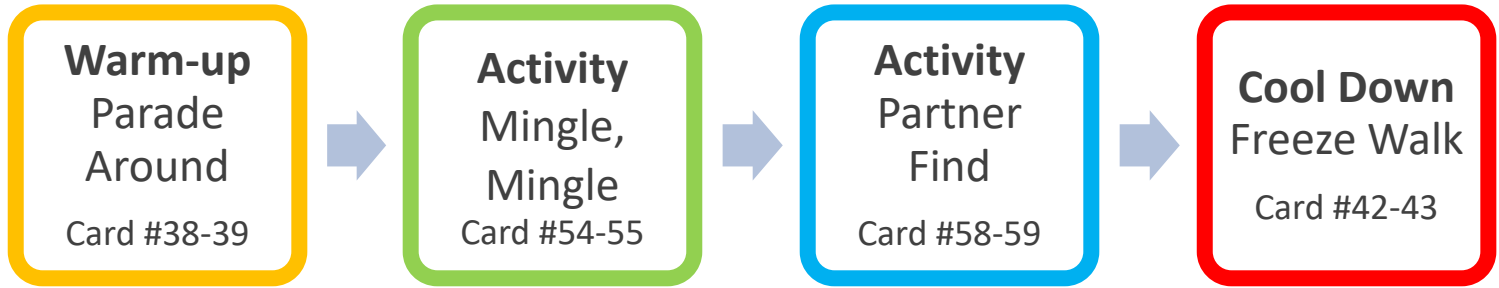


# Classroom Management Part I



**Equipment Needed:**  
Cones, Music

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

Revised: 2/23/24

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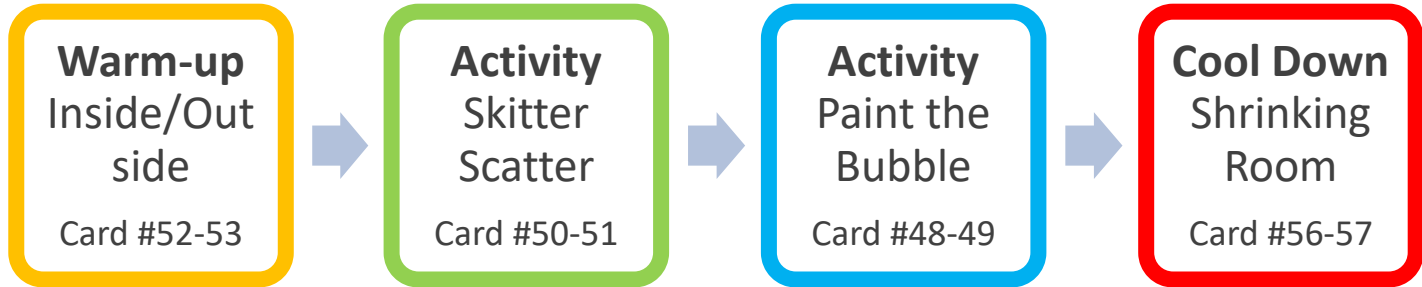
## TERMINOLOGY

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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



# Classroom Management Part II



## Equipment Needed:

Cones, Hoops, Music

(Optional: Scarf, Foam Noodles)

## Want more CATCH?

Check out additional activities on card: #61

Revised: 2/23/24

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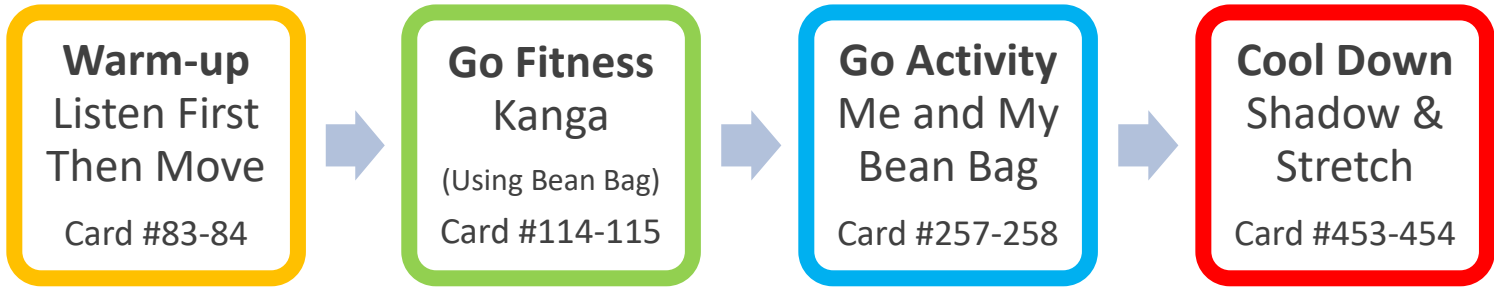
### TERMINOLOGY

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### LESSON STRUCTURE



# Body Management



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

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

Revised: 2/23/24

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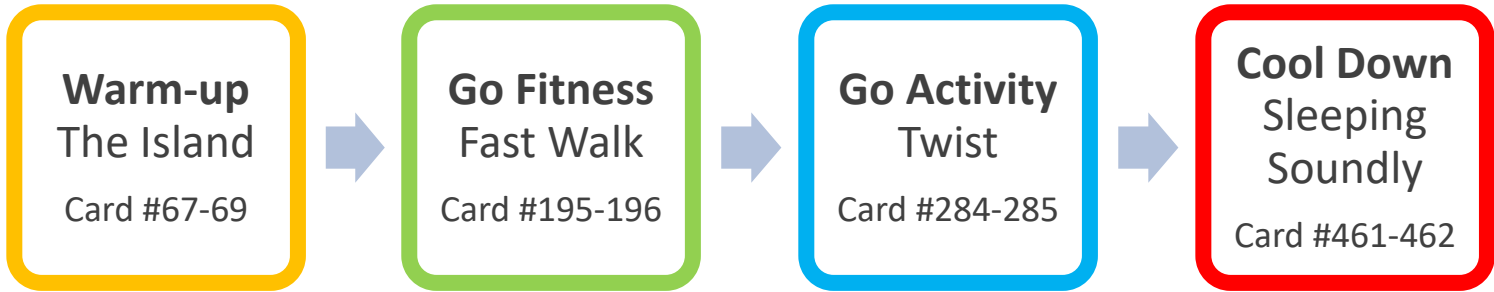
### TERMINOLOGY

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### LESSON STRUCTURE



# Locomotor & Non-Locomotor



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

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

Revised: 2/23/24

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### LESSON STRUCTURE





# Parachute



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

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

Revised: 2/23/24

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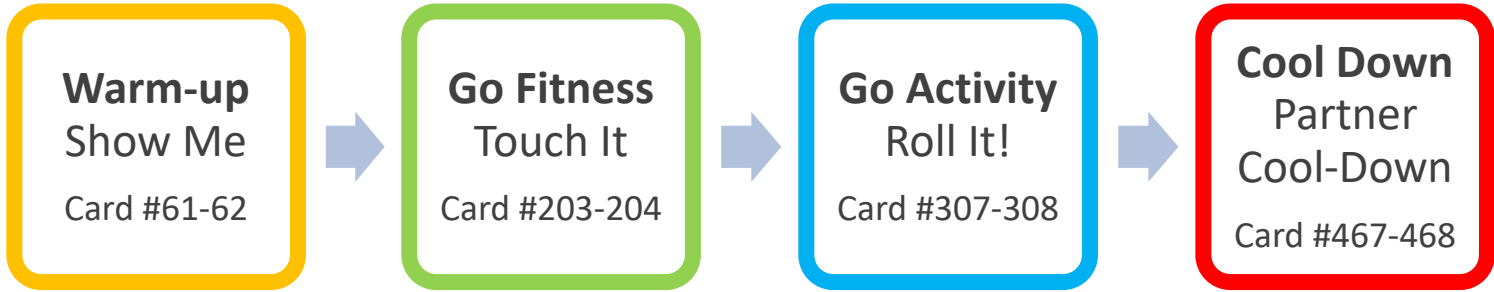
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### LESSON STRUCTURE



# Throwing and Catching



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

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

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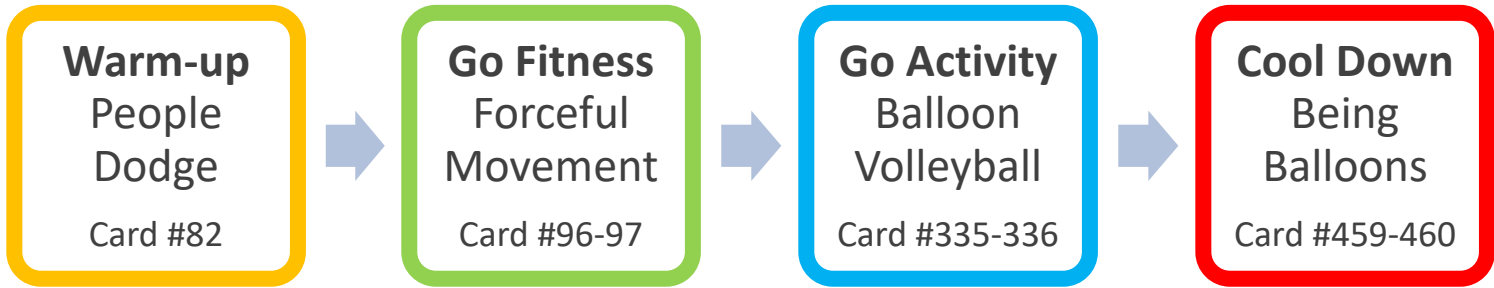
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### LESSON STRUCTURE



# Striking and Kicking



## Equipment Needed:

Balloon, Cones, Music (optional)

## Want more CATCH?

Check out additional activities on card: #339

Revised: 2/23/24

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### LESSON STRUCTURE



# Dribbling (Feet)

**Warm-up**  
**Automobile**  
(without hoops)  
Card #78-79



**Go Fitness**  
**Head, Belly,**  
**Toes**  
Card #152



**Go Activity**  
**Dribble It**  
Card #350-351



**Cool Down**  
**Traveling**  
**Body Parts**  
Card #451-452

**Equipment Needed:**  
Foam Balls, Cones

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

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### LESSON STRUCTURE





# Rhythms



**Equipment Needed:**  
Cones, Music

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

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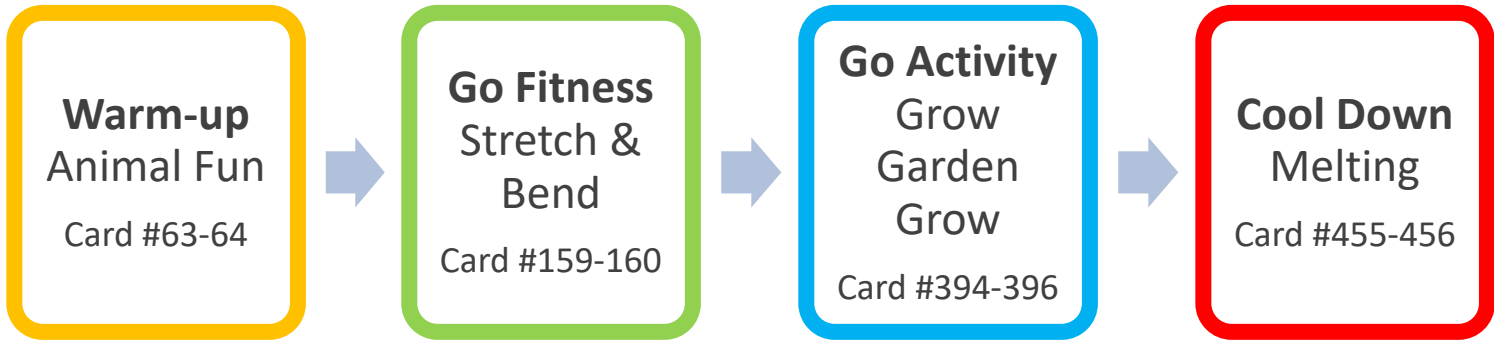
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## LESSON STRUCTURE



# Nutrition



**Equipment Needed:**  
Animal Picture Cards (optional)

**Want more CATCH?**  
Check out additional activities on card: #65

Revised: 2/23/24

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### LESSON STRUCTURE

