

Games & Exercise

Hopscotch

This classic children's game is popular the world over and has its roots in ancient Rome, where it was used as a drill to train foot soldiers in balance and agility.

What you need:
Sidewalk chalk and a marker for each player.
Markers can be anything small that you can toss into a square: pebbles are traditionally used, but small beanbags might be less frustrating for younger children who struggle to toss accurately.

Set up: Draw the numbered Hopscotch grid as shown here:



Game Play:

The first player stands at the bottom of the grid and tosses his marker into the first square. He then hops the grid, using one foot in single squares and landing with one foot in each of the double squares.

Here's the trick: the player cannot step in the square where his marker is sitting, and on the way back, he has to pick it up while he's standing in the previous square(s). If a player completes successfully, he gets another turn to toss his marker into the next square. But, if the player misses the square he's tossing for, loses his balance and puts a foot or hand down, hops into squares out of order or hops in a square occupied by a marker, his turn is over and it is the next player's turn. The second player does the same thing, only on his turn, the Player 1's marker will be left in the last square he attempted, and Player 2 must avoid that square as well. Play continues until one player makes it all the way to 9.

Accept the President's Fitness Challenge!

Being active is crucial in the lives of every child, doubly so for homeschoolers where PE isn't a mandatory part of schooling. When President JFK established the Fitness Challenge, there's a chance he never imagined it would be so useful. The rewards are a healthy and strong body, along with the various awards for achieving the different levels of the program. This program is a great way to establish P.E. time for homeschoolers every day and receive national recognition at the same time. This challenge is a perfect start to the new school year. For more info, please visit www.presidentschallenge.org.

Kids booklist

Books to help you get moving!

- J-Nonfiction
 - J 790.191 B879G The Golden Book of Family Fun
 - J 796. R468R Run, Jump, Hide, Slide, Splash: The 200 Best Outdoor Games Ever
 - 372.86 B154U The Ultimate Homeschool Physical Education Game Book (adult book)
 - 613.7042 H148S Strong Kids, Healthy Kids (adult book)
- J-Fiction
 - Run For It by *Matt Christopher*
 - The Slave Dancer by *Paula Fox*
 - World's Oldest Living Dragon by *Kate McMullan*
 - Dirty Tricks by *Marjorie Weinman Sharmat*
- J-Easy
 - From Head to Toe by *Eric Carle*
 - I.Q. Gets Fit by *Mary Ann Fraser*
 - Sofa Boy by *Scott J. Langteau*
 - Hop, Hop, Jump by *Lauren Thompson*
- J-DVD
 - J 613.7042 S6252 65 Energy Blasts with *Judy Howard*
 - J 613.7042 U65 Up Down and All Around Movement for Everyone

Get Moving! Great reads about teens on the move!

- Nonfiction
 - 613.7046 P984Y Yoga Exercises for Teens: Developing a Calmer Mind and a Stronger Body by *Helen Purperhart*
 - 613.710835 G127F Fitness Training for Girls: A Teen Girl's Guide to Resistance Training, Cardiovascular Conditioning and Nutrition by *Kristina Gaede*
 - 796.22 S682S Skateboarding: How It Works by *Emily Sohn*
 - 796.42 H496R Running 101 by *Joe Henderson*
 - 796.510978 B5613 The Best Colorado Springs Hikes by *Greg Long*
 - 799.32 E57A Archery Fundamentals by *Douglas Engh*
- Fiction
 - Derby Girl by *Shauna Cross*
 - The Running Dream by *Wendelin Van Draanen*
 - Out of Reach by *V. M. Jones*
 - The Way by *Joseph Bruchac*

Webpicks

If you're wondering how your family can be more physically active and have fun doing it, here are some great suggestions. Shape Up America has posted lots of practical and fun ideas for families at their website: http://www.shapeup.org/fittips/20_tips.php. After you've checked out the first 20 suggestions, find links to "15 More Tips" and "Another 15 Tips" on the left-hand side of the page. By clicking on "Downloads" you can find colorful PDF pages of the lists that you could post on your refrigerator. The American Heart Association website has a great resource for jump rope skills (for singles, partners, and double Dutch), explained and illustrated: <http://bit.ly/N3srW>. At BAM! (Body and Mind), put out by the CDC, "activity cards" show you how to play various sports, what gear you'll need, and also includes expert advice: <http://1.usa.gov/NQA2LT>. And finally, if you have a science-minded student, check out the science behind skateboarding, cycling, and other sports at the Exploratorium website: <http://bit.ly/OzHVqx>. Have fun!

Tell us what you think! We welcome topical ideas to enhance your educational endeavors. Contact gsohns@ppld.org.

Get Moving!



What does your P.E. look like?

For homeschoolers, physical education can be something of a challenge. Let's face it: most of us just don't have enough kids to field a team for a traditional sport. But P.E. is still a critical part of a child's early training. Particularly in younger children, physical coordination is a major part of brain development. Activities that require coordination across the midline of the child's body are especially beneficial and may even help with a child's ability to read and write!

So what's a homeschooler to do? Get creative!

There are plenty of physical activities for families interested in pursuing their own physical education. Distance walking, running, or biking can be a great way to grow strong, healthy kids. Set a distance goal for the year like the length or width of Colorado (380 and 280 miles respectively) and mark your progress on a map to show how far you've gone! Tired of pounding the concrete? Go to springsgov.com, click on Play and then select Parks and Trails from the menu on the left. You can find a list of all the hiking trails in Colorado Springs and details about them on this site.

If you want something a little more adventurous, try creating your own obstacle course. You can have hurdles to leap, tires to step in and out of, stepping stones to balance on, ropes or tarps to army-crawl under — whatever you can come up with! Try to incorporate a variety of skills in your course: balance, coordination, strength and speed. Find ideas for a course of your own here: simplekids.net/make-your-own-backyard-obstacle-course/.

When it's cold outside, try learning to dance from a DVD (we have several in the library's collection!) or practice traditional exercises like sit-ups, push-ups and jumping jacks to music. During warmer months, take the kids to the park and teach them to use the monkey bars, turn a cartwheel, jump rope, play hopscotch, or challenge them to a game of tag. Remember, your P.E. doesn't have to look like everyone else's — just get out there and get moving!



¹For more on this topic check out the article at: www.schoolsparks.com/early-childhood-development/gross-motor.

The BookShelf ^{new}

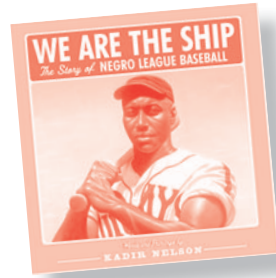
Just as Good: How Larry Doby changed America's Game by Chris Crowe (2012)
Jackie Robinson was the first black to play National League baseball; Larry Doby was the first in the American League. In 1948, his .301 batting average helped the Cleveland Indians win the World Series.



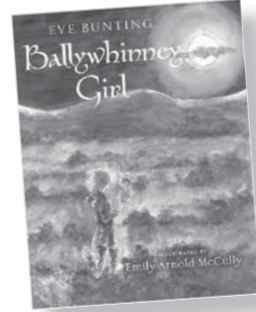
This picture book is more than a baseball story. The author's notes at the end of the book tell about Jim Crow laws that kept Americans of color separate.

Add **We Are the Ship: the Story of Negro League Baseball** for a full understanding of Jim Crow and baseball.

History, baseball – ages 8 - 12

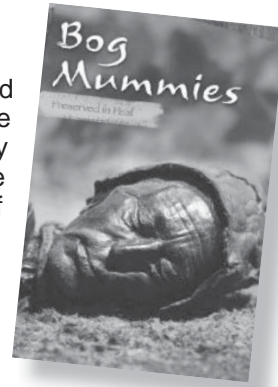


Ballywhinney Girl by Eve Bunting (2012)



Set in Ireland, a mummified body is found in a bog. The police come, then the archeologists, who guess the mummy is over a thousand years old. The story is told from the perspective of a child living in the area. Add **Bog Mummies: Preserved in Peat** for more information.

Science, Irish history
ages 8 - 12



Green by Laura Vaccaro Seeger (2012)

Laura Seeger creates books that are visual treats, and many feature special cut out pages, more treats, but this type of book does not last long in a public library. Order this one now! The text is simple; the remarkable creativity makes it worth reading over and over.

Art – ages 5 - 9

Dolphin Baby! by Nicola Davies (2011)

Perfect picture book science for preschoolers! Enjoy the story, about a baby dolphin, and add the extra text, the science factoids, for an educational text. The book also has an index, so young readers could also use this book for school.

Science – ages 3 - 8



Cock-a-doodle-doo, Creak, Pop-pop, Moo by Jim Aylesworth (2012)

Follow a farm family through their day, in the olden days when girls ALWAYS wore dresses, the water in the house was pumped by hand at the kitchen sink, and milking was done by hand, not machine. In addition to the sense of history, this is a great way to teach onomatopoeia, and even introduce the art style of Thomas Hart Benton.

Literature (onomatopoeia), art (American regionalism), history (American farm life before electricity/running water) – ages 6 - 12

Little-Known Secrets

Assess and enhance your family's health!

Pikes Peak Library District offers many helpful websites and databases related to health that can be used to supplement your family's exercise and nutrition plans. One such database is the **Health and Wellness Resource Center!** Besides containing a wealth of reliable information on diseases and conditions, drugs and alternative medicines, and medical dictionaries and directories, the **Health and Wellness Resource Center** also has several health assessment tools and calculators. Using these tools, your family can find answers to questions like:

- What is my daily carbohydrate intake requirement?
- How many calories did I burn during this activity?
- What is my current Body Mass Index (BMI)?

To find this database, access the Pikes Peak Library District website at ppld.org. Then click on the **Research** headline on the left side of the page and click on **Health/Medicine**. From here you can navigate to many health-related databases, websites, and books in the PPLD catalog, but to find the **Health and Wellness Resource Center** scroll down the page and click on the database's link. You will also notice that PPLD TV has created a helpful informational video to tell you more about this amazing resource. From the **Health and Wellness Resource Center's** home page, click on the **Health Assessment** tab along the top of the page to view a list of the various tools and calculators. This is just one aspect of an incredible database, so don't hesitate to explore and have fun!



Homeschool Events & Programs

Lunch Bunch

There's a different family learning experience every time. Enjoy your sack lunch while socializing with other homeschooling families after the program.

Fountain Library
1st Wed. of each month
11:30 a.m. - 1 p.m.
(contact Jessica at jfreeland@ppld.org for more information)

High Prairie Library
4th Wed. of each month
11:30 a.m. - 1:30 p.m.
(contact Becky at bcampbell@ppld.org for more information, or call 260-3650 to register)



Novel Ideas

Penrose Library
4th Wed. of each month
2 - 3:30 p.m.

Join other homeschooled teens for a snack and discussion on a great book! Contact Molly at mpace@ppld.org, or 531-6333, x2338, for the month's book title.

Homeschool Tools

East Library
Mon., Sept. 10
9 a.m. - 12:30 p.m.

Come and learn about the many library resources available to homeschool families. We'll have breakout sessions highlighting our best online resources, library tours, and activities for the kids!

Knitting Kninjas

East Teen Center • 1st and 3rd Thursdays • 4 - 5 p.m.
Ages 12 - 18 Only! Beginners and experts welcome. We have yarn and needles to lend out, but please feel free to bring your own projects too!

Game Day

East Library
Fri., Sept. 21
11 a.m. - 1 p.m.

Come play outdoor games with other homeschoolers. Hopscotch, jump rope, SPUD, ladderball, Bocce and more! Bring your lunch and meet other homeschool families as you munch. We will be meeting in the park behind the East Library. In the event of bad weather, game day will be cancelled. Contact Gail at 531-6333, x1409 or gsohns@ppld.org with questions.

Study Buddies

Starts: Sept. 4, 2012
Ends: May 2, 2013

Come join this free, drop-in program

Tuesdays • 6:30 - 8 p.m.
East Library.
Call 531-6333, x1407 or x1403 for more information.

Thursdays • 4 - 5:30 p.m.
High Prairie Library
260-3650

Teen volunteers help students in kindergarten through fifth grade with homework or reading practice.

Science Lab

East Library • 1st and 3rd Fridays of each month, 1 - 3 p.m.

Use PPLD's science equipment for parent-assigned experiments. Watch for news about occasional special lessons planned during Lab time. Contact Cara at cramsey@ppld.org for more information.

Featured Homeschool Family: The Idles

The Idle family share their experience homeschooling children from another country, types of curriculum, and challenges to homeschooling.

Carlin, 15
Interests: Flying, Civil Air Patrol, hunting, fishing
Favorite subject: History

Hannah, 14
Interests: Reading, crafts
Favorite subject: Reading

Brannan, 12
Interests: Electronics, building and design
Favorite subject: Science

Logan, 11
Interests: Food, puzzles
Favorite subject: Reading



Both Hannah and Logan were adopted from a Russian orphanage 4 ½ years ago. We got them at 10 and 7, so the challenge was not just teaching them English, but teaching them to live in a family again. Homeschooling was such a blessing because we were able to surround them with family life and learning from the very minute they arrived. They learned a lot just by being here with us, hearing us talk, and watching us interact together. They had to unlearn some orphanage behaviors. Since we homeschooled, we were able to start them at the very beginning – ground one.

What challenges do they find homeschooling?

Rather than a challenge, I see homeschooling as a true benefit to internationally-adopted children.

The challenge was for me to teach at four completely different levels. When we first brought them home, it was like having toddlers again. They didn't know what could hurt them, so were line-of-sight children. It was difficult managing my time among four children with such vastly different needs. The ages of our adopted children and birth children are very close, but their social and academic needs were vastly different.

What types of curriculum do you use?

I use a mixture of things. This is one of the advantages of homeschooling – being able to use the curriculum that best suits their learning styles. Hannah had always struggled with math. Being home, we started her with the very basic Math-U-See books, those we had given to our sons when they were 4 years old. She would have been ridiculed in a traditional school environment to be 10 and starting with such

basic math. However, she quickly learned and progressed. She would say, "Mom, they tried to teach this to me in Russia, but I didn't understand it. I understand it now!" We know others who adopted and placed their children at grade level and those children are still struggling mightily, yet passed along each year. We've used: Math-U-See, Story of the World, God's Design and Apologia, Institute for Excellence in Writing (IEW) and Rosetta Stone (English and Spanish).

How would you describe the homeschool resources in this area; i.e. limited, helpful, plentiful?

Plentiful. I'm involved with support groups, have led one for eight years, and have found a strong homeschool community here in Colorado Springs. PPLD has been a huge blessing to our homeschool. I've been known to have 100 items checked out at a time. Being able to reserve books from home and pick them up at my convenience is a huge blessing! PPLD has saved us a fortune!

What's the best advice you'd give someone just starting their homeschool journey?

Don't bring public school home. There are such fun and unique ways to learn and, being public-schooled myself, it's easy to compare everything to that experience. So often, that environment removes the joy from meaningful learning. Think outside the box!

Would you like to be a Featured Family? Contact Gail at gsohns@ppld.org.