FASTEN YOUR FLAGBELTS

You'll need: 1 VERB YELLOWBALL, 1 Football, Flagbelts

Have kids warm up by practicing lateral moves–the only legal way of charging up the field. Two teams keep 1 football and 1 YELLOWBALL in play at all times, but only the VERB YELLOWBALL scores a goal. Passing, kicking, dribbling are all allowed. Points for creativity can be gained, but making a move that's not lateral sets a team back in yardage.

In support of VERB™ and the U.S. Department of Health and Human Services' Centers for Disease Control and Prevention (CDC). VERB is a trademark of the DHHS, CDC. © 2005 CDC. All rights reserved.

OVERCOME OBSTACLES

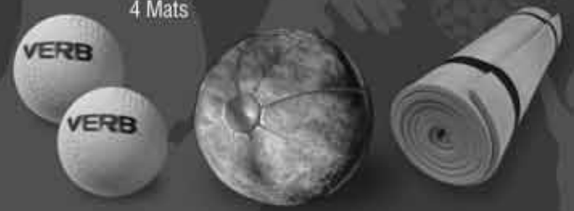
You'll need: 3-6 VERB YELLOWBALLS, 8-12 Cones, Large rings, Jump ropes

Set up an obstacle course outdoors or in the gym. Create running lanes with cones, arrange large rings for kids to hop through, and designate jump rope stations. Add any other challenges you'd like, and don't forget the VERB YELLOWBALLS!

Have kids carry, dribble, throw, and catch VERB YELLOWBALLS as they run the course.

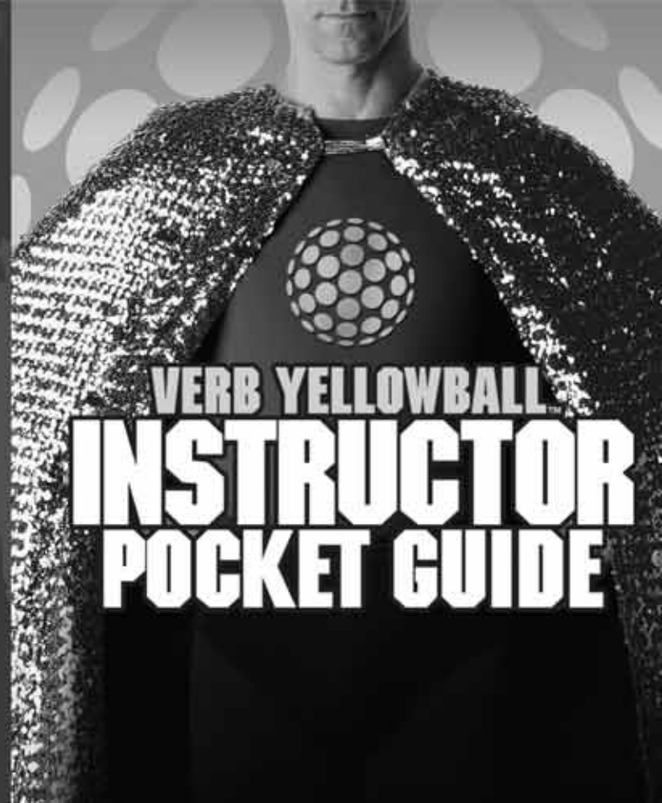
ARE YOU READY TO TUMBLE

You'll need: 2 VERB YELLOWBALLS, 1 Medicine or rubber ball, 4 Mats



Set up the mats side by side or end to end. Have kids design a routine that includes tumbling, throwing, catching, and one strength move.

For example: Somersaults on the first mat, throw the VERB YELLOWBALL to a teammate, 8 jumping jacks, hoist the medicine ball 12 times, free choice tumbling move, throw and catch the second VERB YELLOWBALL with a partner 16 times.



VERB YELLOWBALL™ INSTRUCTOR POCKET GUIDE

Use these game ideas to get the ball rolling in class, during free time or anywhere.

Remind your kids to pass play on at VERBnow.com where they can record their ball number and game to inspire others to keep VERB YELLOWBALL in play.

Let them teach you about VERB YELLOWBALL. Pass out one activity card to each child.

Instructors: Please remind kids to always wear appropriate protective gear while participating in activities.

KICK IT & PICK IT

You'll need: 4 VERB YELLOWBALLS, 1 Kickball, 1 Baseball diamond

Organize your group into 2 teams for this game based on kickball. Team A players line up at home plate.

Here's the kicker: Team B players pass VERB YELLOWBALLS to each other from their spots on base. After the pitch, the kicker's goal is to intercept a VERB YELLOWBALL. When all VERB YELLOWBALLS have been captured, teams switch sides.

JUGGLE & JUMP

You'll need: 2 VERB YELLOWBALLS, 1 or 2 Jump ropes

Jumpers jump and rope turners turn with one addition: A passer for each jumper who plays catch with the jumper using a VERB YELLOWBALL. Miss and you're out — the jumper who drops the ball or misses a step changes places with a new player.

Encourage kids to alternate positions as jumpers, tossers, and rope turners.

HOOPS ON THE MOVE

You'll need: 2 VERB YELLOWBALLS, 2 Large rings, 2 Basketballs

Head to the court for a game of hoops VERB YELLOWBALL style. You've got 2 teams, and 4 balls, so you do the math. A basketball through the hoop gets you the standard 2 points. A VERB YELLOWBALL through a large ring gets you 5 points. A member of each team holds the rings, and stays on the run.

Can you score a moving basket?
Give it a shot!