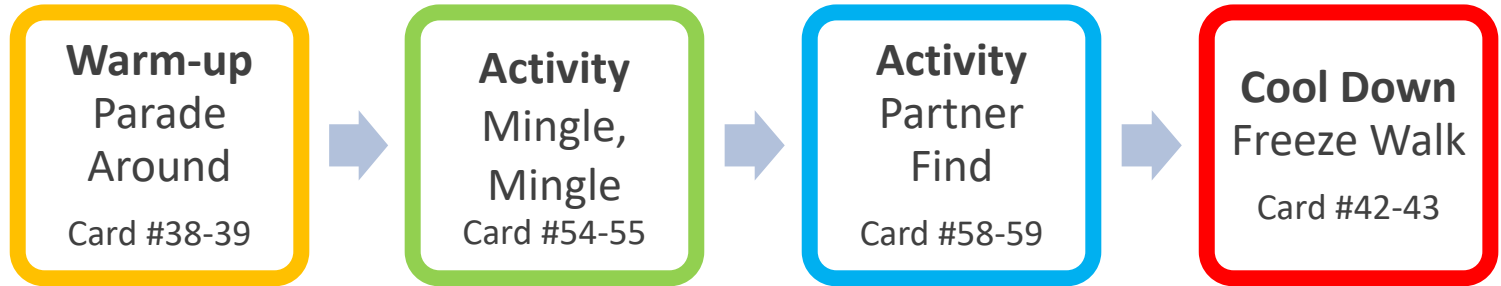


# Classroom Management Part I



**Equipment Needed:**  
Cones, Music

**Want more CATCH?**  
Check out additional activities on card: #72

Revised: 4/8/24

This material was funded by USDA's Supplemental Nutrition Assistance Program - SNAP. This institution is an equal opportunity provider.  
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## RECOMMENDATIONS

- Make physical activity fun and enjoyable for children!
- Work towards achieving ECE recommendations of 60 minutes/day of **structured** (adult-led) physical activity.
- 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.
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- **Short on time?** Choose one! Switch between Go Activity and Go Fitness cards throughout the month. (Both cards should be taught within the month.)

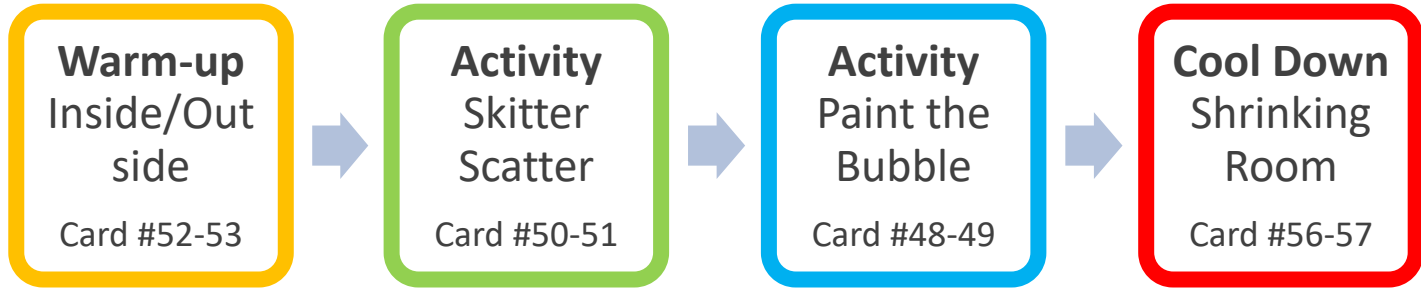
## TERMINOLOGY

- **Parade Around** - 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



# Classroom Management Part II



## Equipment Needed:

Cones, Hoops, Music

(Optional: Scarf, Foam Noodles)

## Want more CATCH?

Check out additional activities on card: #61

Revised: 4/8/24

## RECOMMENDATIONS

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- Work towards achieving ECE recommendations of 60 minutes/day of **structured** (adult-led) physical activity.
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- Repeat the lesson! Students learn physical activity skills best through repetition.
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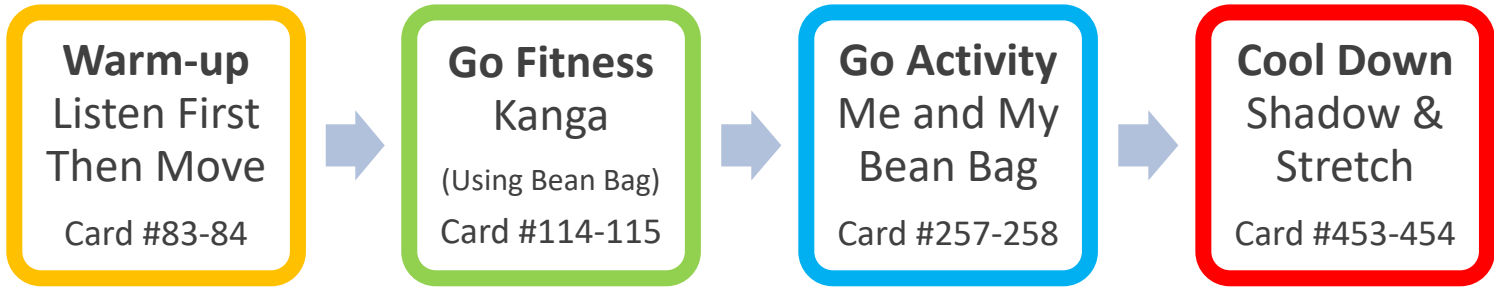
## TERMINOLOGY

- **Parade Around** - 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.
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- **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



# Body Management



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

**Want more CATCH?**  
Check out additional activities on card: #245

Revised: 4/8/24

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## RECOMMENDATIONS

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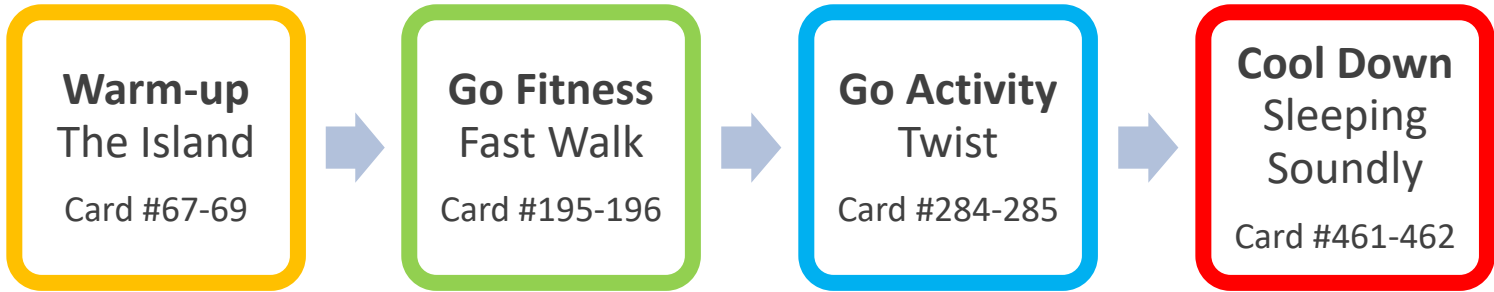
## TERMINOLOGY

- **Parade Around** - Have students walk, run or skip around the activity zone. This is a useful transition activity between games and when giving instructions.
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## LESSON STRUCTURE



# Locomotor & Non-Locomotor



**Equipment Needed:**  
Cones, Music, Polyspots

**Want more CATCH?**  
Check out additional activities on card: #268

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## TERMINOLOGY

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## LESSON STRUCTURE





# Parachute



**Equipment Needed:**  
Cones, Parachute, Music

**Want more CATCH?**  
Check out additional activities on card: #304

## RECOMMENDATIONS

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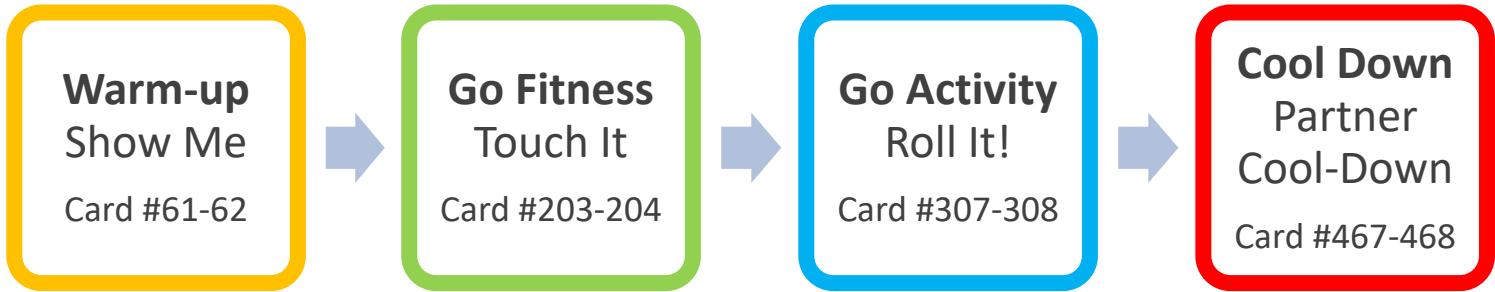
## TERMINOLOGY

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## LESSON STRUCTURE



# Throwing and Catching



**Equipment Needed:**  
Ball, Cones, Polyspots

**Want more CATCH?**  
Check out additional activities on card: #328

Revised: 4/8/24

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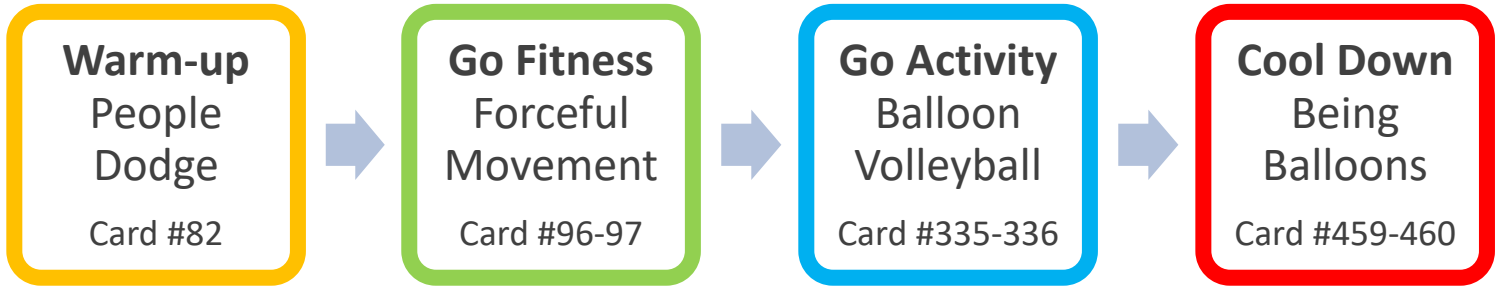
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## LESSON STRUCTURE



# Striking and Kicking



## Equipment Needed:

Balloon, Cones, Music (optional)

## Want more CATCH?

Check out additional activities on card: #339

Revised: 4/8/24

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## LESSON STRUCTURE



# Dribbling (Feet)



**Equipment Needed:**  
Foam Balls, Cones

**Want more CATCH?**  
Check out additional activities on card: #354

Revised: 4/8/24

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## LESSON STRUCTURE





# Rhythms



**Equipment Needed:**  
Cones, Music

**Want more CATCH?**  
Check out additional activities on card: #360

Revised: 4/8/24

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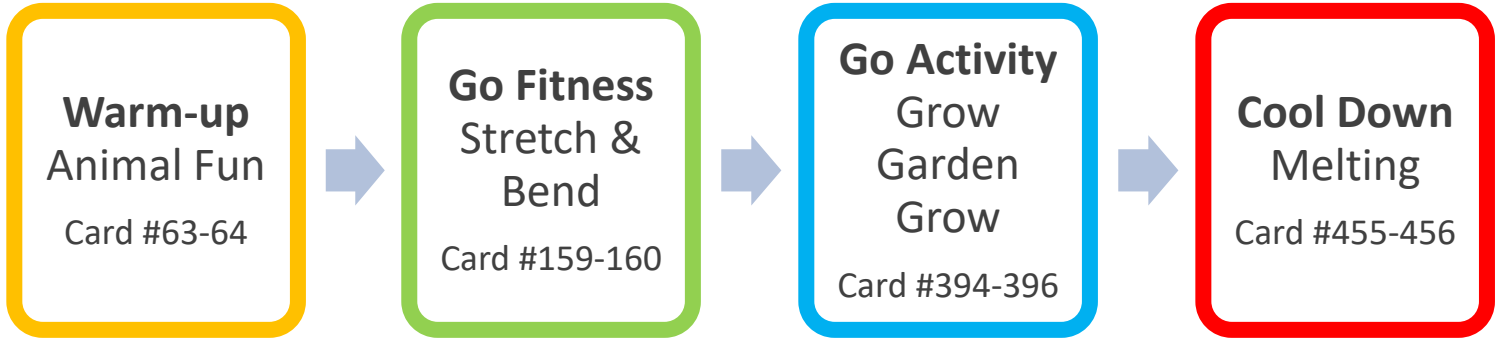
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## LESSON STRUCTURE



# Nutrition



## Equipment Needed:

Animal Picture Cards (optional)

## Want more CATCH?

Check out additional activities on card: #65

Revised: 4/8/24

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## LESSON STRUCTURE

