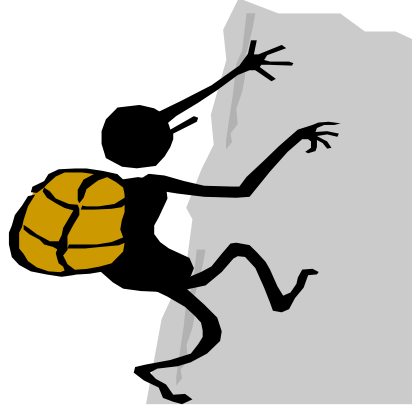


Van Buren Public Schools Food Service

“What’s on the Menu?”

Newsletter

May 2010



Happy National Physical Fitness and Sports Month!

Let’s get active!!! Celebrate National Physical Fitness and Sports Month with your family and friends. Consider trying out a new sport this Spring like Baseball, Softball, Basketball, Swimming, Tennis, or Soccer. Joining a Sports team is a good way to build team work skills and meet new friends. It is also a good way to work in at least an hour or longer of physical activity each day. Just move those arms and legs and get that heart pumping. Be active this Spring and Summer and your body will thank you.

Try this Jump Rope Challenge with your friends and family: **Make A Splash**
[\(http://familyfun.go.com/playtime/sports-athletic-games/more-sporty-fun/make-a-splash-708510/\)](http://familyfun.go.com/playtime/sports-athletic-games/more-sporty-fun/make-a-splash-708510/)

What's the best way to jazz up a classic game of jump rope? Just add water!

THE BIG SPILL

(3 or more players)

Give each player a cup of water. With cup in hand, each player jumps into the turning rope and completes 3 skips in a row. The player with the most water in her cup after her turn wins.

RUNNING WATER

(6 or more players)

Divide players into 2 teams and give each team a cup of water. One team turns the rope. The other sends a player into the turning rope with the cup, singing, "Water in the cup, splashing all about. Jump in, (teammate's name), and help me out." This teammate jumps in and takes the cup from the first player, who then jumps out. After each player has jumped once, the other team has a turn. The team with the most water in its cup at the end of the game wins.