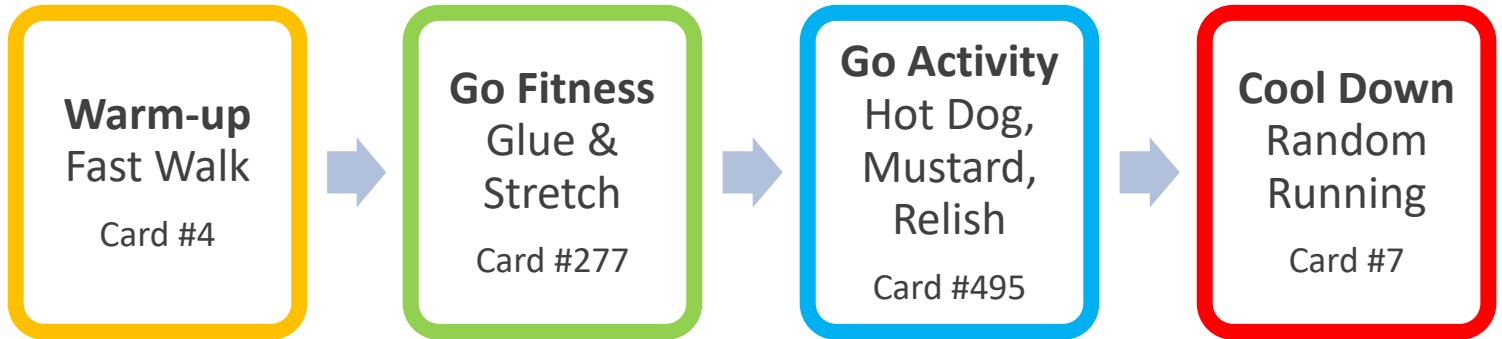


Parachute



Equipment Needed:

Balls, Cones, Parachute, Music (optional)

Want more CATCH?

Check out additional activities on cards:

#490, #494

Revised: 7/1/19

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LESSON STRUCTURE



BASKETBALL



Equipment Needed:

Ball, Cones, Music (optional)

Want more CATCH?

Check out additional activities on cards:
#385, #391

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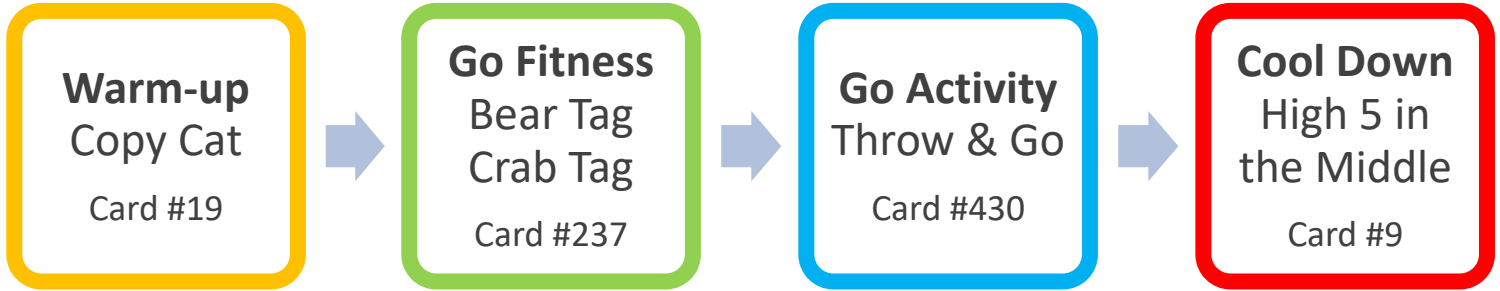
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LESSON STRUCTURE



FLYING DISC



Equipment Needed:

Cones, Flying Disc, Music (optional)

Want more CATCH?

Check out additional activities on cards:

#424, #431, #435

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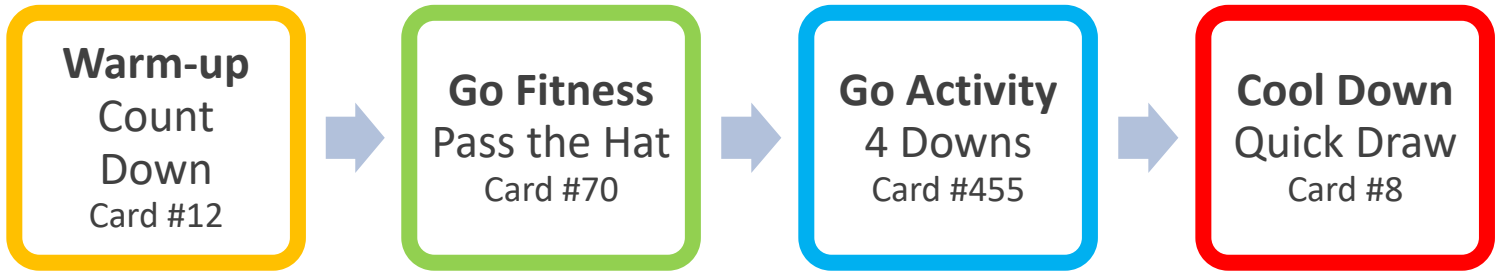
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LESSON STRUCTURE



FOOTBALL



Equipment Needed:
Cones, Football, Polyspots

Want more CATCH?
Check out additional activities on cards:
#459, #618

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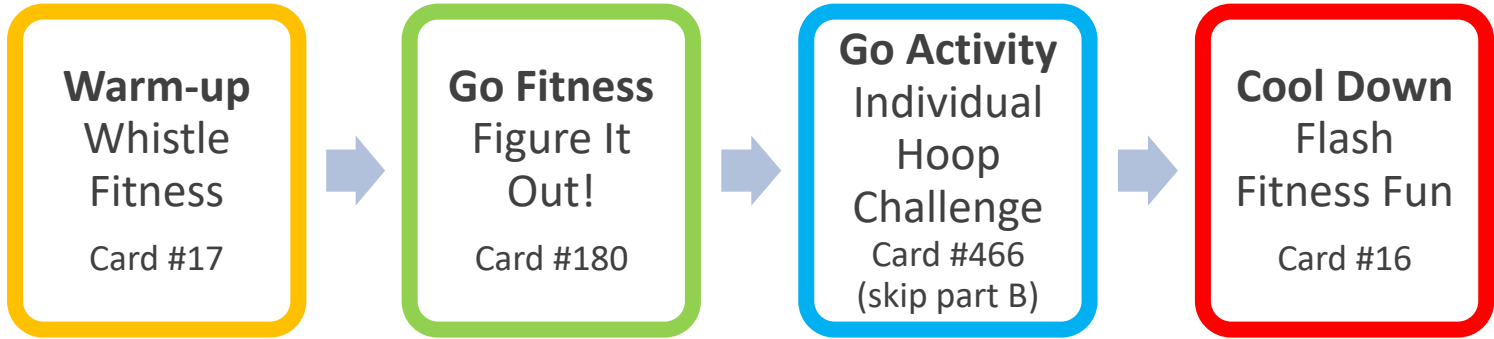
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LESSON STRUCTURE



JUMP ROPE



Equipment Needed:

Rope, Cones, Task Cards (optional)

Want more CATCH?

Check out additional activities on cards:
#179, #182

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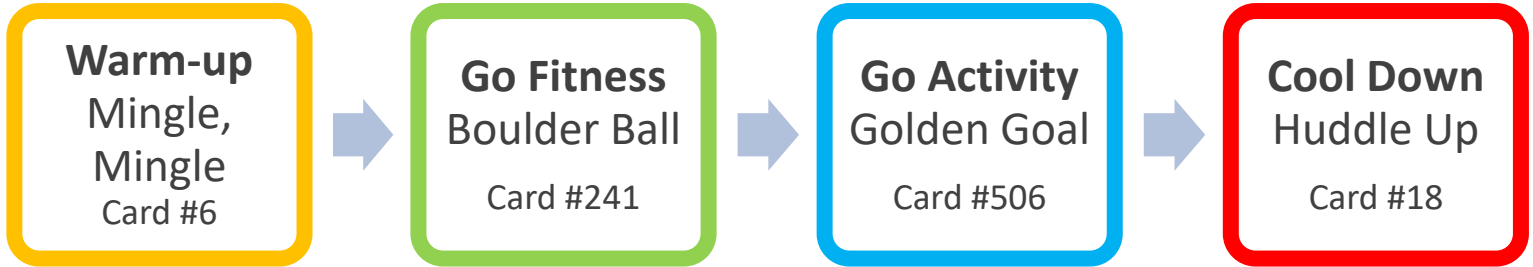
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LESSON STRUCTURE



SOCCER



Equipment Needed:
Ball, Cones, Music (optional)

Want more CATCH?
Check out additional activities on cards:
#509, #511

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LESSON STRUCTURE



BEAN BAG



Equipment Needed:
Bean Bag, Cones, Hoop

Want more CATCH?
Check out additional activities on cards:
#540, #542

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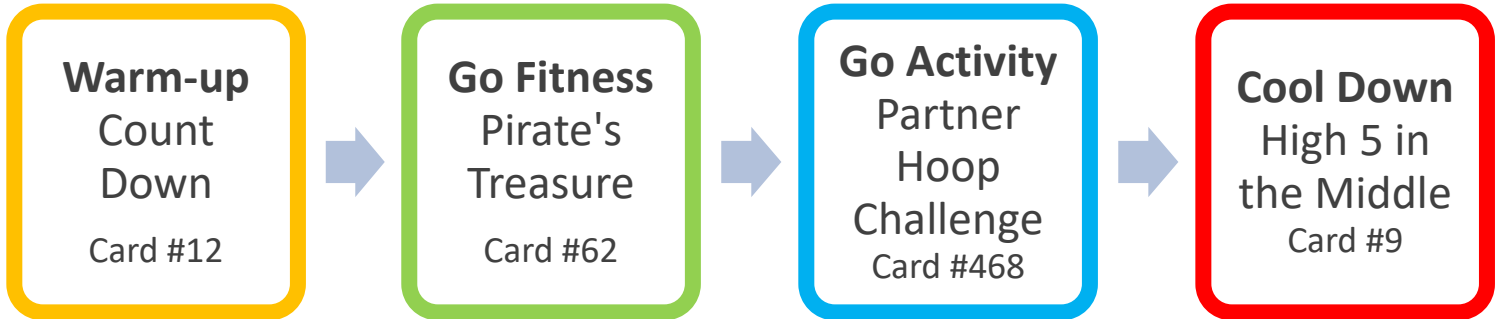
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LESSON STRUCTURE



HOOP



Equipment Needed:
Bean Bag, Hoop, Poly Spots

Want more CATCH?
Check out additional activities on cards:
#466, #542

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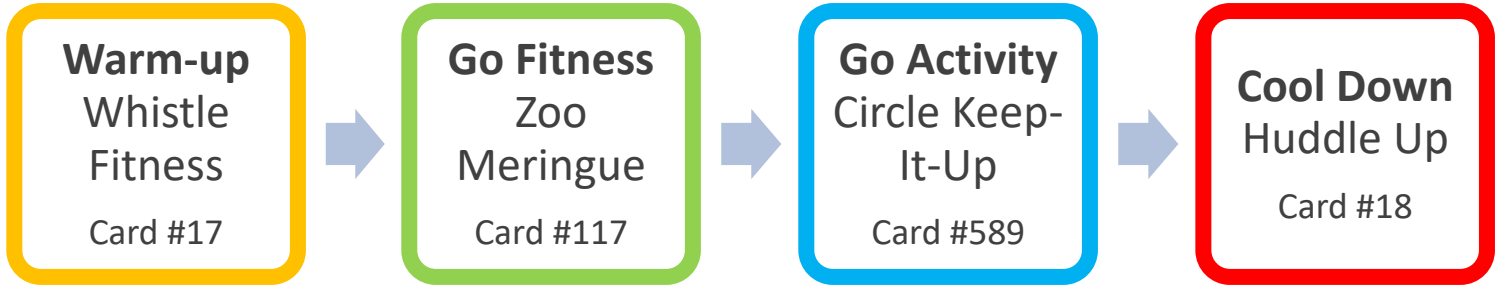
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LESSON STRUCTURE



VOLLEYBALL



Equipment Needed:

Ball, Cones, Rope (optional), Music
(optional)

Want more CATCH?

Check out additional activities on cards:
#212, #593

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LESSON STRUCTURE



FITNESS CHALLENGE/SCARF



Equipment Needed:

Cones, Scarves, Music (optional)

Want more CATCH?

Check out additional activities on cards:

#70, #314

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