VERB™ Ponte las pilas.™

SEPTEMBER 1, 2003

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?

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 ____

MONDAY | SEPTEMBER 1

Labor Day

TUESDAY | SEPTEMBER 2

WEDNESDAY | SEPTEMBER 3

Teacher Comments:

Parent Signature:

JUMP WEEK SALTA

www.VERBnow.com

THURSDAY | SEPTEMBER 4

FRIDAY | SEPTEMBER 5

SATURDAY | SEPTEMBER 6

SUNDAY | SEPTEMBER 7

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?

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.bam.gov.

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VERB™ Ponte las pilas.™

SEPTEMBER 8, 2003

Stepping Out

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?

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?

MONDAY | SEPTEMBER 8

TUESDAY | SEPTEMBER 9

WEDNESDAY | SEPTEMBER 10

Teacher Comments:

Parent Signature:

Verb 1 Sept-Dec 8/8/03 6:54 PM Page 13

BATON TWIRL WEEK

DALE VUELTAS AL BASTÓN

www.VERBnow.com

THURSDAY | SEPTEMBER 11

FRIDAY | SEPTEMBER 12

SATURDAY | SEPTEMBER 13

SUNDAY | SEPTEMBER 14

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.

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

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.

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VERB™ Ponte las pilas.™

SEPTEMBER 15, 2003

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!"

VERB TIME

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.

MONDAY | SEPTEMBER 15

Hispanic Heritage Month Begins

El Grito de Dolores (Cry of Independence)

TUESDAY | SEPTEMBER 16

WEDNESDAY | SEPTEMBER 17

Teacher Comments:

Parent Signature:

BALANCE WEEK EQUILIBRIO

www.VERBnow.com

THURSDAY | SEPTEMBER 18

FRIDAY | SEPTEMBER 19

SATURDAY | SEPTEMBER 20

SUNDAY | SEPTEMBER 21

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.

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.

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Balance Awareness Week begins September 14.

VERB™ Ponte las pilas.™

SEPTEMBER 22, 2003

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."

VERB TIME

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 ¡prepárate para mojarte!

MONDAY | SEPTEMBER 22

TUESDAY | SEPTEMBER 23

AUTUMN begins

WEDNESDAY | SEPTEMBER 24

Teacher Comments:

Parent Signature:

Verb 1 Sept-Dec 8/8/03 6:54 PM Page 17

PADDLE WEEK REMA

www.VERBnow.com

THURSDAY | SEPTEMBER 25

FRIDAY | SEPTEMBER 26

California Native American Day

SATURDAY | SEPTEMBER 27

SUNDAY | SEPTEMBER 28

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.

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.

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VERB™ Ponte las pilas.™

SEPTEMBER 29, 2003

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.

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, cómo la escuela.

MONDAY | SEPTEMBER 29

TUESDAY | SEPTEMBER 30

WEDNESDAY | OCTOBER 1

Teacher Comments:

Parent Signature:

INLINE SKATE WEEK PATÍNAJE EN LÍNEA

www.VERBnow.com

THURSDAY | OCTOBER 2

FRIDAY | OCTOBER 3

SATURDAY | OCTOBER 4

SUNDAY | OCTOBER 5

Yom Kippur begins at sundown

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.

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.

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October is National Roller Skating Month.

VERB™ Ponte las pilas.™

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

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

MONDAY | OCTOBER 6

TUESDAY | OCTOBER 7

WEDNESDAY | OCTOBER 8

Teacher Comments:

Parent Signature:

TRACK AND FIELD WEEK ATLETISMO

www.VERBnow.com

THURSDAY | OCTOBER 9

FRIDAY | OCTOBER 10

SATURDAY | OCTOBER 11

SUNDAY | OCTOBER 12

Día de la Raza (Columbus Day)

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.)

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.

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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.

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. Pero aún más importante. Ve a practicar a batear con un amigo.

MONDAY | OCTOBER 13

TUESDAY | OCTOBER 14

WEDNESDAY | OCTOBER 15

Teacher Comments:

Parent Signature:

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SWING WEEK

PEGARLE A LA PELOTA

www.VERBnow.com

THURSDAY | OCTOBER 16

FRIDAY | OCTOBER 17

SATURDAY | OCTOBER 18

SUNDAY | OCTOBER 19

Fast Fact

When playing softball, 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.

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.

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VERB™ Ponte las pilas.™

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."

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.

MONDAY | OCTOBER 20

TUESDAY | OCTOBER 21

WEDNESDAY | OCTOBER 22

Teacher Comments:

Parent Signature:

VOLLEYBALL WEEK VOLLEYBALL

www.VERBnow.com

THURSDAY | OCTOBER 23

FRIDAY | OCTOBER 24

SATURDAY | OCTOBER 25

SUNDAY | OCTOBER 26

Extra Hour of VERB Day

Daylight Savings Time

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.

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

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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.

VERB TIME

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 hablidad 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.

MONDAY | OCTOBER 27

TUESDAY | OCTOBER 28

WEDNESDAY | OCTOBER 29

Teacher Comments:

Parent Signature:

PASS WEEK PASAR

www.VERBnow.com

THURSDAY | OCTOBER 30

FRIDAY | OCTOBER 31

SATURDAY NOVEMBER 1

National American Indian Heritage Month

Día de los Muertos (Day of the Dead)

SUNDAY | NOVEMBER 2

Día de los Muertos (Day of the Dead)

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.

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

Now get together with your friends and try passing the soccer ball.

Answer: 1-c; 2-a; 3-b

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VERB™ Ponte las pilas.™

NOVEMBER 3, 2003

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.

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

MONDAY | NOVEMBER 3

TUESDAY | NOVEMBER 4

WEDNESDAY | NOVEMBER 5

Teacher Comments:

Parent Signature:

DISC GOLF WEEK

GOLF CON DISCO

www.VERBnow.com

THURSDAY | NOVEMBER 6

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

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

SUNDAY | NOVEMBER 9

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November is National American Indian Heritage Month.

VERB™ Ponte las pilas.™

NOVEMBER 10, 2003

Play It Safe

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. Let's limbo.

VERB TIME

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.

MONDAY | NOVEMBER 10

TUESDAY | NOVEMBER 11

WEDNESDAY | NOVEMBER 12

Teacher Comments:

Parent Signature:

LIMBO WEEK LIMBO

www.VERBnow.com

THURSDAY | NOVEMBER 13

FRIDAY | NOVEMBER 14

SATURDAY | NOVEMBER 15

SUNDAY | NOVEMBER 16

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.

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?

True or False

Limbo is a dance from the West Indies.

Answer: True

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VERB™ Ponte las pilas.™

NOVEMBER 17, 2003

Muscle Kindness

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.

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.

MONDAY | NOVEMBER 17

TUESDAY | NOVEMBER 18

WEDNESDAY | NOVEMBER 19

Teacher Comments:

Parent Signature:

WEIGHT TRAINING WEEK

LEVANTAR PESAS

www.VERBnow.com

THURSDAY | NOVEMBER 20

FRIDAY | NOVEMBER 21

SATURDAY | NOVEMBER 22

SUNDAY | NOVEMBER 23

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.

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.

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VERB™ Ponte las pilas.™

NOVEMBER 24, 2003

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?

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.

MONDAY | NOVEMBER 24

TUESDAY | NOVEMBER 25

WEDNESDAY | NOVEMBER 26

Teacher Comments:

Parent Signature:

MARTIAL ARTS WEEK ARTES MARCIALES

www.VERBnow.com

THURSDAY | NOVEMBER 27

Thanksgiving Day

FRIDAY | NOVEMBER 28

SATURDAY | NOVEMBER 29

SUNDAY | NOVEMBER 30

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.

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.

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 "sensei's".

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