

PLAYPORT



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Place your

picture here



Name: _____

School: _____ Age: _____

Favorite Game: _____

Favorite Foreign Game: _____

Song that Makes You Move: _____

Best Sports Moment You Ever Had: _____

Goal for Greatness: _____



The world is shaped like a ball. To enjoy, we should throw it. Jump on it. Catch or kick it. Dive down into it.

This book is full of adventures and challenges from around the world for you to do.

VERB™ wants you to go. Even if it means bringing Budapest to your backyard. So take our path or choose your own. This PLAYPORT offers no ending or beginning, or borders along the way.

Enjoy the ride. See you on the other side.

VERB
PLAY WITHOUT BORDERS*

Wipe your sweat here for proof of play



here!

*But you can play with snowboarders and wake boarders and surfboarders and long boarders and broomstick boarders and kite boarders and skateboarders.



fooTbALL

The rules and styles of play are vastly different.
So are the balls. So are the fields.

But one thing is certain. A ball is kicked, scrummed, headed,
floated or carried all the way down a field for the score,
be it Greenland or Green Bay.

**So, here's your challenge...
make two goals, take any
ball and move the ball to
the other side for the score.**



Punt returners practice catching eggs in the air to
work on soft hands.



Basic Rules (Follow or Mix & Match)

(Either way – just move the ball!)



In soccer (which is known as fútbol in most countries), only
goaltenders get to use their hands. (Try playing goalie without
hands.)



Rugby players can carry the ball but have to pass it to the
side or behind them. (Kicking forward is allowed!)



In Australian football, you have to kick the ball or serve it, like
in volleyball.



Gaelic footballers carry the ball for 4 steps before it has to be
bounced or “solo-ed” (dropped onto your foot and kicked
back to your hand – try practicing that move!).

Name your own football game:

here!



camp here!



jUmPiNG

Celtic warriors had to see who could jump the highest to protect the king.

How high can you fly?

GO to VERBnow.com for jumping games from around the world.
Do jumping jacks while you wait for it to load.

Could you imagine if #23 was a boarder?



fLoATiNg

Today's warriors do not jump. They float. But not to protect the king. To be the king.

So grab a ball and float to the hoop. Grab a rope and float to your groove. Any way you like to move, just add some float and you'll never lose.

Who is your king of the sky?

What is your favorite way to float?

Jump challenge: on your way home from school pick a target you cannot reach at the park or on the playground and make sure you touch it by the end of the year.

Target:

here!



raCing

→ Kenyans train by running barefoot.

And cross the line ahead of the rest of the world.

A race can happen:

Anytime. Anywhere.

On certain street corners in Amsterdam, Dutch kids meet every Friday night at 7 p.m. to race each other around the block on their bikes.

In 1928, a Cherokee Indian won a race from

Los Angeles to New York City. But that took 84 days and we know gym class is less than an hour, so...

Celebrate the spirit of racing by creating a race course at your park or school. Just remember, winning the race isn't what makes you better, it's the journey along the way.



here!

finish line

Remember to wear the appropriate safety gear!



Check 4 and GO: