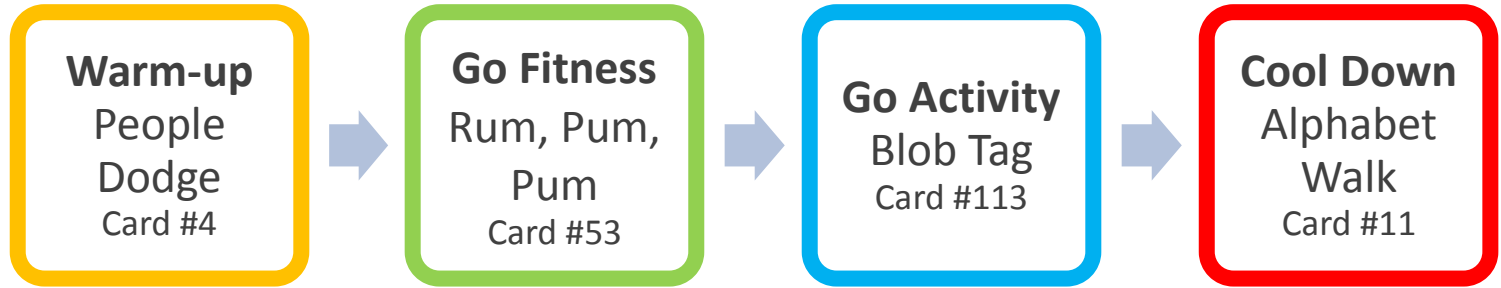


# Aerobic



**Equipment Needed:**  
Cones

**Want more CATCH?**  
Check out additional activities on cards:  
#112, #118

Revised: 10/17/18

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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.)

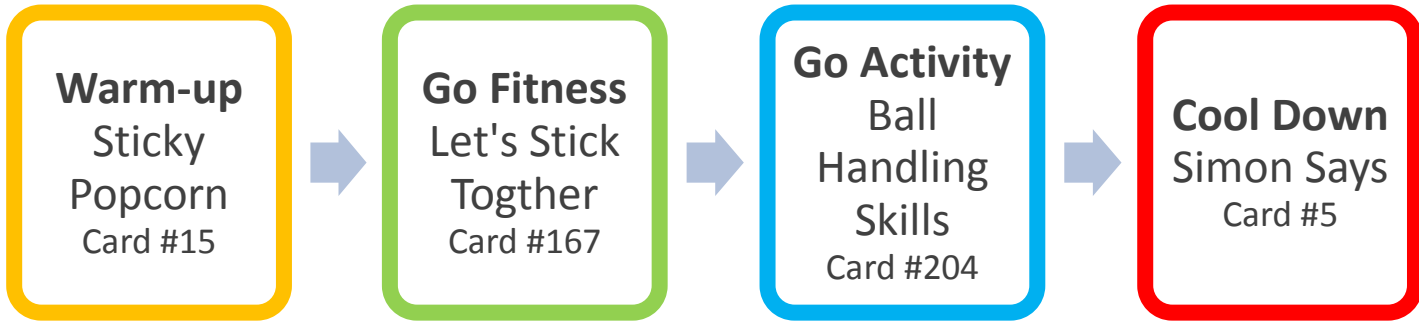
## TERMINOLOGY

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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



# Dribbling & Kicking (Feet)



## Equipment Needed:

Ball, Cones

## Want more CATCH?

Check out additional activities on cards:

#205, 208

Revised: 10/17/18

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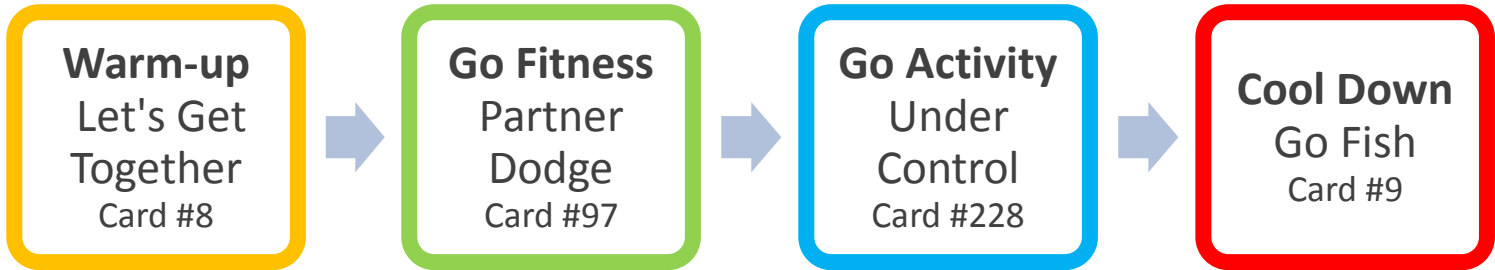
## TERMINOLOGY

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## LESSON STRUCTURE



# Dribbling & Passing (Hands)



## Equipment Needed:

Ball, Cones

## Want more CATCH?

Check out additional activities on card: #222,  
#238

Revised: 10/17/18

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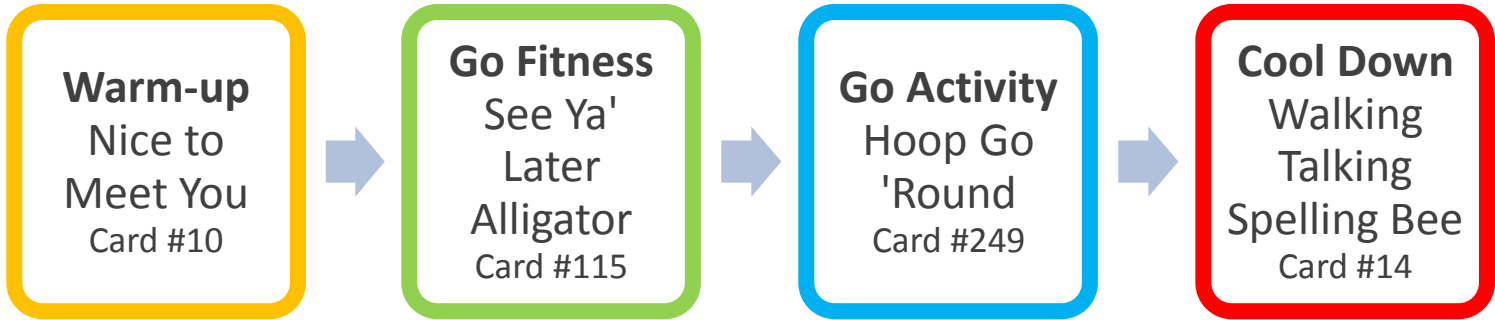
## TERMINOLOGY

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## LESSON STRUCTURE



# Hoop



## Equipment Needed:

Cones, Hoop, Music (optional)

## Want more CATCH?

Check out additional activities on cards:  
#248, #250

Revised: 10/17/18

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## TERMINOLOGY

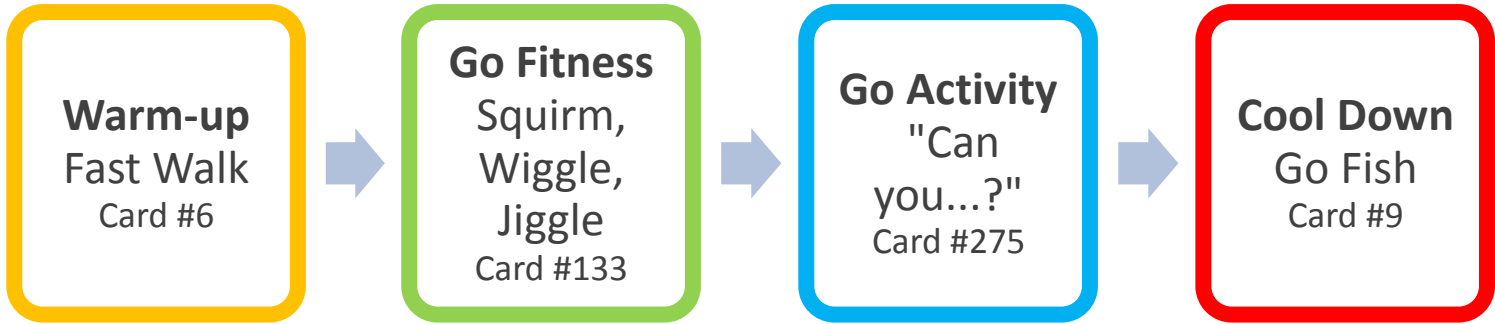
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## LESSON STRUCTURE





# Jump Rope



## Equipment Needed:

Cones, Jump Rope, Music (optional)

## Want more CATCH?

Check out additional activities on card: #273,  
#276

Revised: 10/17/18

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## LESSON STRUCTURE



# Parachute



**Equipment Needed:**  
Parachute, Foam Balls

**Want more CATCH?**  
Check out additional activities on card: #306,  
#309

Revised: 10/17/18

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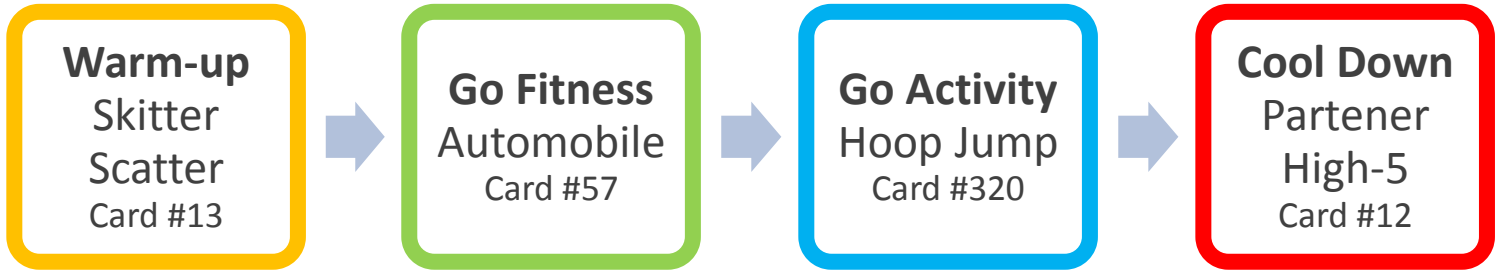
## TERMINOLOGY

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## LESSON STRUCTURE



# Moving & Traveling



**Equipment Needed:**  
Cones, Hoop, Music

**Want more CATCH?**  
Check out additional activities on card: #319,  
#322

Revised: 10/17/18

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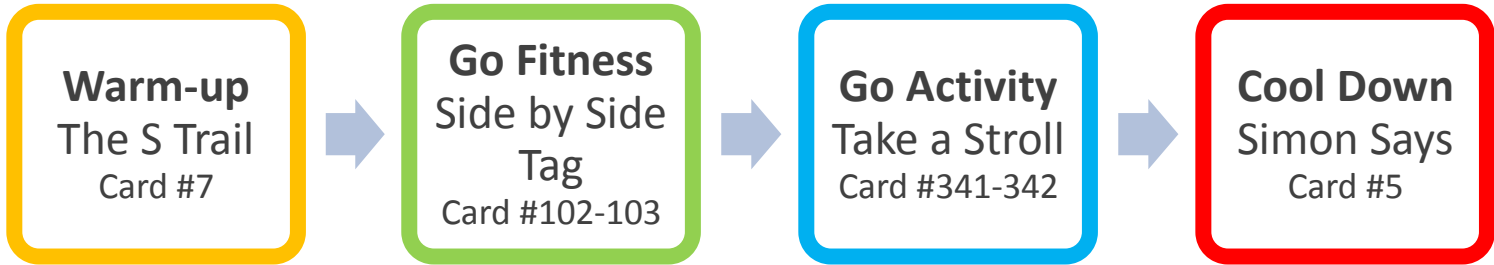
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## LESSON STRUCTURE



# Rhythm



**Equipment Needed:**  
Cones, Music

**Want more CATCH?**  
Check out additional activities on card: #337,  
#340

Revised: 10/17/18

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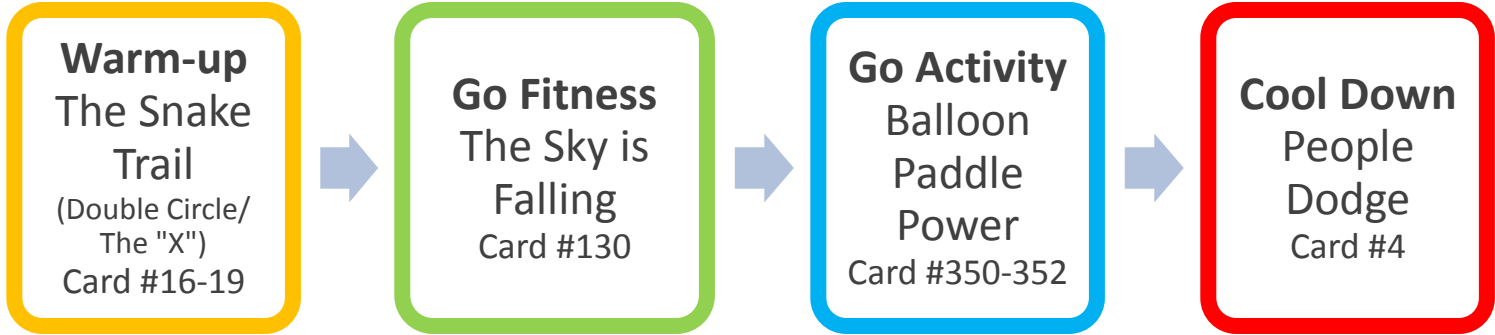
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## LESSON STRUCTURE





# Striking & Volleying



## Equipment Needed:

Balloons, Cones, Foam Paddle,  
Polyspot (optional)

## Want more CATCH?

Check out additional activities on card:  
#353D, #360

Revised: 10/17/18

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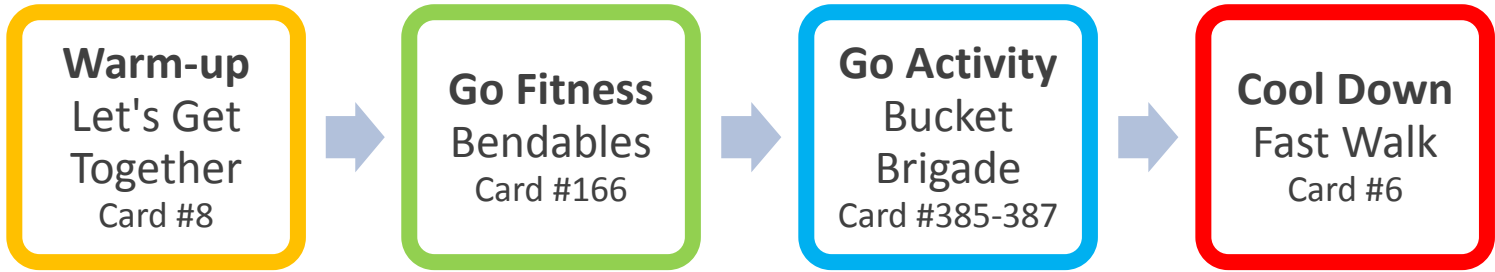
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## LESSON STRUCTURE



# Throwing & Catching



## Equipment Needed:

Bean Bag, Hoop

## Want more CATCH?

Check out additional activities on cards:

#374, #380

Revised: 10/17/18

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### LESSON STRUCTURE

