

## How to Use CATCH PE (Grades K-2) Activities with Playground Stencils

Combine physical activity resources using BOTH the playground stencils and CATCH PE grades K-2 activities in order to make CATCH even more engaging, minimize the need for equipment, and add structured physical activity to the use of stencils. Many of the [PE content standards](#) are met using the activities with the stencils listed below.

### Vegetable, Animal & Shape Stencils

The vegetable, animal and shape stencils can be used to meet movement concepts, body management and locomotor movement content standards! Try the following activities using the stencils in place of cones, poly spots or hula hoops:

Table for Vegetable, Animal & Shape Stencils

Activity Name	Number
Squirm, Wiggle, Jiggle	#56
Count Down	#59
See Ya' Later Alligator	#115
Crabs & Seagulls	#127
Stretch Routine	#164-165
'Round the Hoop	#247
Island	#317
Hoop Jump	#320
Fake It!	#326
Hoop Beat	#338

The stencils can also be used as targets or boundaries while practicing manipulative skills like dribbling or throwing.

Activity Name	Number	
Ball-Handling Skills	#222	
Throw for Distance	#371	Option: Use the target stencil & try to get a bull's eye!
Solo Catch	#372	

Try these ideas: Ask the students to name a meal with the vegetable that they are standing on! Have students practice spelling the object they are standing on.

### Line and Squiggle Stencils

The lines and squiggles are useful for dividing space. Some CATCH activities have students positioned across from each other on either side of a boundary. Other activities use lines as starting points. The following activities incorporate both movement concepts and locomotor movements included in the CA PE content standards:

Table for Line and Squiggle Stencils

Activity Name	Number	
The Snake Trail	#16	Hint: Use the stencils instead of the pattern cards!

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<b>Side-by-Side Tag</b>	#102-103	
<b>Crows and Cranes</b>	#116	
<b>Hibernation</b>	#124-126	
<b>Tunnel Train</b>	#133-134	
<b>Stationary Rope</b>	#271	
<b>The Rhythm Train</b>	#340	Hint: Use the stencils as tracks for your train!

Other activities use the lines and squiggles as markers where students may dribble or pass. The following activities include manipulative skills for the CA PE content standards:

Activity Name	Number	
<b>Follow the Leader</b>	#233	Hint: Try to dribble on the lines & squiggles!
<b>Passing Skills</b>	#237	
<b>Follow-the-Leader Passing</b>	#238	
<b>Sock It To Me</b>	#400-401	

### Alphabet & MyPlate Stencil

The alphabet stencil can be used for both physical activity and spelling practice! You can use the following activities from CATCH:

#### Table for Alphabet & MyPlate Stencils

Activity Name	Number	
<b>Alphabet Walk</b>	#11	Hint: Have students jump to different letters to spell words!
<b>'A' my Name Is</b>	#227	Hint: Toss a bean bag onto the stencil to pick the letter!

The MyPlate stencil can be used to reinforce healthy eating habits! Use the MyPlate stencil as the center circle for these CATCH activities:

Activity Name	Number
<b>Pass It On</b>	#223-224
<b>"Busy Bee" n Bag</b>	#367-368
<b>Circle Step Back</b>	#380

Try these ideas: This stencil can also be used for target practice using bean bags. Ask students to try to toss their bean bag on a specific food group. You can also place different Limber Limbs Task Cards (#178-195) in each section of the plate and ask students to finish the meal by completing each task card.