VERB™ Ponte las pilas.™

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): _____

_____

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													

VERB™ Ponte las pilas.™

DECEMBER 1, 2003

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.

VERB TIME

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.

MONDAY | DECEMBER 1

TUESDAY | DECEMBER 2

Nuestra Virgen de Guadalupe

(Our Virgin of Guadalupe)

WEDNESDAY | DECEMBER 3

Teacher Comments:

Parent Signature:

Verb 1 Sept-Dec 8/8/03 6:55 PM Page 39

NETBALL WEEK HANDBALL

THURSDAY | DECEMBER 4

FRIDAY | DECEMBER 5

SATURDAY | DECEMBER 6

SUNDAY | DECEMBER 7

Did You Know...

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

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.

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

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				

VERB™ Ponte las pilas.™

DECEMBER 8, 2003

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

TUESDAY | DECEMBER 9

WEDNESDAY | DECEMBER 10

VERB TIME

Contruye 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!

Teacher Comments:

Parent Signature:

Verb 1 Sept-Dec 8/8/03 6:55 PM Page 41

BOWL WEEK JUGAR A LOS BOLOS

www.VERBnow.com

THURSDAY | DECEMBER 11

FRIDAY | DECEMBER 12

SATURDAY | DECEMBER 13

SUNDAY | DECEMBER 14

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?

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.

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				

VERB™ Ponte las pilas.™

DECEMBER 15, 2003

Soccer Match Up

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.

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.

MONDAY | DECEMBER 15

TUESDAY | DECEMBER 16

WEDNESDAY | DECEMBER 17

Teacher Comments:

Parent Signature:

SOCCER WEEK FÚTBOL

www.VERBnow.com

THURSDAY | DECEMBER 18

FRIDAY | DECEMBER 19

SATURDAY | DECEMBER 20

SUNDAY | DECEMBER 21

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.

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.

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?

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			

VERB™ Ponte las pilas.™

DECEMBER 22, 2003

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.

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.

MONDAY | DECEMBER 22

WINTER begins

TUESDAY | DECEMBER 23

WEDNESDAY | DECEMBER 24

Teacher Comments:

Parent Signature:

DANCE WEEK BAILAR

www.VERBnow.com

THURSDAY | DECEMBER 25

Christmas (Navidad)

FRIDAY | DECEMBER 26

Kwanzaa begins

SATURDAY | DECEMBER 27

SUNDAY | DECEMBER 28

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.

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.

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			

VERB™ Ponte las pilas.™

DECEMBER 29, 2003

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!"

VERB TIME

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.

MONDAY | DECEMBER 29

TUESDAY | DECEMBER 30

WEDNESDAY | DECEMBER 31

Teacher Comments:

Parent Signature:

FIGURE SKATING WEEK PATINAJE EN HIELO

www.VERBnow.com

THURSDAY | JANUARY 1

New Year's Day

FRIDAY | JANUARY 2

SATURDAY | JANUARY 3

SUNDAY | JANUARY 4

Did You Know...

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

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.

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			

Verb 2 JAN-April 8/8/03 6:57 PM Page 48

VERB™ Ponte las pilas.™

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.

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.

MONDAY | JANUARY 5

TUESDAY | JANUARY 6

Día de los Santos Reyes (Three Kings Day)

WEDNESDAY | JANUARY 7

Teacher Comments:

Parent Signature:

SEPAK TAKRAW WEEK

SEPAK TAKRAW

www.VERBnow.com

THURSDAY | JANUARY 8

FRIDAY | JANUARY 9

SATURDAY | JANUARY 10

SUNDAY | JANUARY 11

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.

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.

Fast Fact

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

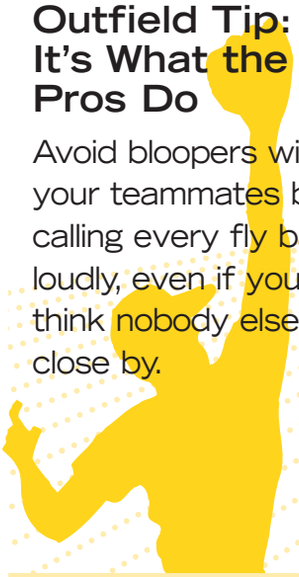
S	M	T	W	T	F	S
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

VERB™ Ponte las pilas.™

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.



VERB TIME

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.

MONDAY | JANUARY 12

TUESDAY | JANUARY 13

WEDNESDAY | JANUARY 14

Teacher Comments:

Parent Signature:

CATCH WEEK 2 COGER LA PELOTA

www.VERBnow.com

THURSDAY | JANUARY 15

FRIDAY | JANUARY 16

SATURDAY | JANUARY 17

SUNDAY | JANUARY 18

Did You Know...

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

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

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

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

VERB™ Ponte las pilas.™

JANUARY 19, 2004

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.

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.

MONDAY | JANUARY 19

Martin Luther King, Jr. Day

TUESDAY | JANUARY 20

WEDNESDAY | JANUARY 21

Teacher Comments:

Parent Signature:

JUGGLE WEEK MALABARISMO

www.VERBnow.com

THURSDAY | JANUARY 22

Chinese Lunar New Year

FRIDAY | JANUARY 23

SATURDAY | JANUARY 24

SUNDAY | JANUARY 25

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?

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

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

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

VERB™ Ponte las pilas.™

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.

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.

MONDAY | JANUARY 26

TUESDAY | JANUARY 27

WEDNESDAY | JANUARY 28

Teacher Comments:

Parent Signature:

FOOTBALL WEEK FÚTBOL AMERICANO

www.VERBnow.com

THURSDAY | JANUARY 29

FRIDAY | JANUARY 30

SATURDAY | JANUARY 31

SUNDAY | FEBRUARY 1

Black History Month begins

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.

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

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.

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

VERB™ Ponte las pilas.™

FEBRUARY 2, 2004

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."

VERB TIME

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 aguantes la respiración! Cuenta hasta treinta despacio. ¡Ves, estás calentando! ¡Bien hecho!

MONDAY | FEBRUARY 2

TUESDAY | FEBRUARY 3

WEDNESDAY | FEBRUARY 4

Teacher Comments:

Parent Signature:

Verb 2 JAN-April 8/8/03 6:57 PM Page 57

STRETCH WEEK ESTIRARSE

www.VERBnow.com

THURSDAY | FEBRUARY 5

FRIDAY | FEBRUARY 6

SATURDAY | FEBRUARY 7

SUNDAY | FEBRUARY 8

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.

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.

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						

FEBRUARY 9, 2004

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

TUESDAY | FEBRUARY 10

WEDNESDAY | FEBRUARY 11

Teacher Comments:

Parent Signature:

SKATEBOARD WEEK MONTA EN MONOPATÍN

www.VERBnow.com

THURSDAY | FEBRUARY 12

FRIDAY | FEBRUARY 13

SATURDAY | FEBRUARY 14

Día de la Amistad (Valentine's Day)

SUNDAY | FEBRUARY 15

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.

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 Gefland.

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.

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						

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.

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.

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

MONDAY | FEBRUARY 16

TUESDAY | FEBRUARY 17

WEDNESDAY | FEBRUARY 18

Teacher Comments:

Parent Signature:

DRIBBLE WEEK BOTA EL BALÓN

www.VERBnow.com

THURSDAY | FEBRUARY 19

FRIDAY | FEBRUARY 20

SATURDAY | FEBRUARY 21

SUNDAY | FEBRUARY 22

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.

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.

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						

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.

VERB TIME

¿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.

MONDAY | FEBRUARY 23

TUESDAY | FEBRUARY 24

WEDNESDAY | FEBRUARY 25

Ash Wednesday

Teacher Comments:

Parent Signature:

Verb 2 JAN-April 8/8/03 6:58 PM Page 63

BADMINTON WEEK BADMINTON

www.VERBnow.com

THURSDAY | FEBRUARY 26

FRIDAY | FEBRUARY 27

SATURDAY | FEBRUARY 28

SUNDAY | FEBRUARY 29

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

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

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.

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 overhand shot in which the bird travels sharply downward – but you can't "carry" it.

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						