Parachute

Warm-up
Fast Walk
Card #4

Go Fitness
Glue & Stretch
Card #277

Go Activity
Hot Dog, Mustard, Relish
Card #495

Cool Down
Random Running
Card #7

Equipment Needed:
Balls, Cones, Parachute, Music (optional)

Want more CATCH?
Check out additional activities on cards:
#490, #494

This material was produced by the University of California CalFresh Nutrition Education Program with funding from USDA SNAP, known in California as CalFresh (formerly food stamps). These institutions are equal opportunity providers and employers. CalFresh provides assistance to low-income households and can help buy nutritious foods for better health.
**RECOMMENDATIONS**

- Make physical activity fun and enjoyable for students!
- Achieve state PE requirements of 200 minutes every 10 school days.
- CATCH is intended to be taught a minimum of 3 times each week, though daily classes are preferable. Additional cards are available to substitute activities.
- Repeat the lesson! Students learn physical activity skills best through repetition.
- UC CalFresh Educators are here to help train teachers, answer questions, and loan out equipment.
- **Short on time?** Choose one! Switch between Go Activity and Go Fitness cards throughout the month. (Both cards should be taught within the month.)

**TERMINOLOGY**

- **Hit the Track** - Have students walk, run or skip around the activity zone. This is a useful transition activity between games and when giving instructions.
- **Start & Stop Signals** - Use action words to indicate when students should begin or finish a movement (e.g. Go, Stop, Freeze). This promotes listening and easier transitions to the next instructional unit.
- **Mingle Mingle** - Students move within the activity zone without bumping into their peers. This is a great way to organize students into groups.
- **When before the What** - Give students instructions before they begin to move (e.g. “When I say GO, everyone grab a bean bag.”)

**LESSON STRUCTURE**

- **Warm-up** (3-5 minutes)
- **Go Fitness** (5-15 minutes)
- **Go Activity** (12-15 minutes)
- **Cool Down** (3-5 minutes)
BASKETBALL

Warm-up
Mingle,
Mingle
Card #6

Go Fitness
Blob Tag
Card #32

Go Activity
Random
Grid Pass
Card #380

Cool Down
Quick Draw
Card #8

Equipment Needed:
Ball, Cones, Music (optional)

Want more CATCH?
Check out additional activities on cards:
#385, #391

This material was produced by the University of California CalFresh Nutrition Education Program with funding from USDA SNAP, known in California as CalFresh (formerly food stamps). These institutions are equal opportunity providers and employers. CalFresh provides assistance to low-income households and can help buy nutritious foods for better health.
RECOMMENDATIONS

- Make physical activity fun and enjoyable for students!
- Achieve state PE requirements of 200 minutes every 10 school days.
- CATCH is intended to be taught a minimum of 3 times each week, though daily classes are preferable. Additional cards are available to substitute activities.
- Repeat the lesson! Students learn physical activity skills best through repetition.
- UC CalFresh Educators are here to help train teachers, answer questions, and loan out equipment.
- Short on time? Choose one! Switch between Go Activity and Go Fitness cards throughout the month. (Both cards should be taught within the month.)

TERMINOLOGY

- **Hit the Track**- Have students walk, run or skip around the activity zone. This is a useful transition activity between games and when giving instructions.
- **Start & Stop Signals**- Use action words to indicate when students should begin or finish a movement (e.g. Go, Stop, Freeze). This promotes listening and easier transitions to the next instructional unit.
- **Mingle Mingle**- Students move within the activity zone without bumping into their peers. This is a great way to organize students into groups.
- **When before the What**- Give students instructions before they begin to move (e.g. “When I say GO, everyone grab a bean bag.”)

LESSON STRUCTURE

- Warm-up (3-5 minutes)
- Go Fitness (5-15 minutes)
- Go Activity (12-15 minutes)
- Cool Down (3-5 minutes)
FLYING DISC

Warm-up
Copy Cat
Card #19

Go Fitness
Bear Tag
Crab Tag
Card #237

Go Activity
Throw & Go
Card #430

Cool Down
High 5 in the Middle
Card #9

Equipment Needed:
Cones, Flying Disc, Music (optional)

Want more CATCH?
Check out additional activities on cards:
#424, #431, #435

This material was produced by the University of California CalFresh Nutrition Education Program with funding from USDA SNAP, known in California as CalFresh (formerly food stamps). These institutions are equal opportunity providers and employers. CalFresh provides assistance to low-income households and can help buy nutritious foods for better health.
RECOMMENDATIONS

- Make physical activity fun and enjoyable for students!
- Achieve state PE requirements of 200 minutes every 10 school days.
- CATCH is intended to be taught a minimum of 3 times each week, though daily classes are preferable. Additional cards are available to substitute activities.
- Repeat the lesson! Students learn physical activity skills best through repetition.
- UC CalFresh Educators are here to help train teachers, answer questions, and loan out equipment.
- **Short on time?** Choose one! Switch between Go Activity and Go Fitness cards throughout the month. (Both cards should be taught within the month.)

TERMINOLOGY

- **Hit the Track** - Have students walk, run or skip around the activity zone. This is a useful transition activity between games and when giving instructions.
- **Start & Stop Signals** - Use action words to indicate when students should begin or finish a movement (e.g. Go, Stop, Freeze). This promotes listening and easier transitions to the next instructional unit.
- **Mingle Mingle** - Students move within the activity zone without bumping into their peers. This is a great way to organize students into groups.
- **When before the What** - Give students instructions *before* they begin to move (e.g. “When I say GO, everyone grab a bean bag.”)

LESSON STRUCTURE

- **Warm-up** (3-5 minutes)
- **Go Fitness** (5-15 minutes)
- **Go Activity** (12-15 minutes)
- **Cool Down** (3-5 minutes)
FOOTBALL

Warm-up Count Down Card #12

Go Fitness Pass the Hat Card #70

Go Activity 4 Downs Card #455

Cool Down Quick Draw Card #8

Equipment Needed: Cones, Football, Polyspots

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

Revised: 7/1/19

This material was produced by the University of California CalFresh Nutrition Education Program with funding from USDA SNAP, known in California as CalFresh (formerly food stamps). These institutions are equal opportunity providers and employers. CalFresh provides assistance to low-income households and can help buy nutritious foods for better health.
RECOMMENDATIONS

- Make physical activity fun and enjoyable for students!
- Achieve state PE requirements of 200 minutes every 10 school days.
- CATCH is intended to be taught a minimum of 3 times each week, though daily classes are preferable. Additional cards are available to substitute activities.
- Repeat the lesson! Students learn physical activity skills best through repetition.
- UC CalFresh Educators are here to help train teachers, answer questions, and loan out equipment.
- **Short on time?** Choose one! Switch between Go Activity and Go Fitness cards throughout the month. (Both cards should be taught within the month.)

TERMINOLOGY

- **Hit the Track** - Have students walk, run or skip around the activity zone. This is a useful transition activity between games and when giving instructions.
- **Start & Stop Signals** - Use action words to indicate when students should begin or finish a movement (e.g. Go, Stop, Freeze). This promotes listening and easier transitions to the next instructional unit.
- **Mingle Mingle** - Students move within the activity zone without bumping into their peers. This is a great way to organize students into groups.
- **When before the What** - Give students instructions before they begin to move (e.g. “When I say GO, everyone grab a bean bag.”)

LESSON STRUCTURE

- Warm-up (3-5 minutes)
- Go Fitness (5-15 minutes)
- Go Activity (12-15 minutes)
- Cool Down (3-5 minutes)
JUMP ROPE

Warm-up
Whistle Fitness
Card #17

Go Fitness
Figure It Out!
Card #180

Go Activity
Individual Hoop Challenge
Card #466 (skip part B)

Cool Down
Flash Fitness Fun
Card #16

Equipment Needed:
Rope, Cones, Task Cards (optional)

Want more CATCH?
Check out additional activities on cards:
#179, #182

This material was produced by the University of California CalFresh Nutrition Education Program with funding from USDA SNAP, known in California as CalFresh (formerly food stamps). These institutions are equal opportunity providers and employers. CalFresh provides assistance to low-income households and can help buy nutritious foods for better health.

W:\FSNEPDrop\Kelly Foster\PA PROJECTS\Pacing Guide Revisions\Pacing Guide Final3-5 Pacing Guide2.docx
RECOMMENDATIONS

- Make physical activity fun and enjoyable for students!
- Achieve state PE requirements of 200 minutes every 10 school days.
- CATCH is intended to be taught a minimum of 3 times each week, though daily classes are preferable. Additional cards are available to substitute activities.
- Repeat the lesson! Students learn physical activity skills best through repetition.
- UC CalFresh Educators are here to help train teachers, answer questions, and loan out equipment.
- Short on time? Choose one! Switch between Go Activity and Go Fitness cards throughout the month. (Both cards should be taught within the month.)

TERMINOLOGY

- Hit the Track—Have students walk, run or skip around the activity zone. This is a useful transition activity between games and when giving instructions.
- Start & Stop Signals—Use action words to indicate when students should begin or finish a movement (e.g. Go, Stop, Freeze). This promotes listening and easier transitions to the next instructional unit.
- Mingle Mingle—Students move within the activity zone without bumping into their peers. This is a great way to organize students into groups.
- When before the What—Give students instructions before they begin to move (e.g. “When I say GO, everyone grab a bean bag.”)

LESSON STRUCTURE

- **Warm-up** (3-5 minutes)
- **Go Fitness** (5-15 minutes)
- **Go Activity** (12-15 minutes)
- **Cool Down** (3-5 minutes)
This material was produced by the University of California CalFresh Nutrition Education Program with funding from USDA SNAP, known in California as CalFresh (formerly food stamps). These institutions are equal opportunity providers and employers. CalFresh provides assistance to low-income households and can help buy nutritious foods for better health.
RECOMMENDATIONS

- Make physical activity fun and enjoyable for students!
- Achieve state PE requirements of 200 minutes every 10 school days.
- CATCH is intended to be taught a minimum of 3 times each week, though daily classes are preferable. Additional cards are available to substitute activities.
- Repeat the lesson! Students learn physical activity skills best through repetition.
- UC CalFresh Educators are here to help train teachers, answer questions, and loan out equipment.
- Short on time? Choose one! Switch between Go Activity and Go Fitness cards throughout the month. (Both cards should be taught within the month.)

TERMINOLOGY

- **Hit the Track** - Have students walk, run or skip around the activity zone. This is a useful transition activity between games and when giving instructions.
- **Start & Stop Signals** - Use action words to indicate when students should begin or finish a movement (e.g. Go, Stop, Freeze). This promotes listening and easier transitions to the next instructional unit.
- **Mingle Mingle** - Students move within the activity zone without bumping into their peers. This is a great way to organize students into groups.
- **When before the What** - Give students instructions before they begin to move (e.g. “When I say GO, everyone grab a bean bag.”)

**LESSON STRUCTURE**

- **Warm-up** (3-5 minutes)
- **Go Fitness** (5-15 minutes)
- **Go Activity** (12-15 minutes)
- **Cool Down** (3-5 minutes)
**BEAN BAG**

**Equipment Needed:**
Bean Bag, Cones, Hoop

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

---

This material was produced by the University of California CalFresh Nutrition Education Program with funding from USDA SNAP, known in California as CalFresh (formerly food stamps). These institutions are equal opportunity providers and employers. CalFresh provides assistance to low-income households and can help buy nutritious foods for better health.
**RECOMMENDATIONS**

- Make physical activity fun and enjoyable for students!
- Achieve state PE requirements of 200 minutes every 10 school days.
- CATCH is intended to be taught a minimum of 3 times each week, though daily classes are preferable. Additional cards are available to substitute activities.
- Repeat the lesson! Students learn physical activity skills best through repetition.
- UC CalFresh Educators are here to help train teachers, answer questions, and loan out equipment.
- **Short on time?** Choose one! Switch between Go Activity and Go Fitness cards throughout the month. (Both cards should be taught within the month.)

**TERMINOLOGY**

- **Hit the Track** - Have students walk, run or skip around the activity zone. This is a useful transition activity between games and when giving instructions.
- **Start & Stop Signals** - Use action words to indicate when students should begin or finish a movement (e.g. Go, Stop, Freeze). This promotes listening and easier transitions to the next instructional unit.
- **Mingle Mingle** - Students move within the activity zone without bumping into their peers. This is a great way to organize students into groups.
- **When before the What** - Give students instructions *before* they begin to move (e.g. “When I say GO, everyone grab a bean bag.”)

**LESSON STRUCTURE**

- **Warm-up** (3-5 minutes)
- **Go Fitness** (5-15 minutes)
- **Go Activity** (12-15 minutes)
- **Cool Down** (3-5 minutes)
This material was produced by the University of California CalFresh Nutrition Education Program with funding from USDA SNAP, known in California as CalFresh (formerly food stamps). These institutions are equal opportunity providers and employers. CalFresh provides assistance to low-income households and can help buy nutritious foods for better health.
RECOMMENDATIONS

- Make physical activity fun and enjoyable for students!
- Achieve state PE requirements of 200 minutes every 10 school days.
- CATCH is intended to be taught a minimum of 3 times each week, though daily classes are preferable. Additional cards are available to substitute activities.
- Repeat the lesson! Students learn physical activity skills best through repetition.
- UC CalFresh Educators are here to help train teachers, answer questions, and loan out equipment.
- **Short on time?** Choose one! Switch between Go Activity and Go Fitness cards throughout the month. (Both cards should be taught within the month.)

TERMINOLOGY

- **Hit the Track**- Have students walk, run or skip around the activity zone. This is a useful transition activity between games and when giving instructions.
- **Start & Stop Signals**- Use action words to indicate when students should begin or finish a movement (e.g. Go, Stop, Freeze). This promotes listening and easier transitions to the next instructional unit.
- **Mingle Mingle**- Students move within the activity zone without bumping into their peers. This is a great way to organize students into groups.
- **When before the What**- Give students instructions before they begin to move (e.g. “When I say GO, everyone grab a bean bag.”)

LESSON STRUCTURE

| Warm-up (3-5 minutes) | Go Fitness (5-15 minutes) | Go Activity (12-15 minutes) | Cool Down (3-5 minutes) |
VOLLEYBALL

Warm-up
Whistle
Fitness
Card #17

Go Fitness
Zoo
Meringue
Card #117

Go Activity
Circle Keep-
It-Up
Card #589

Cool Down
Huddle Up
Card #18

Equipment Needed:
Ball, Cones, Rope (optional), Music (optional)

Want more CATCH?
Check out additional activities on cards:
#212, #593

This material was produced by the University of California CalFresh Nutrition Education Program with funding from USDA SNAP, known in California as CalFresh (formerly food stamps). These institutions are equal opportunity providers and employers. CalFresh provides assistance to low-income households and can help buy nutritious foods for better health.
**RECOMMENDATIONS**

- Make physical activity fun and enjoyable for students!
- Achieve state PE requirements of 200 minutes every 10 school days.
- CATCH is intended to be taught a minimum of 3 times each week, though daily classes are preferable. Additional cards are available to substitute activities.
- Repeat the lesson! Students learn physical activity skills best through repetition.
- UC CalFresh Educators are here to help train teachers, answer questions, and loan out equipment.
- **Short on time?** Choose one! Switch between Go Activity and Go Fitness cards throughout the month. (Both cards should be taught within the month.)

**TERMINOLOGY**

- **Hit the Track** - Have students walk, run or skip around the activity zone. This is a useful transition activity between games and when giving instructions.
- **Start & Stop Signals** - Use action words to indicate when students should begin or finish a movement (e.g. Go, Stop, Freeze). This promotes listening and easier transitions to the next instructional unit.
- **Mingle Mingle** - Students move within the activity zone without bumping into their peers. This is a great way to organize students into groups.
- **When before the What** - Give students instructions before they begin to move (e.g. “When I say GO, everyone grab a bean bag.”)

**LESSON STRUCTURE**

- **Warm-up** (3-5 minutes)
- **Go Fitness** (5-15 minutes)
- **Go Activity** (12-15 minutes)
- **Cool Down** (3-5 minutes)
FITNESS CHALLENGE/SCARF

Equipment Needed:
Cones, Scarves, Music (optional)

Want more CATCH?
Check out additional activities on cards:
#70, #314

Warm-up Partner Jog
Card #11

Go Fitness Dragon's Tail
Card #63

Go Activity Sock It To Me
Card #614

Cool Down Copy Cat
Card #19

This material was produced by the University of California CalFresh Nutrition Education Program with funding from USDA SNAP, known in California as CalFresh (formerly food stamps). These institutions are equal opportunity providers and employers. CalFresh provides assistance to low-income households and can help buy nutritious foods for better health.
**RECOMMENDATIONS**

- Make physical activity fun and enjoyable for students!
- Achieve state PE requirements of 200 minutes every 10 school days.
- CATCH is intended to be taught a minimum of 3 times each week, though daily classes are preferable. Additional cards are available to substitute activities.
- Repeat the lesson! Students learn physical activity skills best through repetition.
- UC CalFresh Educators are here to help train teachers, answer questions, and loan out equipment.
- **Short on time?** Choose one! Switch between Go Activity and Go Fitness cards throughout the month. (Both cards should be taught within the month.)

**TERMINOLOGY**

- **Hit the Track** - Have students walk, run or skip around the activity zone. This is a useful transition activity between games and when giving instructions.
- **Start & Stop Signals** - Use action words to indicate when students should begin or finish a movement (e.g. Go, Stop, Freeze). This promotes listening and easier transitions to the next instructional unit.
- **Mingle Mingle** - Students move within the activity zone without bumping into their peers. This is a great way to organize students into groups.
- **When before the What** - Give students instructions before they begin to move (e.g. “When I say GO, everyone grab a bean bag.”)

**LESSON STRUCTURE**

- **Warm-up** (3-5 minutes)
- **Go Fitness** (5-15 minutes)
- **Go Activity** (12-15 minutes)
- **Cool Down** (3-5 minutes)