

Homeschool P.E.

(...for the P.E. Challenged Mom)

by
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Are you a P.E.-challenged Mom? I am! I grew up in a traditional school setting, and I just despised physical education class, or “phys ed” as my teachers called it. I didn’t enjoy running around in the heat, making a fool of myself as I tried to catch balls, or changing in the locker room. Yuck!

So as a homeschooling mom, I was in a predicament. I understood the good sense in teaching physical fitness to my children. I realized the need for getting them off the couch and moving. But it was hard for me to set a good example when my memories of exercising and sports were less than fond.

In addition, as the mother of six young children, I lacked the time to make lesson plans for yet another subject. Our day was already full with math, grammar, reading, writing, history, science, chores, music, service for others, housecleaning....

So I needed a plan. I talked to my husband, who has been involved with athletics on a high school level for many years. I read books on physical education, written by and for homeschoolers. I searched the Internet.

The result was a set of simple lesson plans that would take me through several years of physical education. These plans are intended for elementary-age children, since these were the ages of my own children. I planned for ways to get us all up and exercising together, since this was a need in our home. Finally, I tried to make it fun, since I knew that I wouldn’t want to continue if it wasn’t – and if Mom doesn’t want to exercise, why would the kids want to?

Ready to join us? Let’s go!

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Note: Use caution and discernment when visiting any of the websites referenced. Anne’s School Place cannot be responsible for the content of any of the suggested sites.

Before Your Family Begins:

1. **Set reasonable goals for each person.** Does Johnny need to strengthen his upper arms? Is Suzie a slow runner? Does Philip need to get outside and get more fresh air? Does Melissa want to learn how to play softball?
 - Photocopy the “Challenge Goals” sheet on page 20 and stick it on your refrigerator.
2. **Do an equipment check.** We tried to choose activities that will use things that your family very likely already owns. Of course, you can always feel free to substitute items that might work just as well. Don't have a baseball bat? A long cardboard tube that used to hold wrapping paper can make a fun bat. Don't have bean bags? Fill old socks with beans, then quickly sew the ends up tight. We're assuming if your family members are already huge fans of baseball or bean-bag games, you won't even have this problem. The rest of us can pinch pennies. ☺ We've made a list of equipment you'll probably need, and you can see it on page 9.
3. **Choose a place for everything, and put everything in its place.** We use large plastic storage containers, purchased inexpensively at our local supercenter. You'll also need to think about *where* you'll do P.E. each day, in good weather as well as in bad. Do you have a paved driveway? Do you have a big backyard? Is there a place for balls to be played with without the fear of their rolling into a road? Is there a room in your house where pillow fights and relay races can be enjoyed? Finally, begin thinking about *when* you'll exercise each day. Our family enjoys some variety, but we've found that mid-morning and mid-afternoon are two of our favorite times – you know, when everyone is sleepy!
4. **Assign helpers.** Mom, you can't do everything, and if you try to add P.E. to an already packed schedule, you'll probably “drop out” after a week or two. Allow your children to do your preparation work for you. You'll be teaching them valuable life skills, you'll increase their anticipation for exercising, and you'll relieve yourself of some extra burden. We've chosen the following helpers in our home:

- ❑ **An Equipment Checker** - This helper will look at the week's lesson plans and make sure all the equipment is ready to use. Each day, he or she will bring the equipment to your P.E. area.
- ❑ **A "Water Boy" (or Girl)** - This helper will prepare water bottles (or some substitute) each morning. He or she will make sure the water is cold and ready to drink both before and after P.E. time. (Please, Mom, no sugary drinks. Read all labels! Sugar and popular sports drinks will only sabotage your bodies!)
- ❑ **A Goal Checker** - Homeschooling moms are notorious about good intentions and poor follow-through. Do you want your children to set goals? Allow one of your little helpers to hang a goal chart on the refrigerator each week and to hold his or her siblings accountable. This helper can also make "announcements" at dinner when a family member has done exceptionally well!

5. **Be ready with alternate ideas for busy times.** You probably realize that just because these lesson plans contain 36 weeks does not mean you'll get them all done. However, if you're like me, a few weeks of chicken pox will get you so out of the habit of exercising that you're likely to quit P.E. altogether (until next year). A back-up plan is needed so your children will know that P.E. is a mandatory subject. When your life is crazy, be prepared with a children's exercise video or DVD, a friend you can call on to take your children sledding or bicycling, or a father who might take on the challenge for a week or two. Note: Love to Learn is a company that has several excellent exercise and dance videos, plus fun equipment that would work in a pinch. <http://www.lovetolearn.net>

6. **Photocopy any needed plans, charts, and Movement Cards before you begin.** Laminate things if it would help. Let your kids cut up the Movement Cards. Get a plastic storage container to hold the cards and put the charts on a clipboard. Don't start now and organize later. You'll only be setting yourselves up for failure.

- If you don't want to bother photocopying, you are welcome to download and print many of the reproducible pages from this book online at <http://www.homeschoolingpe.com>.

Equipment Needed:

- Cones - at least 4
- Jump Ropes - one per child, plus a longer one for group games
- Hula Hoops - minimum 4
- Balls - many sizes and textures
- Bicycles (optional)
- Timer or stopwatch
- Peppy, fun music - to be used on days when enthusiasm lags
- Beanbags or socks filled with rice
- Clothespins
- Pillows
- Balance Beam - 2" x 4" x 8' (or masking tape to mark an area this size)
- Ball attached to a paddle
- Balloons
- Tape Measure - nice & long
- Dice for choosing Movement Cards (optional)
- Most Important - a smile! ☺

Other Equipment You'd Like to Add to This List:

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Some Things to Consider:

1. The Bible says to “train yourself to be godly. For physical training is of some value, but godliness has value for all things, holding promise for both the present life and the life to come” (1 Timothy 4:7-8). Be sure to begin your homeschooling day with Bible study so that no matter what other interruptions come, your priorities will be straight. You’ll have taken time to train your children in godliness. On the other hand, you may want to schedule physical education for later in the day, aware of the fact that outside circumstances might cause you to skip this subject sometimes. That’s okay! Keep your priorities straight.

2. Include some work and service in your children’s day. Hard, physical work is the best form of exercise, and it’s a gift that few children receive. In addition, learning to serve others daily is a life skill that takes plenty of energy and endurance, yet it will further your goal of training your children in godliness. See the Moore Foundation’s website for ideas: <http://moorefoundation.com>

3. We have been asked if our lesson plans conform to state and national education standards. After looking at numerous standards, we realized that many of the standards overlap with other subject areas. For instance, in the state of West Virginia, the following seven components are objectives for their physical education programs:
 - A. Safety
 - B. Lifetime Wellness
 - C. Physical Activity
 - D. Social Skill Development
 - E. Movement/Rhythmic Development
 - F. Motor Skill Development
 - G. Computer and Technology

I’m sure it’s not difficult for you to see how many of these areas you are already teaching to your children, such as social skill development, safety, and computer skills. We chose to focus on the areas of physical activity, motor skill development, and a limited introduction to lifetime wellness.

4. Speaking of safety, injuries are a concern to all homeschooling moms, aren't they? According to <http://www.amateur-sports.com> most injuries are minor, such as sprains and bruises. However, no mother wants a trip to the emergency room or the family doctor. Many injuries can be prevented! In order to prevent them, however, you must understand what causes them.
- ✓ Moving muscles that haven't been warmed up.
 - ✓ Moving muscles that haven't been stretched.
 - ✓ Using improper equipment or space, such as not wearing shoes or running in a tight, crowded space.
 - ✓ Not understanding the rules of a sport or exercise.
 - ✓ Exercising when hungry, sick, or too tired.

This is why common sense must rule the day. We would advise you to help prevent the pain and suffering of injuries by doing the following:

- ✓ Be sure your children get a physical exam before beginning (and at least once a year thereafter).
 - ✓ Don't ask your children to exercise beyond their limits. Toddlers should not be required to do 50 sit-ups.
 - ✓ Do not allow your children to play in organized sports or to exercise without proper supervision and instruction.
 - ✓ Don't stretch or exercise to the point of pain. We used to hear it said, "No pain, no gain." This is just not true! If your child says, "Ouch," then stop!
 - ✓ Exercise sessions should only take place on days in which your children have had nourishing meals, plenty of water, and lots of rest.
 - ✓ You should all be eating nourishing meals every day! ☺
 - ✓ Stretch your muscles every day.
 - ✓ Always start and finish strenuous activity with a warm-up and stretching time.
5. The games and activities in this curriculum were intended for homeschooling families with at least two or three children. Since not all families are this large, you may need to adapt some activities. How? Mom and Dad can play along! You could join with other homeschooling families locally. You could invite your neighbor children to exercise with you each afternoon. Be creative and enjoy exercising together.

What Will You Be Doing During P.E. Time?

- ✓ A daily “Stretch and Flex”
- ✓ **Daily real-life exercising**, such as strength-training, movement of large muscle groups, playing crazy games outdoors, or completing “Challenge Tasks.”

What This P.E. Curriculum Includes:

- ✓ **Monday** - This is a great day to introduce new goals and to teach new skills.
- ✓ **Tuesday** - Randomly choose a Movement Card (see page 59). You may choose to roll two dice to help you choose fairly.
- ✓ **Wednesday** - Use this day to learn about popular American team sports. Some days will involve quiet research while other days will involve active participation. This curriculum allows three weeks to study each sport. See page 21 for more information.
- ✓ **Thursday** - As the week draws to a close, plan for a fun, crazy, wild, and ACTIVE family game. Be sure your chosen helpers have done their “jobs” beforehand.
- ✓ **Friday** - Today is different. The schedule shows no formal exercise time, since many families have one day per week to run errands or join with other homeschooling families. However, it would be wise to take a look at our weekly small research project for interesting peeks at how our bodies work. These projects can be completed as a family throughout the day and into the weekend.

As you might imagine, these days are simply suggestions. Please feel free to take our plan and rearrange it to fit your family and your situation. There is no right or wrong way to do this!

Daily “Stretch and Flex”

Quick Summary

Stretching...

1. So Big
2. Stair Step
3. Belly Button, Toe Nail Check
4. Stop Sign
5. Carpet Check
6. This Feels So Good

Warming Up...

1. Alphabet Warm-Up
2. Jog in Place
3. Arm Circles
4. Jumping Jacks

More Stretching...

1. Take Your Feet Off
2. Counting Cars
3. Butterfly
4. Rubber Legs
5. Backwards Scrubbing
6. Chair Stretch

→ Take a drink before continuing!

Daily “Stretch and Flex”

Detailed Explanations

Note: Before starting, send the “water boy” or “water girl” for drinks of water for each person. It is very important to keep our muscles hydrated!

It’s time to get moving! To prevent injuries, first we need to stretch. So find a spot on the floor with lots of room, and let’s all stretch together...

“So Big”

Lie flat on your back with your arms over your head. Point your toes and stretch your arms up as far as you can. Say, “Sooooooo big!” very slowly. Rest for 5 seconds, then repeat 3 times.

“Stair Step”

Still lying on your back? Put your arms down next to the side of your body. Twist your lower body over to the right, keeping your shoulders flat on the floor. Bend your left knee, like you’re stepping up a BIG step, and grab your left leg with your right hand. Pull and count to 20. Stretch the other side, then repeat both side.

“Belly Button, Toe Nail Check”

Now lie flat on your back, with your knees bent and your feet flat on the floor. Place your hands behind your head and pull your head forward, as if you’re checking your belly button for lint. Hold to the count of 10, checking very carefully for any lint that might be there. ☺ Now relax your head and reach forward and grab the back of your knees. Pull them to the sides of your chest and inspect your toes for dirt. Hold to the count of 10, checking very carefully for any dirt that might be there. ☺ Repeat the belly button and toe nail checks 2 more times.

“Stop Sign”

Slowly get up and stand tall. Stretch your arms out, as if you’re a human stop sign. Very slowly say, “No one crosses here! I said so!” You can even stretch out each finger!

“Carpet Check”

Now, with your legs apart, slowly lean down and check the carpet for dirt. After checking straight below you, lean to the right and check by your right foot. Then slowly lean over to the left and check by your left foot. Slowly stand up straight again.

“This Feels So Good”

Finally, put your chin on your chest and hold for about 2 seconds. Slowly roll your head until your right ear almost touches your shoulder. Hold 2 seconds, then lean your head back until your chin points at the ceiling. Finally, slowly roll your head over until your left ear almost touches your other shoulder. At each stop, say one word of this saying: “This feels so good!” Repeat in the opposite direction.

All stretched out? Let's begin some light movement!

“Alphabet Warm-Up”

We're going to chant the alphabet together as we *almost* run in place. We'll move our arms as if we're running, but we'll just move our feet until we're almost on our tiptoes.

Left foot up on tiptoe, right foot flat on heel.

Right foot up on tiptoe, left foot flat on heel.

One step for each letter of the alphabet:

A, B, C, D, E, F, G...

“Jog in Place”

Let's get some blood moving now. You might enjoy skip counting as you jog in place.

2... 4... 6... 8... 10... 12... etc.

3... 6... 9... 12... 15... 18... 21... etc.

“Arm Circles”

Now stretch your arms out to your side and make very small arm circles and count to 10. Now do 10 more *medium* sized circles. Finish with 10 very big, very slow arm circles. Shake out your arms. Do it again, moving the opposite direction. Shake out your arms.

“Jumping Jacks”

Who doesn't like jumping jacks? In our family, we enjoy chanting the Books of the Old Testament while we jump. When you're first starting, try to make it to Psalms.

Genesis	Proverbs	Zephaniah	1 & 2 Timothy
Exodus	Ecclesiastes	Haggai	Titus
Leviticus	Song of Solomon	Zechariah	Philemon
Numbers	Isaiah	Malachi	Hebrews
Deuteronomy	Jeremiah	Matthew	James
Joshua	Lamentations	Mark	1 & 2 Peter
Judges	Ezekiel	Luke	1 & 2 & 3 John
Ruth	Daniel	John	Jude
1 & 2 Samuel	Hosea	Acts	Revelation
1 & 2 Kings	Joel	Romans	
1 & 2 Chronicles	Amos	1 & 2 Corinthians	
Ezra	Obadiah	Galatians	
Nehemiah	Jonah	Ephesians	
Esther	Micah	Philippians	
Job	Nahum	Colossians	
Psalms	Habakkuk	1 & 2 Thessalonians	

Now that our bodies are warm, let's do some more stretching...

“Take Your Feet Off”

Sit down on the floor and stretch your legs wide open in front of you. Grab your right ankle with your right hand and pull your foot toward your chest. Rotate your foot with your left hand, as if you were unscrewing it at the ankle. Now screw it back on. Repeat with the other foot.

“Counting Cars”

Now, still sitting upright, put your legs out in front of you. Bend your knees and place your left elbow against your knees. Put your right hand behind you on the floor and twist around and look behind you. Use your left hand to push. Keep your back straight and count to 20, as if you were counting 20 cars pass on an imaginary road behind you. Repeat for the other side.

“Butterfly”

Now bend your knees and put the soles of your feet together, so your knees are sticking out sideways. Grab your toes, pull yourself forward, and keep your back and neck

straight. Count, "1 Butterfly, 2 butterfly, 3 butterfly," etc., all the way to 15. Now gently push your knees down toward the floor with your elbows. Count, "1 fly away, 2 fly away, 3 fly away," etc., all the way to 15.

"Rubber Legs"

Sit on the floor with your legs spread as far apart as you can. With your back straight, lean forward from the waist as far as possible. The more flexible you become, the closer your chest will come to the floor. Hold for a very slow count of 10. Now twist your body to face your right foot. With your back straight, lean toward your foot. Hold for a very slow count of 10. Repeat for your left foot.

"Backwards Scrubbing"

Get down on all fours. Put your feet up on their tiptoes. Place your palms flat on the floor, and turn your arms around so your fingers point to your knees. Keeping your hands flat on the floor, lean back. Say, "Scrub-a-dub, dub, dub" 5 times slowly.

"Chair Stretch"

Stand tall with a chair to the right of you. Place your right foot on the chair and put your hands on your hips. Lean sideways toward the chair to stretch your back muscles. Hold while you spell your first, middle, and last names. Now face the chair and lean forward to stretch the backs of your legs. Hold while you say your address and telephone number. Switch legs.

All stretched out? All warmed up? Let's continue with Moving Time!

Note: Take a drink before continuing!

Moving Time Explanation

What should we do today?

- ✓ Monday - Challenges
- ✓ Tuesday - Movement Cards (pick one and play together)
- ✓ Wednesday - Sports
- ✓ Thursday - Games
- ✓ Friday - Quiet health research or none

Movement Cards

Use dice to randomly choose a Movement Card. Unless weather or circumstances prohibit the activity, you should do whatever the activity card says. (Note: If you absolutely can't do a card, choose an alternative activity such as an exercise video today.) You may want to choose the card *before* doing "Stretch & Flex," so that your "Equipment Checker" can have all the supplies you need ready and you can begin playing immediately.

Challenges

Each week, your children will be introduced to fun challenges that they should work on throughout the year. As you introduce a new challenge, allow them to set a goal that they would like to reach. Once challenges have been introduced, Mom should only have to supervise from a distance.

Sports & Games

Once a week, we will introduce a common American sport or game. We will learn the rules and some basic skills necessary for success. Don't expect mastery of any of these games! These activities will only provide enough information to *introduce* the sport or game. Just have fun and keep the competition friendly! More information is found in each week's lesson plans.

Quiet Health Research

Many schools incorporate health into their physical education programs. To touch on this subject, we have incorporated a small research project into each week's lesson plan. You may choose to do these optional projects, or you may also occasionally choose to

skip P.E. one day per week, to allow for activities away from home. You might find books by the following authors to be helpful, although not all are Christians:

- ✓ Sally Fallon
- ✓ Sue Gregg
- ✓ Shonda Parker
- ✓ Diana Schwarzbein

In addition, we will be recommending websites to view for research*. You may wish to supplement or replace our ideas with books and resources of your own. Please note that websites are frequently changed or deleted. You can reference all of these websites online at <http://homeschoolingpe.com/> or notify us if a link does not work.

You can also find some helpful health information on our website, <http://www.anneelliott.com/anneshealthplace.htm>

* Note: Not all of these authors follow a Christian worldview. Please use discretion.

Challenge Goals

Note: Write children's names across the top and put goals (for the week, month, or year) in the boxes below. Place a sticker over the box when the goal is accomplished. What other rewards could be earned?

Curl-Ups				
Endurance Run				
Push-Ups				
Throw & Catch				
Paddle Strike				
Hula Hoop				
Volley Up				
Jump Rope				
Balance Shuffle				

Sports

We will introduce your family to the following sports by spending three weeks on each.

This is the format we will follow:

Week 1 - Learn More

Spend time online researching basic rules, learning basic techniques, and developing ideas for practice.

Week 2 - Appreciate More

Develop an appreciation for the skill and passion of the game by watching others play. Watching a live game is best, but depending on your location and the time of the year, it may be easier to observe by watching movies, reading books, and interviewing local participants. Don't overlook the possibility of renting video games and/or game systems that allow you to "play" the sport.

Week 3 - Play More

This week we'll review the basic rules and play a homeschool-style version of the game. Enjoy!

We'll be learning a little about the following sports:

Baseball

Basketball

Bowling

Cheerleading

Football

Hockey

Soccer

Tennis

Track & Field Sports

Volleyball

P.E. Time - Week 1

	Monday	Tuesday	Wednesday	Thursday	Friday
Stretch and Flex	<input type="checkbox"/> (p. 13)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Practice Challenges Learned So Far		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Moving Time	Learn a new challenge.	Choose a "Movement Card."	Learn about a team sport.	Play a fun game.	Do a health research project.

This week's challenge:

Challenge #1 - Curl-ups (Sit-ups)

Goals: Aim to be able to do this many curl-ups in one minute:

- 6-7 yrs. old, 10-15 curl-ups
- 8-9 yrs. old, 20-25 curl-ups
- 10 yrs. and older, 30 and more curl-ups

To do a curl-up, lie on your back, and bend your knees. Cross your arms over your chest, with your hands on your shoulders. With a partner holding your feet (or your feet held under the couch or other piece of furniture), sit up until your elbows touch your knees. Lie back down until your shoulder blades touch the floor. This is one curl-up.

For more information, visit

http://www.presidentschallenge.org/educators/program_details/health_fitness/events_curlups.aspx

This week's sport: Volleyball

Learn More - <http://en.wikipedia.org/wiki/Volleyball>

Variations of the Game - <http://en.wikipedia.org/wiki/Volleyball#Variations>

This week's game: Alamo

Place five or six balls in the middle of the room. All players touch the outside walls of the room. When a leader yells, "Alamo," the game begins. Anyone who gets a ball throws it, trying to hit others to get them out. The person who gets hit with a ball is out of the game and must sit down with legs crossed until the game is over. If the ball is thrown at a person who catches the ball, then the person who threw the ball is out. One catch - if you have a ball you cannot walk with it! The only way you can move with a ball is if you roll the ball on the floor. Any person caught walking with a ball is out.

This week's health research project:

Which fats are good for us, and which can harm us? A good website is:

<http://www.westonaprice.org/knowyourfats/index.html>

P.E. Time - Week 2

	Monday	Tuesday	Wednesday	Thursday	Friday
Stretch and Flex	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Practice Challenges Learned So Far	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Moving Time	Learn a new challenge.	Choose a "Movement Card."	Learn about a team sport.	Play a fun game.	Do a health research project.

This week's challenge:

Challenge #2 - Endurance Run

Goals: Aim to be able to run/walk a mile in this time:

- 6-7 yrs. old, 1 mile in 13 minutes
- 8-9 yrs. old, 1 mile in 11 minutes
- 10 yrs. and older, 1 mile in 9 minutes

Using the odometer on your car, measure a one-mile distance. Teach your children how to pace themselves so that they don't use up all their energy at the beginning of the mile. A combination of running and walking is certainly fine. You may also wish to divide the distance into ¼ or ½ mile to begin with.

For more information, visit

http://www.presidentschallenge.org/educators/program_details/health_fitness/events_endurance.aspx#

This week's sport: Volleyball

Appreciate More - Olympic volleyball is our family's favorite way of watching this sport. <http://www.volleyball.org/olympics/> Watching a local high school game can also be a lot of fun.

This week's game: Beanbag Toss

The kids line up behind a cone. Mom stands 10-15 feet in front of them, holding a hula hoop in front of her. The kids take turns trying to throw a beanbag through the hoop. (Don't flinch, Mom!) After a throw, the child moves to the back of the line and the next child gets a shot. Whoever gets the most beanbags through the hoop wins.

This week's health research project:

Trans-fat: What is it, and why is it so dangerous?

http://www.mercola.com/2003/jul/19/trans_fat.htm

P.E. Time - Week 3

	Monday	Tuesday	Wednesday	Thursday	Friday
Stretch and Flex	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Practice Challenges Learned So Far	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Moving Time	Learn a new challenge.	Choose a "Movement Card."	Learn about a team sport.	Play a fun game.	Do a health research project.

This week's challenge:

Challenge #3 - Push-Ups

Goals: Aim to be able to do this many push-ups:

- 6-7 yrs. old, 10-15 push-ups
- 8-9 yrs. old, 20-25 push-ups
- 10 yrs. and older, 30 or more

It is recommended that you set a metronome or clap out a rhythm for one push-up every three seconds. Your child should aim to complete the goal number of push-ups at this speed without tiring.

For more information, visit

http://www.presidentschallenge.org/educators/program_details/health_fitness/events_pullups.aspx

This week's sport: Volleyball

Volleyball - Play More

Play More - The best way to enjoy this game is simply to play it! Many city parks have a volleyball net already set up. Playing a simple form of volleyball in a swimming pool is also fantastic.

This week's game: Bop

Blow up enough balloons for each player (plus maybe a few extra). Have the kids line up, all in a line. Mom says, "Ready, set, BOP!" Whoever gets bopped 10 times is out!

This week's health research project:

Learning about saturated fat

http://www.mercola.com/2004/sep/8/saturated_fat.htm