VERB™ Ponte las pilas.™

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): _____

_____

ULTIMATE FRISBEE (AUG 16): _____

_____

ROW (AUG 23): _____

_____

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												

VERB™ Ponte las pilas.™

JUNE 7, 2004

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.

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.

MONDAY | JUNE 7

TUESDAY | JUNE 8

WEDNESDAY | JUNE 9

Teacher Comments:

Parent Signature:

CUMBIA WEEK CUMBIA

www.VERBnow.com

THURSDAY | JUNE 10

FRIDAY | JUNE 11

SATURDAY | JUNE 12

SUNDAY | JUNE 13

Fast Fact

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

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.

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27	28	29	30			

VERB™ Ponte las pilas.™

JUNE 14, 2004

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.

VERB TIME

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.

MONDAY | JUNE 14

TUESDAY | JUNE 15

WEDNESDAY | JUNE 16

Teacher Comments:

Parent Signature:

Verb 3 May-Aug 8/8/03 6:50 PM Page 99

WATER-SKI WEEK ESQUÍ ACUÁTICO

www.VERBnow.com

THURSDAY | JUNE 17

FRIDAY | JUNE 18

SATURDAY | JUNE 19

National Juneteenth Holiday Observance

SUNDAY | JUNE 20

Longest Day of VERB

Summer Solstice

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.

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

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?

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VERB™ Ponte las pilas.™

JUNE 21, 2004

VERB TIME

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 tennis.

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.

MONDAY | JUNE 21

TUESDAY | JUNE 22

WEDNESDAY | JUNE 23

Teacher Comments:

Parent Signature:

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TENNIS WEEK TENIS

THURSDAY | JUNE 24

FRIDAY | JUNE 25

SATURDAY | JUNE 26

SUNDAY | JUNE 27

"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.

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.

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VERB™ Ponte las pilas.™

JUNE 28, 2004

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."

VERB TIME

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 asegúrate que algún adulto los vigile.

MONDAY | JUNE 28

TUESDAY | JUNE 29

WEDNESDAY | JUNE 30

Teacher Comments:

Parent Signature:

SWIM WEEK NADA

www.VERBnow.com

THURSDAY | JULY 1

FRIDAY | JULY 2

SATURDAY | JULY 3

SUNDAY | JULY 4

Independence Day

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.

True or False

Elephants can swim up to 20 miles a day.

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

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.

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27	28	29	30			

VERB™ Ponte las pilas.™

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.

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. Dobla 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 ¡ten MUCHO cuidado!

MONDAY | JULY 5

TUESDAY | JULY 6

WEDNESDAY | JULY 7

Teacher Comments:

Parent Signature:

DIVE WEEK TÍRATE EN EL AGUA

www.VERBnow.com

THURSDAY | JULY 8

FRIDAY | JULY 9

SATURDAY | JULY 10

SUNDAY | JULY 11

Did You Know...

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

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.

Fast Fact

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

S	M	T	W	T	F	S
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25	26	27	28	29	30	31

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."

VERB TIME

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.

MONDAY | JULY 12

TUESDAY | JULY 13

WEDNESDAY | JULY 14

Teacher Comments:

Parent Signature:

SURF WEEK SURFEA

www.VERBnow.com

THURSDAY | JULY 15

FRIDAY | JULY 16

SATURDAY | JULY 17

SUNDAY | JULY 18

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?

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.

S	M	T	W	T	F	S
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18	19	20	21	22	23	24
25	26	27	28	29	30	31

The Triple Crown of Surfing is Nov. 10th on the island of Oahu, HI

VERB™ Ponte las pilas.™

JULY 19, 2004

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?

VERB TIME

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.

MONDAY | JULY 19

TUESDAY | JULY 20

WEDNESDAY | JULY 21

Teacher Comments:

Parent Signature:

PITCH WEEK LANZAR

www.VERBnow.com

THURSDAY | JULY 22

FRIDAY | JULY 23

SATURDAY | JULY 24

SUNDAY | JULY 25

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.

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."

S	M	T	W	T	F	S
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VERB™ Ponte las pilas.™

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!

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!

MONDAY | JULY 26

TUESDAY | JULY 27

WEDNESDAY | JULY 28

Teacher Comments:

Parent Signature:

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JOG WEEK JOGGING

www.VERBnow.com

THURSDAY | JULY 29

FRIDAY | JULY 30

SATURDAY | JULY 31

SUNDAY | AUGUST 1

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.

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!

S	M	T	W	T	F	S
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VERB™ Ponte las pilas.™

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)

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.

MONDAY | AUGUST 2

TUESDAY | AUGUST 3

WEDNESDAY | AUGUST 4

Teacher Comments:

Parent Signature:

Verb 3 May-Aug 8/8/03 6:50 PM Page 113

TAI CHI WEEK TAI CHI

www.VERBnow.com

THURSDAY | AUGUST 5

FRIDAY | AUGUST 6

SATURDAY | AUGUST 7

SUNDAY | AUGUST 8

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.

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 sifu is a Tai Chi teacher.

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VERB™ Ponte las pilas.™

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?

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.

MONDAY | AUGUST 9

TUESDAY | AUGUST 10

WEDNESDAY | AUGUST 11

Teacher Comments:

Parent Signature:

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HULA HOOP WEEK

HULA HOOP

www.VERBnow.com

THURSDAY | AUGUST 12

FRIDAY | AUGUST 13

SATURDAY | AUGUST 14

SUNDAY | AUGUST 15

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.

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

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.

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VERB™ Ponte las pilas.™

August 16, 2004

MONDAY | AUGUST 16

TUESDAY | AUGUST 17

WEDNESDAY | AUGUST 18

Teacher Comments:

Parent Signature:

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 lanzandolo 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.

ULTIMATE FRISBEE WEEK

www.VERBnow.com

THURSDAY | AUGUST 19

FRIDAY | AUGUST 20

SATURDAY | AUGUST 21

SUNDAY | AUGUST 22

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.

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.

S	M	T	W	T	F	S
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29	30	31				

VERB™ Ponte las pilas.™

August 23, 2004

Meet a ROWING Xpert

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.

VERB TIME

¿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 para aprender más de este deporte.

MONDAY | AUGUST 23

TUESDAY | AUGUST 24

WEDNESDAY | AUGUST 25

Teacher Comments:

Parent Signature:

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ROW WEEK PALEA

www.VERBnow.com

THURSDAY | AUGUST 26

FRIDAY | AUGUST 27

SATURDAY | AUGUST 28

SUNDAY | AUGUST 29

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.

Quick Quiz You Can't Fail

Rowing is also called:

a Skimming
b Oaring
c Crew

Answer: (c) Crew

Fast Fact

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

S	M	T	W	T	F	S
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