't know for sure. But it can't hurt.

SATURDAY | MAY 15

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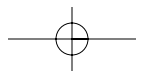
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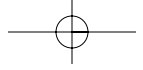
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SUNDAY | MAY 16

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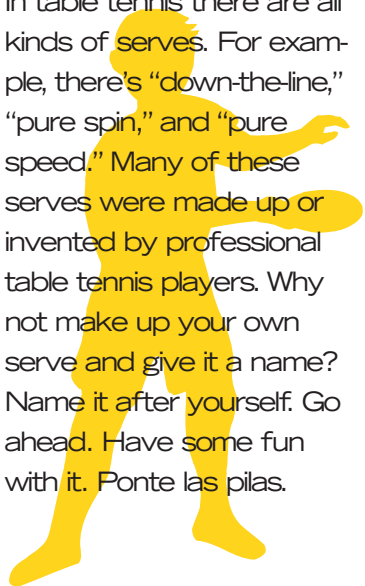
This week is National Running and Fitness Week.





## Serving Table Tennis

In table tennis there are all kinds of serves. For example, there's "down-the-line," "pure spin," and "pure speed." Many of these serves were made up or invented by professional table tennis players. Why not make up your own serve and give it a name? Name it after yourself. Go ahead. Have some fun with it. Ponte las pilas.



**MONDAY** | MAY 17

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**TUESDAY** | MAY 18

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**WEDNESDAY** | MAY 19

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## VERB TIME

### Club de Tenis de Mesa

¿Hay un club de tenis de mesa en tu escuela? Si no hay, habla con tus padres o con el maestro de educación física y crea uno.

Lo único que hace falta para crear un club es una mesa, red, raquetas y pelotas... y algunos amigos para jugar, desde luego. De repente, te puedes encontrar organizando un campeonato de tenis de mesa para tu comunidad.

**Teacher Comments:**

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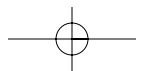
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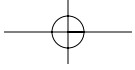
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**Parent Signature:**





# TABLE TENNIS WEEK PING-PONG

www.verbnow.com

**THURSDAY** | MAY 20

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**Fun Fact**  
 Table tennis was first played in the early 1880s in India and South Africa. British army officers used lids from cigar boxes as paddles and round corks from wine bottles as balls. They placed a row of books across the middle of the table to form a net. And that's a fact.

**FRIDAY** | MAY 21

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**Quick Quiz You Can't Fail**  
 What is NOT a basic shot in table tennis?  
 a The block  
 b The smash  
 c The backstroke

**Answer:** (c) The backstroke. That's something you do in swimming. Do you know what kinds of shots the block and the smash are?

**SATURDAY** | MAY 22

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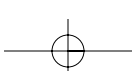
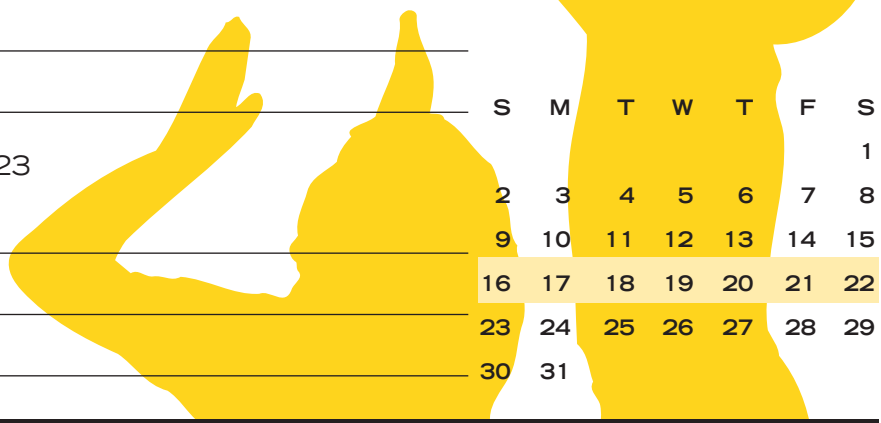
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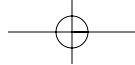
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**SUNDAY** | MAY 23

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23	24	25	26	27	28	29
30	31					





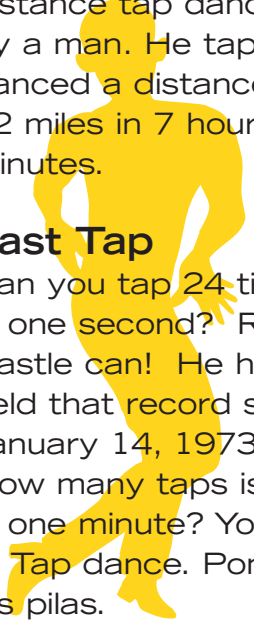


**Fast Fact**

American David Meenan holds the record for the longest distance tap danced by a man. He tap danced a distance of 32 miles in 7 hours 35 minutes.

**Fast Tap**

Can you tap 24 times in one second? Roy Castle can! He has held that record since January 14, 1973. How many taps is that in one minute? You try it. Tap dance. Ponte las pilas.



**MONDAY** | MAY 24

Five horizontal lines for writing.

**TUESDAY** | MAY 25

**Today is National Tap Dance Day.**

Five horizontal lines for writing.

**WEDNESDAY** | MAY 26

Five horizontal lines for writing.

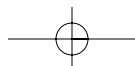
**VERB TIME**

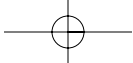
**Y 5, 6, 7, 8**

¿Eres el próximo "Tap Dog"?

¿Puedes menearte al ritmo de cualquier tipo de música? Pon tu música favorita e inventa tu propia combinación de tap. ¡Inténtalo!

Teacher Comments:  
  
Parent Signature:





# TAP WEEK BAILAR TAP



www.verbnow.com

THURSDAY | MAY 27

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## Did You Know...

that May 25th is National Tap Dance Day? It is the anniversary of the birth of legendary tap dancer Mr. Bill "Bojangles" Robinson. He was known as the King of the Tap Dancers!

FRIDAY | MAY 28

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## Quick Quiz You Can't Fail

Which of the following is a popular tap step?

- a The Coyote
- b The Buffalo
- c The Wild Goose

Answer: (b) The Buffalo. Do you know how to Buffalo?

SATURDAY | MAY 29

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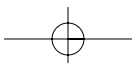
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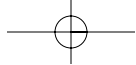
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SUNDAY | MAY 30

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16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					





### What's Bocce?

Bocce is a game of skill. There are usually one to four players on each team. Bocce is also the name of a four-and-a-half-inch ball that weighs about three pounds. This ball is used in the game of bocce. To play bocce, you begin by rolling a one-and-three-quarters-inch ball called a pallino down an alley. You then roll the bocce down the alley and try to get it as close to the pallino as possible. The bocce that comes closest to the pallino scores. Are you ready for bocce? Ponte las pilas.

**MONDAY** | MAY 31

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**TUESDAY** | JUNE 1

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**WEDNESDAY** | JUNE 2

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## VERB TIME

**El momento de las Bochas**  
¿Te gustaría aprender a jugar bochas?

Busca en el internet las reglas para jugar bochas. Bochas es un juego muy entretenido que puedes hacer en el patio de tu casa ¡incluso con bolas de tenis! Reúnete con unos amigos y Ponte las pilas. ¡Inténtalo! Tal vez bochas se convertirá en tu deporte favorito.

**Teacher Comments:**

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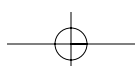
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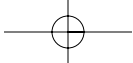
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**Parent Signature:**





# BOCCE WEEK BOCHA

www.verbnow.com

THURSDAY | JUNE 3

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**True or False**

Bocce is one of the most popular sports in the world.

**Answer:** True.

In fact many people say that bocce is second only to soccer in terms of the number of people who participate in that sport.

FRIDAY | JUNE 4

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**Quick Quiz You Can't Fail**

Bocce begins by flipping a coin. The team that wins the coin toss starts the game by throwing out:

- a Last night's empty pizza box
- b Yesterday's newspaper
- c The pallino

**Answer:** (c) Pallino.

SATURDAY | JUNE 5

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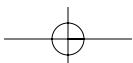
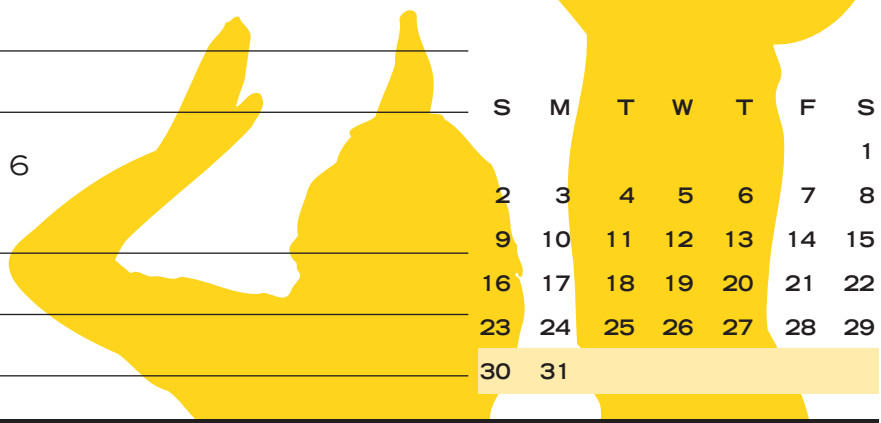
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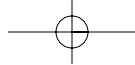
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SUNDAY | JUNE 6

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16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					





# Personal Record Form for Summer

## Directions:

What activities do you enjoy? On this page you'll find 12 ways you can VERB — one for each week throughout the summer (from June through August). Write down what you think about these activities. Which ones are your favorites? Which ones have you tried? Keep a record of what you think about these different ways to VERB. At the end of the school year, take another look. What activities are you doing then?

## Chart

For each week listed on the next page, put a ✓ in the box next to each VERB activity that you participated in during the week.

**CUMBIA (JUN 7):** \_\_\_\_\_

\_\_\_\_\_

**WATER-SKI (JUN 14):** \_\_\_\_\_

\_\_\_\_\_

**TENNIS (JUN 21):** \_\_\_\_\_

\_\_\_\_\_

**SWIM (JUN 28):** \_\_\_\_\_

\_\_\_\_\_

**DIVE (JUL 5):** \_\_\_\_\_

\_\_\_\_\_

**SURF (JUL 12):** \_\_\_\_\_

\_\_\_\_\_

**PITCH (JUL 19):** \_\_\_\_\_

\_\_\_\_\_

**JOG (JUL 26):** \_\_\_\_\_

\_\_\_\_\_

**TAI CHI (AUG 2):** \_\_\_\_\_

\_\_\_\_\_

**HULA HOOP (AUG 9):** \_\_\_\_\_

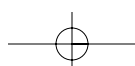
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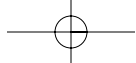
**ULTIMATE FRISBEE (AUG 16):** \_\_\_\_\_

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**ROW (AUG 23):** \_\_\_\_\_

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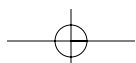


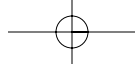


# June 2004 through August 2004



VERB Activity	June 7	June 14	June 21	June 28	July 5	July 12	July 19	July 26	Aug 2	Aug 9	Aug 16	Aug 23
Badminton												
Balance												
Baton Twirl												
Bike												
Bocce												
Bowl												
Catch												
Cheer												
Cumbia												
Dance												
Disc Golf												
Dive												
Dribble												
Field Hockey												
Figure Skate												
Football												
Gymnastics												
Hike												
Hula Hoop												
Inline Skate												
Jog												
Juggle												
Jump												
Karate												
Limbo												
Martial Arts												
Netball												
Paddle												
Pass												
Pitch												
Row												
Run												
Sepak Takraw												
Skateboard												
Soccer												
Stretch												
Surf												
Swim												
Swing												
Table Tennis												
Tai Chi												
Tap												
Tennis												
Throw												
Track and Field												
Ultimate Frisbee												
Volleyball												
Walk												
Water-ski												
Weight Train												
Wrestle												
Yoga												

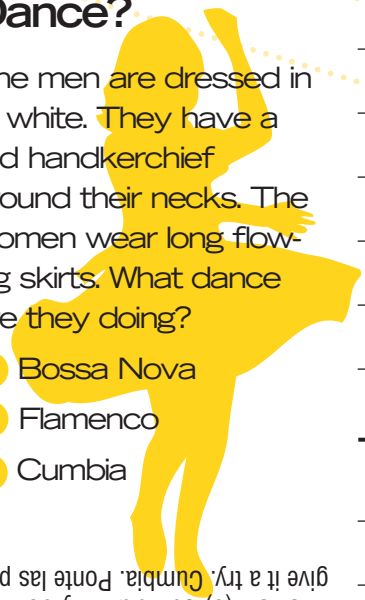




### Guess the Dance?

The men are dressed in all white. They have a red handkerchief around their necks. The women wear long flowing skirts. What dance are they doing?

- a Bossa Nova
- b Flamenco
- c Cumbia



Answer: (c) Cumbia. Why don't you give it a try. Cumbia. Ponte las pilas.

MONDAY | JUNE 7

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TUESDAY | JUNE 8

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WEDNESDAY | JUNE 9

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## VERB TIME

**Aprende a bailar la Cumbia.**  
 La cumbia se puede bailar en fila (varios en linea) o en parejas. Es un ritmo rápido y divertido también.

Tradicionalmente al bailar la cumbia, los pies se mantienen uno delante del otro casi siempre. Pero ahora, en muchos clubs, se usan pasos de salsa para bailar este ritmo. Encuentra a alguien que sepa bailar la cumbia. Pídele que te enseñe a bailarla.

**Teacher Comments:**

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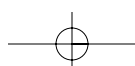


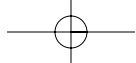
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**Parent Signature:**





# CUMBIA WEEK CUMBIA

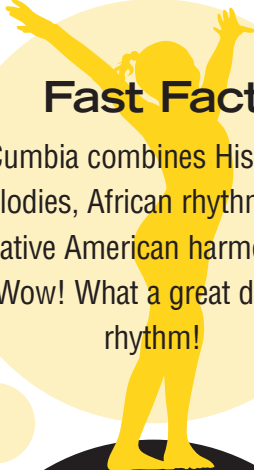
www.verbnow.com

THURSDAY | JUNE 10

Handwriting practice lines for Thursday, June 10, featuring a dotted pattern on the left side.

**Fast Fact**

Cumbia combines Hispanic melodies, African rhythms, and Native American harmonies. Wow! What a great dance rhythm!



FRIDAY | JUNE 11

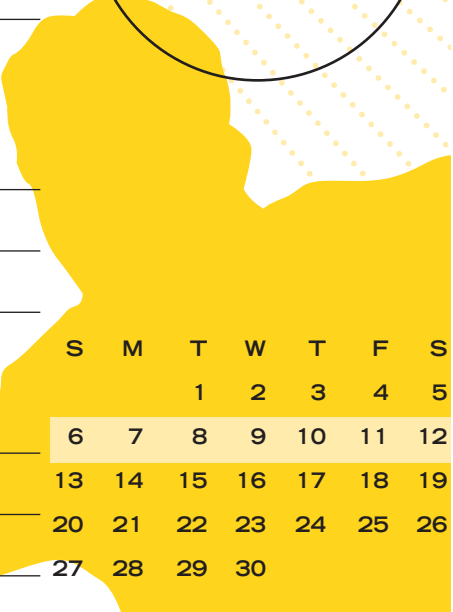
Handwriting practice lines for Friday, June 11.

**Quick Quiz You Can't Fail**

In Colombia, South America (and in many other parts of Latin America and the world), Cumbia is a popular:

- a Pasta dish
- b Baby girl's first name
- c Dance rhythm

Answer: (c) Dance rhythm

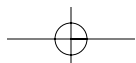


SATURDAY | JUNE 12

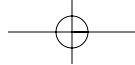
Handwriting practice lines for Saturday, June 12.

SUNDAY | JUNE 13

S	M	T	W	T	F	S
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27	28	29	30			

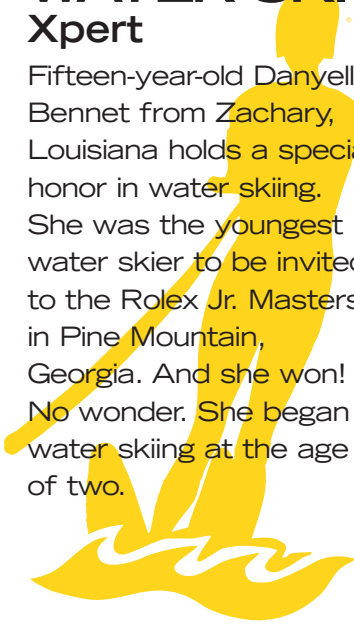






### Meet a **WATER-SKI** Xpert

Fifteen-year-old Danyelle Bennet from Zachary, Louisiana holds a special honor in water skiing. She was the youngest water skier to be invited to the Rolex Jr. Masters in Pine Mountain, Georgia. And she won! No wonder. She began water skiing at the age of two.



**MONDAY** | JUNE 14

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**TUESDAY** | JUNE 15

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**WEDNESDAY** | JUNE 16

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## **VERB** T I M E

### Inventa señales usando las manos.

Para esquiar en agua sin peligro requiere que el esquiador, el que maneja el bote y el observador hagan señales con las manos que los tres entiendan. Estas señales permiten que estos tres se hablen sin decir ni una palabra.

Con un amigo, inventa tres señales usando las manos, que pueden usar mientras esquían en el agua.

Teacher Comments:

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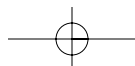
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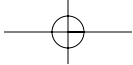
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Parent Signature:





# WATER-SKI WEEK ESQUÍ ACUÁTICO

www.verbnow.com

**THURSDAY** | JUNE 17

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## Fast Fact

In 1922, Ralph Samuelson became the first person to try water skiing. Can you guess what he used for skis? He strapped boards from a barrel to the bottom of his feet. Hmm. Wonder how many splinters he got.

**FRIDAY** | JUNE 18

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## Quick Quiz

What should you do if you lose your balance while water skiing?

- a Make a 360-degree turn
- b Bend your knees and crouch down
- c Lift one leg out of the water with the ski facing west

**SATURDAY** | JUNE 19

National Juneteenth Holiday Observance

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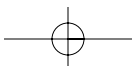
**SUNDAY** | JUNE 20

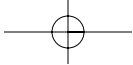
Longest Day of VERB

Summer Solstice

S	M	T	W	T	F	S
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13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30			

**Answer:** (b) Bend your knees and crouch down. If you do fall – and many people do – remember to let go of the rope. You do have your life jacket on, right?





MONDAY | JUNE 21

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**Practica el servicio: Así se hace.**

Coge la pelota con el pulgar, el índice y el dedo medio de la mano libre (la mano sin raqueta.) Levanta la mano con la pelota por encima de la cabeza. Tira la pelota con poca fuerza (lo suficiente para pasar unos pies sobre tu cabeza) hacia arriba y derecho. No pierdas de vista la pelota. Mueve la raqueta por encima del hombro y pégale a la pelota mientras está en el aire y ya aprendiste a servir en tenis.

TUESDAY | JUNE 22

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WEDNESDAY | JUNE 23

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Recuerda: aunque no tengas una cancha de tenis dónde jugar, puedes practicar cuando quieras golpeando la pelota contra una pared (pide permiso antes de hacerlo). Muchos tenistas profesionales empezaron jugando contra una pared! Para encontrar más consejos sobre el tenis, ve a [www.bam.gov](http://www.bam.gov).

**Teacher Comments:**

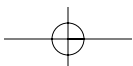
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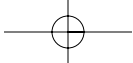
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**Parent Signature:**





# TENNIS WEEK TENNIS

www.verbnow.com

**THURSDAY** | JUNE 24

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**“Love” That Game**  
 You might like the game of tennis, but you don't want to be in “love” with it. Why not? In tennis language, “love” means zero. If the score is love-thirty in favor of your opponent, that means you have zero.

**FRIDAY** | JUNE 25

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**It's a Bird! It's a Plane! It's a...Tennis Ball**  
 A good tennis player can serve a ball at more than 100 miles per hour. That's like traveling 80 feet across the court in less than one second.

**SATURDAY** | JUNE 26

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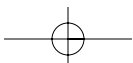
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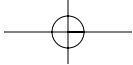
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**SUNDAY** | JUNE 27

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13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30			





### Meet a **SWIMming** Xpert

What does it take to be a great swimmer? Sixteen-year-old swimming champ Hongzhe Sun from Hawaii has this advice. "You have to stay focused," he says. "You always have to have a goal."

**MONDAY** | JUNE 28

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**TUESDAY** | JUNE 29

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**WEDNESDAY** | JUNE 30

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## **VERB** T I M E

### **Carrera de relevos**

Junta a unos amigos y dividan el grupo en dos equipos, uno en cada lado de la piscina.

El primer nadador de cada equipo se pone una camiseta mojada, se mete en el agua, nada al otro lado de la piscina, vuelve y toca al segundo compañero de equipo. Este compañero se pone la camiseta mojada y nada al otro lado de la piscina y vuelve. El primer equipo que termina los relevos gana. Pero acuérdate, antes de meterte en el agua tienes que tener permiso de tus padres o de otro adulto. Y asegurate que algún adulto los vigile.

**Teacher Comments:**

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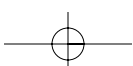
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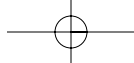
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**Parent Signature:**





# SWIM WEEK NADA

www.verbnow.com

**THURSDAY** | JULY 1

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**Did You Know...**

...that almost 30% of the American swimmers on the 2000 summer Olympics team had asthma and used inhalers? Asthma didn't hold them back. It shouldn't hold you back either.

**FRIDAY** | JULY 2

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**True or False**

Elephants can swim up to 20 miles a day.

**Answer:** True. They stick their trunks above the water like snorkels.

**SATURDAY** | JULY 3

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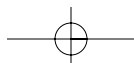
**Floating on Air**

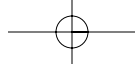
Did you know that your body can float pretty easily? You just have to relax. Let the water support your body. Arch your back. Stretch out your legs. (Some gentle kicking will help.) Guess what? You're floating. Try floating with a friend. Be sure there is a parent or coach with you.

**SUNDAY** | JULY 4

**Independence Day**

S	M	T	W	T	F	S
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13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30			





JULY 5, 2004

### Meet a DIVING Xpert

Chris Colwill is an 18-year-old champion diver from Brandon, Florida. His advice to other young divers? "Don't get frustrated," Chris says. "If something doesn't go well, just go on to something else and come back to it [later]." Sounds like good advice for lots of things.

MONDAY | JULY 5

Handwriting practice lines for Monday, July 5

TUESDAY | JULY 6

Handwriting practice lines for Tuesday, July 6

## VERB TIME

### Clavados

¿Quieres practicar clavados? Sigue estos consejos.

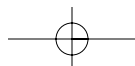
1. Extiende los brazos por encima de la cabeza.
2. Baja la barbilla hacia el pecho.
3. Dobra el cuerpo por la cintura sin doblar las rodillas.
4. Con las piernas derechas déjate caer hacia el agua.
5. Sigue a tus dedos para cuando entras en el agua.

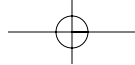
Eso es todo. Pero acuérdate. Antes de meterte en el agua tienes que tener permiso de tus padres y ¡tén MUCHO cuidado!

WEDNESDAY | JULY 7

Handwriting practice lines for Wednesday, July 7

Teacher Comments and Parent Signature box





# DIVE WEEK TÍRATE EN EL AGUA

www.verbnow.com

THURSDAY | JULY 8

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## Did You Know...

...that platform diving became an Olympic event in 1904? Springboard diving became an Olympic event four years later in 1908.

FRIDAY | JULY 9

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## Quick Quiz You Can't Fail

Divers travel pretty fast from the platform or springboard into the water. How fast are they often going when they hit the water?

- a Faster than a speeding bullet
- b Up to 34 miles per hour
- c Faster than a blink of an eye

**Answer:** (b) Up to 34 miles per hour.

SATURDAY | JULY 10

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## Fast Fact

In January 1991, Fu Mingxia from China became the world's youngest platform diving champion. She was only 12 years old.

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SUNDAY | JULY 11

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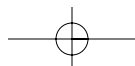
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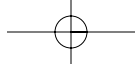
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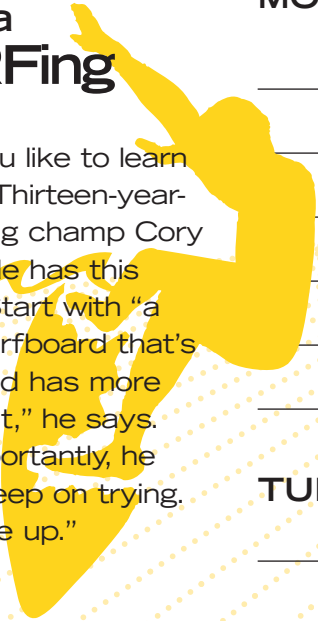


**VERB**  
Ponte las pilas.™

**JULY 12, 2004**

Meet a  
**SURFing**  
Xpert:

Would you like to learn to surf? Thirteen-year-old surfing champ Cory Arrambide has this advice. Start with "a bigger surfboard that's longer and has more width to it," he says. Most importantly, he adds, "Keep on trying. Don't give up."



**MONDAY** | JULY 12

**TUESDAY** | JULY 13

**WEDNESDAY** | JULY 14

**VERB**  
T I M E

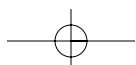
**Juega con  
cuidado.**

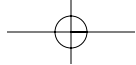
Antes que nada. Para ser un buen surfista, tienes que ser un buen nadador. De principiante vas a pasar más tiempo en el agua que en la tabla.

Y recuerda: siempre haz surfing con alguien más y haz surfing sólo cuando no haya peligro en el agua. Para más información sobre surfing, ve a [www.bam.gov](http://www.bam.gov).

Teacher Comments:

Parent Signature:





# SURF WEEK SURFEA

www.verbnow.com

THURSDAY | JULY 15

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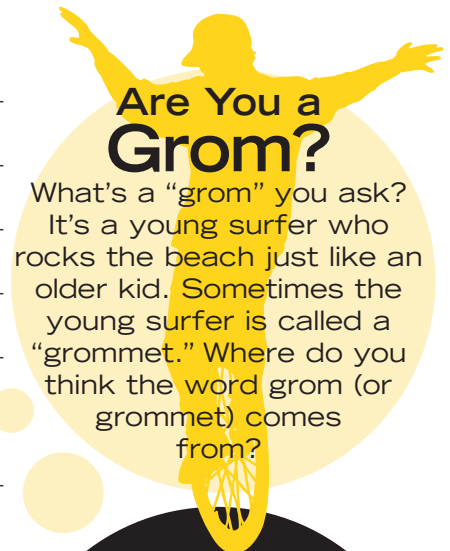
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**Are You a Grom?**

What's a "grom" you ask? It's a young surfer who rocks the beach just like an older kid. Sometimes the young surfer is called a "grommet." Where do you think the word grom (or grommet) comes from?



FRIDAY | JULY 16

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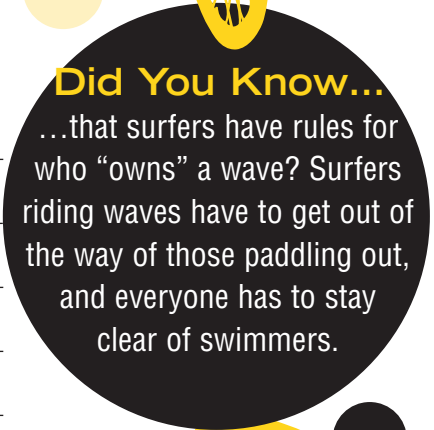
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**Did You Know...**

...that surfers have rules for who "owns" a wave? Surfers riding waves have to get out of the way of those paddling out, and everyone has to stay clear of swimmers.



SATURDAY | JULY 17

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SUNDAY | JULY 18

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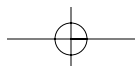
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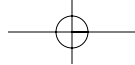
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18	19	20	21	22	23	24
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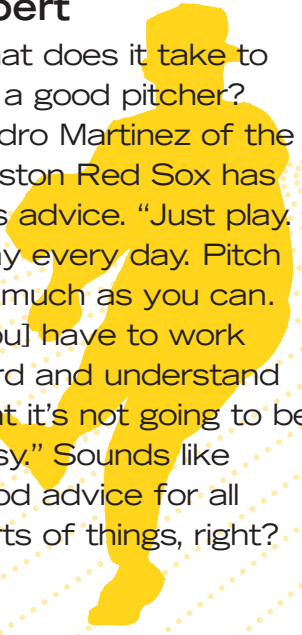
The Triple Crown of Surfing is Nov. 10th on the island of Oahu, HI





### Meet a **PITCHING** Xpert

What does it take to be a good pitcher? Pedro Martinez of the Boston Red Sox has this advice. "Just play. Play every day. Pitch as much as you can. [You] have to work hard and understand that it's not going to be easy." Sounds like good advice for all sorts of things, right?



**MONDAY** | JULY 19

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**TUESDAY** | JULY 20

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## **VERB** T I M E

### Lanzamiento

¿Una buena idea para practicar como lanzar?  
¡Practica el coger la pelota! ¿Cómo, te preguntas?

Coge la pelota de un lanzador e intercambia.  
¡Entonces estarán listos para el gran juego! Lanzar, Ponte las pilas.

**WEDNESDAY** | JULY 21

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Teacher Comments:

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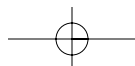
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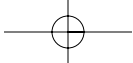
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Parent Signature:





# PITCH WEEK LANZAR

www.verbnow.com

**THURSDAY** | JULY 22

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## Did You Know...

...that softball (including both slow pitch and fast pitch) is the number one participation team sport in the United States? There are more than 40 million softball players in the U.S.

## Fast (and We Mean Really Fast) Fact

A major league pitcher can throw a baseball up to 95 miles an hour. At that speed it takes less than half a second for the ball to cross the plate.

**FRIDAY** | JULY 23

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## True or False

A pitch that looks like fastball, but is slower than a fastball and very difficult to hit is called a "dime-down."

**Answer:** If you said false, you've hit a home run. It's called a "change-up."

**SATURDAY** | JULY 24

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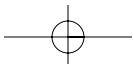
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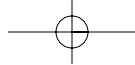
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**SUNDAY** | JULY 25

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July 26, 2004

What Are You Doing If...

...you land on the ball of your heel, push off from your toes, let your arms swing naturally, and carry some cool water along?

- a Imitating a circus act
b Practicing your water ballet
c Starting to jog

Answer: If you guessed (c), you're on a jogging path!

MONDAY | JULY 26

Handwriting practice lines for Monday, July 26

TUESDAY | JULY 27

Handwriting practice lines for Tuesday, July 27

WEDNESDAY | JULY 28

Handwriting practice lines for Wednesday, July 28

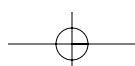
VERB TIME

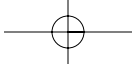
Haz Jogging

¿Estás listo para hacer jogging? Acuérdate: Tienes que calentar antes de hacerlo.

Empieza caminando rápidamente o corriendo despacio. No te olvides de estirarte un poco mientras calientas. Poco a poco aumenta el paso hasta que te sientas cómodo ¡Entusiasma a tu familia para que vaya contigo!

Teacher Comments and Parent Signature box





# JOG WEEK JOGGING

www.verbnow.com

**THURSDAY** | JULY 29

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## Jogging: Distance or Time

When you first start jogging, which is better:

- (a) To set a distance goal
- (b) To set a time goal

The answer is (b), to set a time goal. Experts also usually recommend that you increase your time by only 10 percent a week to avoid injury from overexertion.

**FRIDAY** | JULY 30

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## Jogging Sense

Here are six sound tips to keep you safe while jogging.

1. Jog with a friend or parent. Never jog alone.
2. Jog in a familiar area.
3. Do not jog in a secluded area.
4. Do not jog after dark.
5. Wear bright clothing.
6. Stay alert!

Most of all, always tell a family member where you will be jogging, or better yet, ask them to join you!

**SATURDAY** | JULY 31

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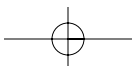
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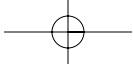
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**SUNDAY** | AUGUST 1

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August 2, 2004

Quick Quiz You Can't Fail

Pick-a-Winner. Which one of the martial arts is known for breathing exercises, postures, and graceful movements?

- a Chow Mein (say: Chow Main)
b Feng Shui (say: Fen Sh-way)
c Taiwan (say: Tie Juan)
d Tai Chi (say: Tie Chee)

MONDAY | AUGUST 2

Five horizontal lines for writing answers to the Monday quiz.

TUESDAY | AUGUST 3

Five horizontal lines for writing answers to the Tuesday quiz.

Answer: If you answered (d) tai chi, you're on the way to inner peace.

VERB TIME

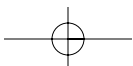
Preparándose
Estarás pensando,—¿me hace falta tener equipo especial para practicar Tai Chi?— Para nada.

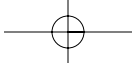
El único equipo que necesitas para practicar Tai Chi es tu cuerpo. También te debes poner ropa cómoda. ¿Es el Tai Chi un deporte para ti? Pregúntale a tus padres o a un maestro de tu escuela adónde puedes tomar clases de Tai Chi.

WEDNESDAY | AUGUST 4

Five horizontal lines for writing answers to the Wednesday quiz.

Teacher Comments:
Parent Signature:





# TAI CHI WEEK TAI CHI

www.verbnow.com

**THURSDAY** | AUGUST 5

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## Did You Know...

...that one of the most important qualities of tai chi is the ability to concentrate or be "centered"? Centering your mind is staying interested and staying involved in what is happening right now. This ability would help you with your studies and anything else you put your mind to.

**FRIDAY** | AUGUST 6

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## True or False

A highly regarded Tai Chi teacher is called a Tofu. True or false?

**Answer:** That would be false. Tofu is a protein-rich food made from soybeans and used in salads and various cooked foods. A tofu is a Tai Chi teacher.

**SATURDAY** | AUGUST 7

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**SUNDAY** | AUGUST 8

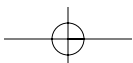
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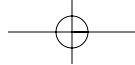
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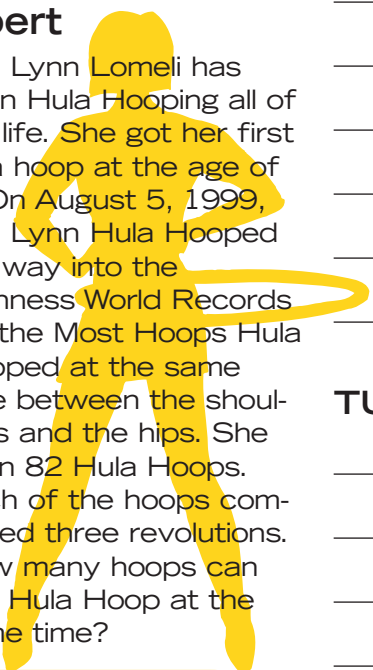




AUGUST 9, 2004

Meet a HULA HOOP Xpert

Lori Lynn Lomeli has been Hula Hooping all of her life. She got her first hula hoop at the age of 8. On August 5, 1999, Lori Lynn Hula Hooped her way into the Guinness World Records for the Most Hoops Hula Hooped at the same time between the shoulders and the hips. She spun 82 Hula Hoops. Each of the hoops completed three revolutions. How many hoops can you Hula Hoop at the same time?



MONDAY | AUGUST 9

Five horizontal lines for writing on Monday.

TUESDAY | AUGUST 10

Five horizontal lines for writing on Tuesday.

WEDNESDAY | AUGUST 11

Five horizontal lines for writing on Wednesday.

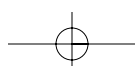
VERB TIME

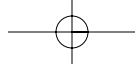
Quieres hacer Hula Hoop?

Sostén el hula hoop alrededor de la cintura. Dale una vuelta y mantenlo girando moviendo tu cadera ¿Cuántos segundos puedes mantener el hula hoop moviéndose sin tocar el suelo?

Inténtalo otra vez. ¿Lo pudiste hacer por más tiempo? Es divertido, no? Ponte las pilas.

Teacher Comments: Parent Signature:





# HULA HOOP

WEEK  HULA HOOP

www.verbnow.com

THURSDAY | AUGUST 12

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## Did You Know...

...that the Hula Hoop was first introduced in the United States almost 50 years ago — in 1957. The company that invented it sold 25 million hoops in the first two months.

FRIDAY | AUGUST 13

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## What's in a Name?

Where did the name "Hula Hoop" come from?

- a A Hawaiian dance called the Hula
- b A Hawaiian danced called the lotta hoopla
- c A Hawaiian inventor named Huligan

SATURDAY | AUGUST 14

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**Answer:** (a) A Hawaiian dance called the Hula. The inventors of the Hula Hoop thought that the movement in spinning a Hula Hoop around your waist was like the Hula.

SUNDAY | AUGUST 15

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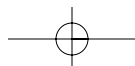
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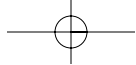
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August 16, 2004

MONDAY | AUGUST 16

Handwriting practice lines for Monday, August 16.

VERB TIME

Juega "Ultimate Frisbee": Así se hace.

Con unos amigos hagan dos equipos, Equipo A y equipo B. El campo de juego es un cuadrado imaginario grande, como la mitad de un campo de fútbol. Cada equipo se alinea en su meta.

Un jugador del Equipo A tira el Frisbee al otro lado del campo, al Equipo B. Los miembros del Equipo B se pasan el disco entre ellos lanzándolo mientras avanzan hacia la meta del Equipo A. Los miembros del Equipo A tratan de bloquear los pases del Equipo B para pararlo. Si un miembro del Equipo A intercepta un pase del Equipo B, le pasa el disco a otro miembro de su equipo y empiezan a avanzar hacia la meta del Equipo B. Para anotar, un equipo debe completar un pase en la meta del otro equipo. El equipo que anota más goles en un tiempo determinado gana.

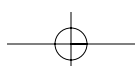
TUESDAY | AUGUST 17

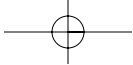
Handwriting practice lines for Tuesday, August 17.

WEDNESDAY | AUGUST 18

Handwriting practice lines for Wednesday, August 18.

Teacher Comments and Parent Signature box.





# ULTIMATE FRISBEE WEEK

www.verbnow.com

**THURSDAY** | AUGUST 19

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## Did You Know...

...that the flying disc we call a Frisbee® got its name from a nineteenth-century baker in Connecticut named William Russell Frisbie? Mr. Frisbie would bake pies in round tin containers and sell them to Yale University students. They would eat the pies and then toss the tins in the air.

**FRIDAY** | AUGUST 20

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## Quick Quiz You Can't Fail

A game of Ultimate Frisbee begins when a member of one team throws the Frisbee across the field to the opposing team. This is called:

- a Throwing off
- b Throwing across
- c Throwing up

Answer: (a) Throwing off.

**SATURDAY** | AUGUST 21

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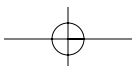
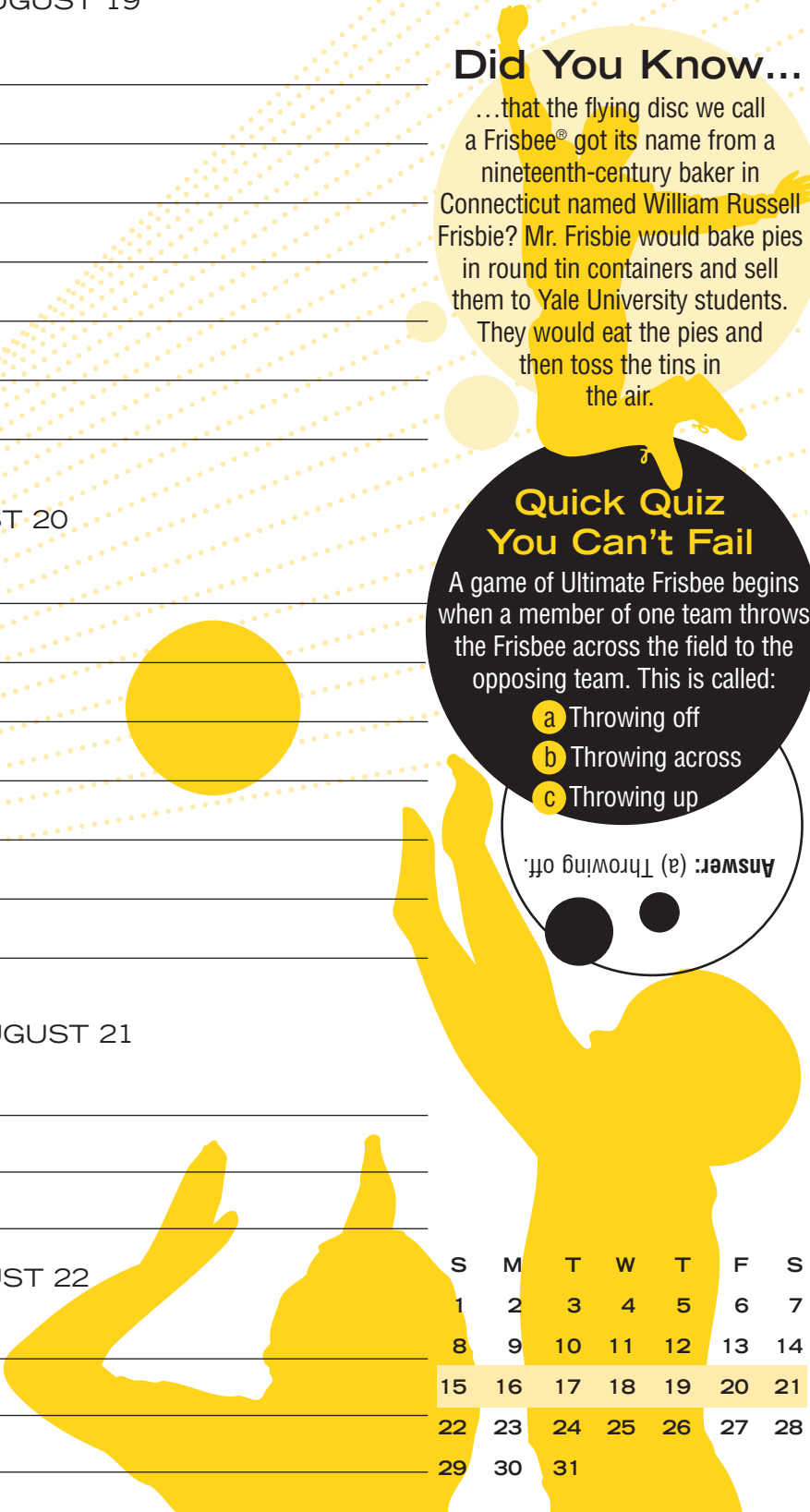
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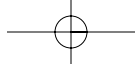
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**SUNDAY** | AUGUST 22

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August 23, 2004

Meet a **ROWING Xpert**

MONDAY | AUGUST 23

Steve Regrave won five Olympic gold medals in a, ahem, "row," for a rowing endurance event from 1984 to 2000. Steve also has diabetes. He needs to inject himself with insulin six times a day. But he didn't let that stop him from becoming a rowing champ. Way to go, Steve.

Handwriting practice lines for Monday, August 23.

**VERB TIME**

TUESDAY | AUGUST 24

¿Te gustaría aprender a remar? Empieza aprendiendo lo básico.

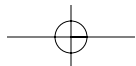
Por ejemplo hay dos maneras de remar: barriendo o remando. En el barriendo, cada remero tiene sólo un remo. En el remando el remero usa dos. Pero eso es sólo el principio de lo que tienes que saber con respecto a este emocionante deporte. Quizás puedas empezar en una piscina con un bote de goma y un par de remos. Ese es un ejercicio excelente. Habla con tus padres, tu maestro de educación física o visita [www.usrowing.org](http://www.usrowing.org) para aprender más de este deporte.

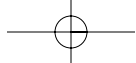
Handwriting practice lines for Tuesday, August 24.

WEDNESDAY | AUGUST 25

Handwriting practice lines for Wednesday, August 25.

Teacher Comments and Parent Signature box.





# ROW WEEK PALEA

www.verbnow.com

**THURSDAY** | AUGUST 26

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## True or False

A coxswain is the lead rower in a crew of eight people.

**Answer:** If you said "false," you're right. A coxswain does not row the boat. A coxswain is a mini-coach in the boat. He or she steers the boat, calls out commands, and encourages the crew.

**FRIDAY** | AUGUST 27

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## Quick Quiz You Can't Fail

Rowing is also called:

- a** Skimming
- b** Oaring
- c** Crew

**Answer:** (c) Crew

**SATURDAY** | AUGUST 28

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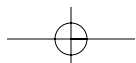
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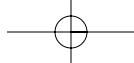
## Fast Fact

Rowers have been called the world's most physically fit athletes.

**SUNDAY** | AUGUST 29

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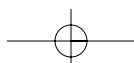


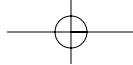
## Top 10 Safety Tips

### 10 consejos para seguridad Mantente activo.... Pero sin peligro

Jugar con inteligencia es jugar seguro. ¡Aquí te damos diez consejos importantes para la seguridad, no importa cuál sea tu verbo!

1. **¡Usa el equipo!** Si haces una actividad que requiere equipo protector, úsalo siempre—y revísalo con regularidad para asegurarte de que te sienta bien y que funciona apropiadamente.
2. **¡Protégete el meollo!** Usa casco para el ciclismo, patinaje en línea y andar en monopatín. Comprueba que llevas la talla adecuada y que está bien abrochado para que no se te caiga. Pídele a un adulto que te enseñe cómo te debe sentar y cómo abrocharte el casco.
3. **¡Caliénta!** Acuérdate de estirarte y de refrescarte—¡hablamos de los músculos! Es importante calentar y refrescarse después de cada actividad.
4. **¡Bebe H2O!** Necesitarás mucha agua para mantenerte fresco. Bebe agua antes, durante y después de cualquier actividad física—aunque no tengas sed.
5. **¡Tómalo con calma!** Empieza despacio y aprende la manera apropiada de hacer la actividad. Es buena idea tomar clases o seguir los consejos de un experto.
6. **¡No debe doler!** Descansa si te lastimas. Dile a un adulto y haz que tu doctor te revise.
7. **¡Ten conciencia de lo que haces!** Abre los ojos y los oídos. Préstale atención a lo que pasa a tu alrededor. Quítate los audífonos, porque llevarlos no te permitirá oír los autos y las personas que se acercan.
8. **¡Informa a otros!** Hazle saber a tus padres cuándo y adónde vas. Quédate en la zona de seguridad planeada entre ustedes.
9. **¡Recuerda; Respeta!** Cuando juegues deportes en un equipo recuerda que el respeto es muy importante: Respeta las reglas, Respeta a tus opositores y Respeta a los árbitros y sus decisiones.
10. **¡Juega acompañado!** Jugar acompañado es divertido y además los mantiene seguros a todos, ya que hay alguien que puede ayudarte si es necesario.





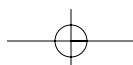
## Top 10 Safety Tips



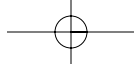
### Top 10 Safety Tips Be Active...But Be Safe

Playing it smart is playing it safe. Here are 10 Top Safety Tips that are important no matter what your VERB is!

- 1. Gear up!** If the activity you're doing requires protective gear, make sure you wear it at all times — and check it regularly to make sure it fits and works right.
- 2. Protect your noggin.** Wear a helmet for activities like biking, blading and boarding. Just make sure it is the right size and is tightly buckled so it doesn't slip. Ask an adult to show you the proper way a helmet should fit and buckle.
- 3. Warm up!** Remember to stretch it out, and cool it down — your muscles, that is! It's important to warm up before and cool down after each activity.
- 4. Drink that H<sub>2</sub>O!** You'll need lots of water to stay fresh. Drink water before, during, and after any physical activity — even if you don't feel thirsty.
- 5. Take it easy!** Start slow and learn the right techniques for the activity you're doing. It's a good idea to take a lesson or get some tips from an expert.
- 6. It shouldn't hurt!** Take a time-out if you get injured. Make sure you tell an adult and have your doctor check it out.
- 7. Be street smart.** Keep your eyes and ears open. Pay attention to what's going on around you. Skip the headphones; they'll prevent you from hearing oncoming cars or people.
- 8. Give others the 411.** Make sure your parents know where and when you are going out. Stay in the Safe-T-Zone that you and your parents have mapped out.
- 9. Remember the 3 R's.** When playing team sports, remember the 3Rs: Respect the rules, Respect your opponents, and Respect the officials and their decisions.
- 10. Buddy Up!** VERBing with a buddy is not only fun, it also keeps you both safe by having someone there to look out for you.







## Games Kids Play Around the World

**W**herever there are kids — from Australia to Ghana, from Brazil to the U.S. — you're sure to find fun and exciting games. Many games that kids play in other countries are similar to games you play. For example, have you ever played Hopscotch? There is a similar game in Turkey called "Run, Rabbit! Run."

But there are other games in different parts of the world that are very different — and fun — from the typical games played in the United States. Here are some of them. Which games sound like the most fun? Get a group of friends together and try them all. Or talk to your P.E. teacher or parent about having an International Game Day.

### AUSTRALIA

**Name of Game:** Down Down Down

**Number of Players:** Any number

**Equipment Needed:** Tennis ball

**How to Play:** Begin by throwing or tossing the tennis ball back and forth among all of the players. When someone drops the ball, everyone yells, "Down on one knee." The game continues with one of the players now knelt down on one knee. If that same player drops the ball a second time, everyone yells, "Down on two knees." If the same person drops the ball a third time, everyone yells, "Down on one elbow"; a fourth time, "down on two elbows." The fifth time that same person drops the ball, everyone yells, "Touch your chin." That person is then out. Remember: as play progresses, players must stay in their positions to catch the ball and throw the ball. The last person who has not touched his or her chin to the ground is the winner.

### BRAZIL (SOUTH AMERICA)

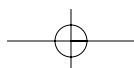
**Name of Game:** Luta de Galo (Fight of the Roosters)

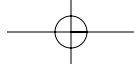
**Pronunciation:** (LU-ta de GA-lo)

**Number of Players:** Any number

**Equipment Needed:** Handkerchiefs

**How to Play:** Players tuck handkerchiefs in their belts or back pockets. They place their right arm across their chest and hop around on their right foot. The free left arm is used to reach for and grab another player's handkerchief. When a handkerchief is taken from a player, that





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player is out. Players are also out if their left foot touches the ground or if they unbend their right arm. The last player who still has a handkerchief in his or her belt or back pocket is the winner.

### **GHANA (AFRICA)**

**Name of Game:** Big Snake

**Number of Players:** 20 or more

**Equipment Needed:** None

**How to Play:** One player is chosen to be the snake. The object of the game is for the snake to catch the other players. When a player is caught, he or she must join hands with the snake and the two continue the chase. As players are caught, the snake gradually grows longer. Only the players on either end of the snake may tag a runner. Should the snake break because the players let go of their hands, the snake must return to a "home square" and rejoin their hands and begin the chase again. The game is over when all players are caught. When the snake becomes long enough, you can add excitement to the game by trying to encircle the remaining players. However, the runners who are encircled may break the snake, thus causing it to return home and consequently give the runners a chance to scatter.

### **GREECE (EUROPE)**

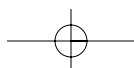
**Name of Game:** Oyster Shell

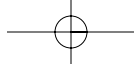
**Number of Players:** 30 or more

**Equipment Needed:** Oyster shell or cardboard (printed a dark color on one side and a light color on the opposite side)

**How to Play:** Two parallel lines are drawn 10 feet apart. The territory between the lines is the neutral area. A goal line is drawn about 30 feet behind each starting line. The players divide into two teams. One team is the light and the other the dark. The two teams line up on the starting lines, facing each other. One player tosses an oyster shell (or cardboard). If the oyster shell falls dark side up, the light team members run for their goal line as the dark team members chase them. If a player is caught before reaching the goal line, he or she joins the opposing team. The game continues until one team has captured all members of the opposing team.

Continued on next page





## Games Kids Play Around the World (con't)

### ITALY (EUROPE)

**Name of Game:** Roman Ball

**Number of Players:** 5 or more

**Equipment Needed:** Tennis ball, chalk and string to draw circles

**How to Play:** The game of Roman Ball is played on a court. The court has two circles, one in the middle of the other. The inner circle should be five feet in diameter. The outer circle should be 20 feet in diameter. Five players stand spread out around the bigger of the two circles. The player with the ball bounces it in the inner circle. If the ball passes beyond the outer circle without being caught, the thrower gets a point. If the ball is caught by another player, there is no point awarded to the thrower. The first person to reach seven points wins the game. You may run around the circle in order to catch the ball.



### MEXICO (NORTH AMERICA)

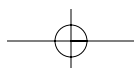
**Name of Game:** Carpenteros, Carboneros, and Cardinales

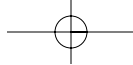
**Pronunciation:** Carpenteros (car-pen-TA-ros); Carboneros (car-bo-NA-ros); Cardinales (car-di-NA-les)

**Number of Players:** 20 or more, divided into two equal groups

**Equipment Needed:** None

**How to Play:** Draw a line about twenty feet long. One player is chosen as the leader. The other players form two parallel lines about 3 feet apart and facing each other. One team is the carpenteros or carpenters; the other is the carboneros or coal miners. Play begins when the leader calls out either carpenteros, carboneros, or cardinales. If the leader calls carpenteros, that team turns and runs to a line about 30 feet away. The carboneros try to tag the carpenteros before they cross the line. The players who are tagged are out of the game. If the leader calls carboneros, that team turns and runs to a line on their side, trying to reach it before the carpenteros tag them. If the leader calls cardinals, neither team should move. If a player should move even a foot, he or she is eliminated from the game. The leader may add excitement to the game by pausing on the first syllable CAR so that the players do not know what to expect. The team with the most players at the end of playing time wins. In the United States, there is a version of this game called Red Light, Green Light. Have you ever played it?





### SPAIN (EUROPE)

**Name of Game:** Pelota Pared (Wall Ball)

**Number of Players:** 2 or more

**Equipment Needed:** A tennis ball and chalk

**How to Play:** On an outside wall, draw a parallel line to the ground with chalk. (Be sure to get permission first.) Give each player a number at random. The player with the number one has to bounce the ball on the floor and hit it with his or her hand, throwing the ball against the wall calling another number. The player whose number is called has to hit the ball before it bounces twice on the ground and call another number, and so on. A player fails if he isn't able to hit the ball before the second bounce or if the ball hits the wall under the line drawn on the wall. When a player fails, he or she is out. The last player is the winner.

**Variation:** A variation of this game is called burro (donkey). In "burro," the first time that a player fails, he or she has the first letter of the word "burro," the B. The second time that player fails, he or she has the U, and so on. When a player completes the word "burro," he or she is out.

### SWITZERLAND (EUROPE)

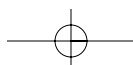
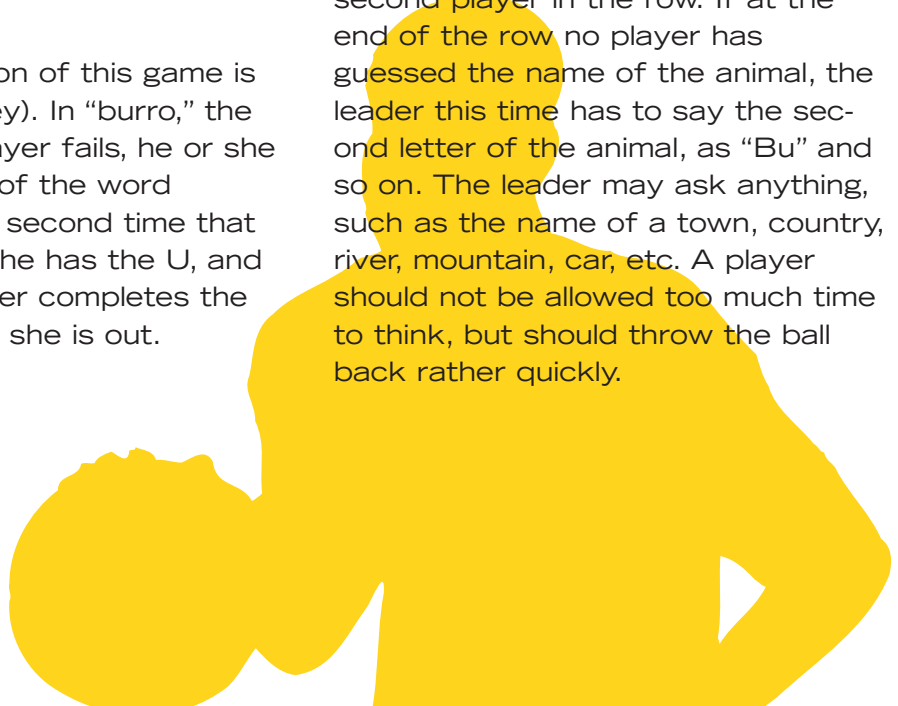
**Name of Game:** Hallihallo

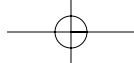
**Pronunciation:** (Ha-li Hah-lo)

**Number of Players:** 10 or more

**Equipment Needed:** Ball or beanbag

**How to Play:** One player is chosen as the leader. The other players sit in a long row. The leader stands in front of the group with a ball in his or her hands and thinks about an animal, say buffalo. The leader says, "It is an animal, starting with B, and throws the ball to the first player sitting in the row. The player replies by trying to guess the name of the animal starting with "B" and throws the ball back. If the guess is right, he or she then becomes the leader and stands in front of the group. The first leader sits at the end of the row. If the player does not know the answer, he or she throws the ball back to the leader and the play continues to the second player in the row. If at the end of the row no player has guessed the name of the animal, the leader this time has to say the second letter of the animal, as "Bu" and so on. The leader may ask anything, such as the name of a town, country, river, mountain, car, etc. A player should not be allowed too much time to think, but should throw the ball back rather quickly.





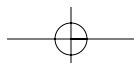
# How Safe Are You?

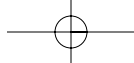
## Test Your VERB Survival Skills

When it comes to staying safe in any VERB activity, how good are your survival skills? Take this quiz to find out. Match the Safe Tip on the right with the VERB activity on the left. Remember: Some of the tips may be good advice for more than one activity.

_____ Basketball	(a) In this VERB activity, you should be on the right side of the road.
_____ Biking	(b) Before tackling this VERB activity, make sure you know the proper technique for heading a ball.
_____ Diving	(c) Avoid spills in this VERB activity by setting the right length for your rope.
_____ Figure Skating	(d) In this VERB activity, make sure your trucks are tightened and your wheels are spinning properly each time before you ride.
_____ Gymnastics	(e) Call the ball in this VERB activity by saying "got it" or "mine."
_____ Hiking	(f) If you feel yourself beginning to fall, bring your hand, arms, and head into your body to absorb the shock.
_____ Inline Skating	(g) When you enter the water in this VERB activity, be sure to enter straight.
_____ Jumping Rope	(h) To prevent hand blisters in this VERB activity, keep your racquet handle dry by using grip tape or hand chalk.
_____ Skateboarding	(i) In this VERB activity, hanging on the rim is dangerous. Don't do it.
_____ Soccer	(j) Take a friend and an adult along on this VERB activity.
_____ Tennis	(k) Never attempt a trick in this VERB activity that you are not familiar with.
_____ Volleyball	(l) In this VERB activity, make sure you are in control of your speed, your turns, and your stops (and be careful of cracks in the pavement).

**Answer:** Basketball (l); Biking (a); Diving (g); Figure Skating (f); Gymnastics (k); Hiking (j); Inline Skating (i); Jumping Rope (c); Skateboarding (d); Soccer (b); Tennis (h); Volleyball (e)

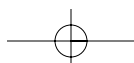




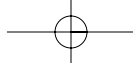
## VERB Spanish/ English Glossary



<b>SPANISH</b>	<b>ENGLISH</b>	<b>ENGLISH</b>	<b>SPANISH</b>
Anima	Cheer	Badminton	Badminton
Artes marciales	Martial Arts	Balance	Equilibrio
Atletismo	Track and Field	Baton Twirl	Dale vueltas al bastón
Badminton	Badminton	Bike	Ciclismo
Bailar	Dance	Bocce	Bocha
Bailar tap	Tap	Bowl	Jugar a los bolos
Bocha	Bocce	Catch	Coger la pelota
Bota el balón	Dribble	Cheer	Anima
Camina	Walk	Cumbia	Cumbia
Ciclismo	Bike	Dance	Bailar
Coger la pelota	Catch	Disc Golf	Golf con disco
Corre	Run	Dive	Tírate en el agua
Cumbia	Cumbia	Dribble	Bota el balón
Dale vueltas al bastón	Baton Twirl	Field Hockey	Hockey sobre hierba
Equilibrio	Balance	Figure Skate	Patínaje en hielo
Esquí Acuático	Water-ski	Football	Fútbol americano
Estirarse	Stretch	Gymnastics	Gimnasia
Excursión	Hike	Hike	Excursión
Fútbol	Soccer	Hula Hoop	Hula Hoop
Fútbol americano	Football	Inline Skate	Patínaje en línea
Gimnasia	Gymnastics	Jog	Jogging
Golf con disco	Disc Golf	Juggle	Malabarismo
Handball	Netball	Jump	Salta
Hockey sobre hierba	Field Hockey	Karate	Karate
Hula Hoop	Hula Hoop	Limbo	Limbo
Jogging	Jog	Martial Arts	Artes marciales
Jugar a los bolos	Bowl	Netball	Handball
Karate	Karate	Paddle	Rema
Lanzar	Pitch	Pass	Pasar
Levantar pesas	Weight Train	Pitch	Lanzar
Limbo	Limbo	Row	Palea
Luchar	Wrestle	Run	Corre
Malabarismo	Juggle	Sepak Takraw	Sepak Takraw
Monta en monopatín	Skateboard	Skateboard	Monta en monopatín
Nada	Swim	Soccer	Fútbol
Palea	Row	Stretch	Estirarse
Pasar	Pass	Surf	Surfea
Patínaje en hielo	Figure Skate	Swim	Nada
Patínaje en línea	Inline Skate	Swing	Pegarle a la pelota
Pegarle a la pelota	Swing	Table Tennis	Ping-pong
Ping-pong	Table Tennis	Tai Chi	Tai Chi
Rema	Paddle	Tap	Bailar tap
Salta	Jump	Tennis	Tenis
Sepak Takraw	Sepak Takraw	Throw	Tira
Surfea	Surf	Track and Field	Atletismo
Tai Chi	Tai Chi	Ultimate Frisbee	Ultimate Frisbee
Tenis	Tennis	Volleyball	Volleyball
Tira	Throw	Walk	Camina
Tírate en el agua	Dive	Water-ski	Esquí Acuático
Ultimate Frisbee	Ultimate Frisbee	Weight Train	Levantar pesas
Volleyball	Volleyball	Wrestle	Luchar
Yoga	Yoga	Yoga	Yoga





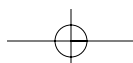


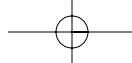
## Resources/ Bibliography

**Disclaimer:** The following Web resources were referenced in the compilation of the information found in the VERB Student Planner. These links are provided solely as a service to our readers. These links do not constitute an endorsement of these organizations or their programs by CDC or the federal government, and none should be inferred. CDC is not responsible for the content of the individual organization Web pages found at these links.

[www.about.com](http://www.about.com)  
[www.ajkids.com](http://www.ajkids.com)  
[www.asecint.org](http://www.asecint.org)  
[www.bam.gov](http://www.bam.gov)  
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[http://www.gameskidsplay.net/games/ball\\_games/down\\_down\\_down.htm](http://www.gameskidsplay.net/games/ball_games/down_down_down.htm)  
<http://www.ga.k12.pa.us/Academics/MS/6th/MCGAMES/Games/roman.htm>  
<http://teachers.net/mentors/phys-ed/topic326/9.19.01.12.54.15.html>





# METRIC SYSTEM

## LENGTH

Unit	Abbreviation	# of Meters	Approx. U.S. Equivalent
kilometer	km	1,000	0.62 mile
hectometer	hm	100	328.08 feet
dekameter	dam	10	32.81 feet
meter	m	1	39.37 inches
decimeter	dm	0.1	3.94 inches
centimeter	cm	0.01	0.39 inch
millimeter	mm	0.001	0.039 inch
micrometer	Um	0.000001	0.000039 inch

## AREA

Unit	Abbreviation	# of Square Meters	Approx. U.S. Equivalent
square kilometer	sq. km/km <sup>2</sup>	1,000,000	0.3861 sq. miles
hectare	ha	10,000	2.47 acres
are	a	100	119.60 square yards
Sq. centimeter	sq. cm/cm <sup>2</sup>	0.0001	0.155 square inch

## VOLUME

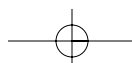
Unit	Abbreviation	# of Cubic Meters	Approx. U.S. Equivalent
cubic meter	m <sup>3</sup>	1	1.307 cubic yards
cubic decimeter	d <sup>3</sup>	0.001	61.023 cubic inches
cubic centimeter	cu cm/cm <sup>3</sup> /cc	0.00001	0.061 cubic inches

## CAPACITY

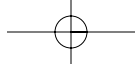
Unit	Abbreviation	# of liters	Approx. U.S. Equivalent
kiloliter	kl	1,000	1.31 cubic yards
hectoliter	hl	100	3.53 cubic feet
dekaliter	dal	10	2.64 gallons
liter	l	1	1.057 quarts
cubic decimeter	dm <sup>3</sup>	1	1.057 quarts
deciliter	dl	0.10	0.21 pint
centiliter	cl	0.01	0.338 fluid ounces
milliliter	ml	0.001	0.27 fluid dram
microliter	ul	0.000001	0.00027 fluid dram

## MASS and WEIGHT

Unit	Abbreviation	# of Grams	Approx. U.S. Equivalent
metric ton	t	1,000,000	1.102 short tons
kilogram	kg	1,000	2.2046 pounds
hectogram	hg	100	3.527 ounces
dekagram	dag	10	0.353 ounce
gram	g	1	0.035 ounce
decigram	dg	0.10	1.543 grains
centigram	cg	0.01	0.154 grain
milligram	mg	0.001	0.015 grain
microgram	ug	0.000001	0.000015 grain







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