Verb 1 Sept-Dec 8/8/03 6:54 PM Page C1

VERB™

Ponte las pilas.™

This VERB™ Student Planner belongs to:

Name

School

School Phone

Grade

Teacher's Name

Copyright © 2003 U.S. Department of Health and Human Services' Centers for Disease Control and Prevention. Created by ELM Education Marketing. All rights reserved. VERB™ is a trademark of the Centers for Disease Control and Prevention.

Verb 1 Sept-Dec 8/8/03 6:54 PM Page 1

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

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**.

VERB™ Ponte las pilas.™

Student Planner
September 2003 — August 2004

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

www.VERBnow.com

Read 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.

VERB Activity	Week
Badminton	February 23
Balance	September 15
Baton Twirl	September 8
Bike	May 3
Bocce	May 31
Bowl	December 8
Catch	January 12
Cheer	March 1
Cumbia	June 7
Dance	December 22
Disc Golf	November 3
Dive	July 5
Dribble	February 16
Field Hockey	April 12
Figure Skate	December 29
Football	January 26
Gymnastics	March 22
Hike	March 15
Hula Hoop	August 9
Inline Skate	September 29
Jog	July 26
Juggle	January 19
Jump	September 1
Karate	April 19
Limbo	November 10
Martial Arts	November 24

VERB Activity	Week
Netball	December 1
Paddle	September 22
Pass	October 27
Pitch	July 19
Row	August 23
Run	May 10
Sepak Takraw	January 5
Skateboard	February 9
Soccer	December 15
Stretch	February 2
Surf	July 12
Swim	June 28
Swing	October 13
Table Tennis	May 17
Tai Chi	August 2
Tap	May 24
Tennis	June 21
Throw	March 29
Track and Field	October 6
Ultimate Frisbee	August 16
Volleyball	October 20
Walk	April 26
Water-ski	June 14
Weight Train	November 17
Wrestle	March 8
Yoga	April 5

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					
23/30	24	25	26	27	28	29
	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				
23/30	24/31	25	26	27	28	29
		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				

VERB™ Ponte las pilas.™

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													