Warm-up
People Dodge Card #4

Go Fitness
Rum, Pum, Pum Card #53

Go Activity
Blob Tag Card #113

Cool Down
Alphabet Walk Card #11

Equipment Needed:
Cones

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

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TERMINOLOGY

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LESSON STRUCTURE

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

Warm-up
Sticky Popcorn
Card #15

Go Fitness
Let's Stick Together
Card #167

Go Activity
Ball Handling Skills
Card #204

Cool Down
Simon Says
Card #5

Equipment Needed:
Ball, Cones

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Check out additional activities on cards:
#205, 208
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LESSON STRUCTURE

| Warm-up (3-5 minutes) | Go Fitness (5-15 minutes) | Go Activity (12-15 minutes) | Cool Down (3-5 minutes) |
Dribbling & Passing (Hands)

Warm-up
Let's Get Together
Card #8

Go Fitness
Partner Dodge
Card #97

Go Activity
Under Control
Card #228

Cool Down
Go Fish
Card #9

Equipment Needed:
Ball, Cones

Want more CATCH?
Check out additional activities on card: #222, #238

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**LESSON STRUCTURE**

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

Warm-up
Nice to Meet You
Card #10

Go Fitness
See Ya' Later
Alligator
Card #115

Go Activity
Hoop Go 'Round
Card #249

Cool Down
Walking Talking
Spelling Bee
Card #14

Equipment Needed:
Cones, Hoop, Music (optional)

Want more CATCH?
Check out additional activities on cards:
#248, #250

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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
Fast Walk
Card #6

Go Fitness
Squirm, Wiggle, Jiggle
Card #133

Go Activity
"Can you...?"
Card #275

Cool Down
Go Fish
Card #9

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

Want more CATCH?
Check out additional activities on card: #273, #276

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**LESSON STRUCTURE**

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

Warm-up Parachute
Warm-Up Card #303-305

Go Fitness Interval Running
Card #307

Go Activity Popcorn
Card #308

Cool Down Parachute
Warm-Up Card #303-305

Equipment Needed:
Parachute, Foam Balls

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

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LESSON STRUCTURE

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

Warm-up
Skitter Scatter
Card #13

Go Fitness
Automobile
Card #57

Go Activity
Hoop Jump
Card #320

Cool Down
Partner High-5
Card #12

Equipment Needed:
Cones, Hoop, Music

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

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

Warm-up
The S Trail
Card #7

Go Fitness
Side by Side
Tag
Card #102-103

Go Activity
Take a Stroll
Card #341-342

Cool Down
Simon Says
Card #5

Equipment Needed:
Cones, Music

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

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- Go Fitness (5-15 minutes)
- Go Activity (12-15 minutes)
- Cool Down (3-5 minutes)
Striking & Volleying

Warm-up
The Snake Trail
(Double Circle/The "X")
Card #16-19

Go Fitness
The Sky is Falling
Card #130

Go Activity
Balloon Paddle Power
Card #350-352

Cool Down
People Dodge
Card #4

Equipment Needed:
Balloons, Cones, Foam Paddle, Polyspot (optional)

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#353D, #360

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- **Go Fitness** (5-15 minutes)
- **Go Activity** (12-15 minutes)
- **Cool Down** (3-5 minutes)
Throwing & Catching

Warm-up
Let's Get Together
Card #8

Go Fitness
Bendables
Card #166

Go Activity Bucket Brigade
Card #385-387

Cool Down
Fast Walk
Card #6

Equipment Needed:
Bean Bag, Hoop

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Check out additional activities on cards:
#374, #380

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