

RECOMMENDATIONS

- Make physical activity fun and enjoyable for students!
- Achieve state PE requirements of 200 minutes every 10 school days.
- 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.
- UC CalFresh Educators are here to help train teachers, answer questions, and loan out equipment.
- **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

- **Hit the Track-** 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



Parachute



Equipment Needed:
Parachute, Foam Balls

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

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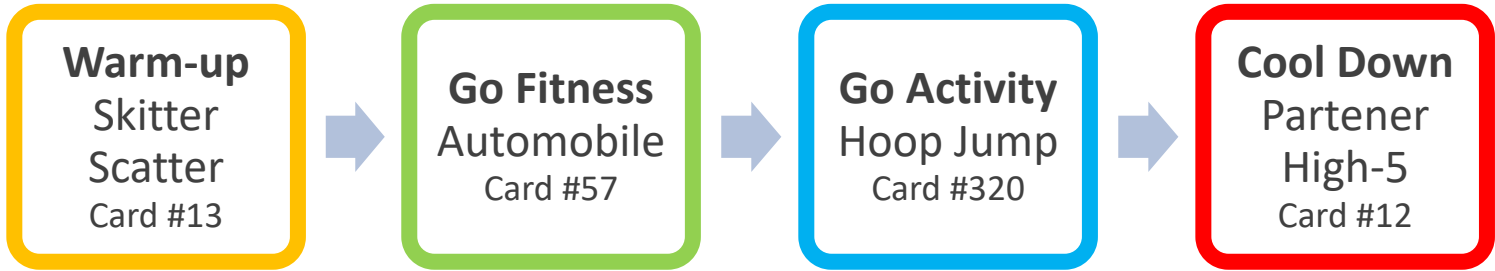
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LESSON STRUCTURE



Moving & Traveling



Equipment Needed:
Cones, Hoop, Music

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Check out additional activities on card: #319,
#322

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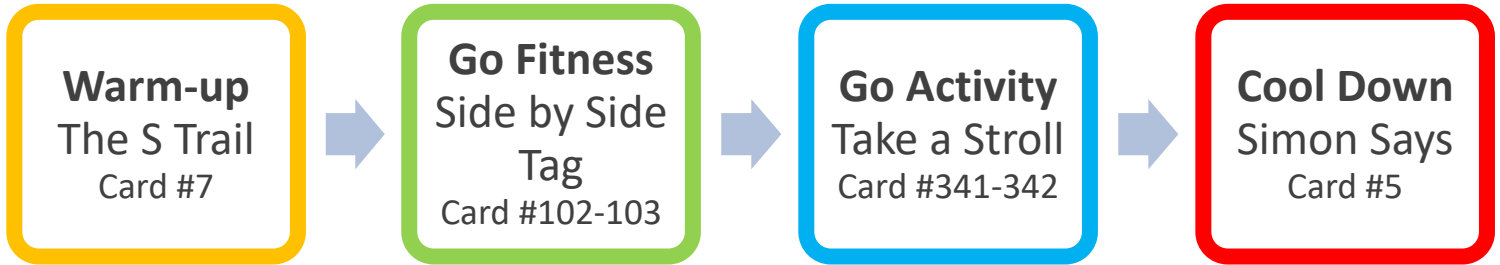
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LESSON STRUCTURE



Rhythm



Equipment Needed:
Cones, Music

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Check out additional activities on card: #337,
#340

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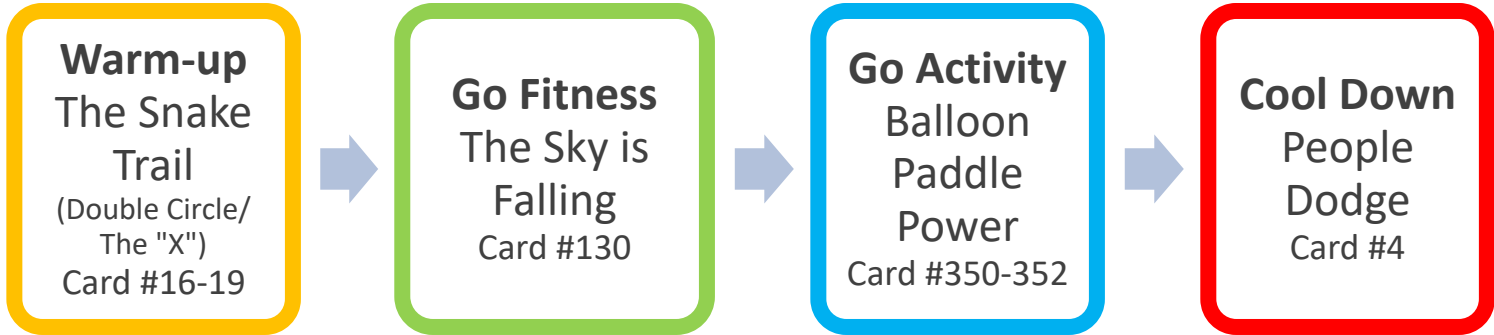
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LESSON STRUCTURE



Striking & Volleying



Equipment Needed:

Balloons, Cones, Foam Paddle,
Polyspot (optional)

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

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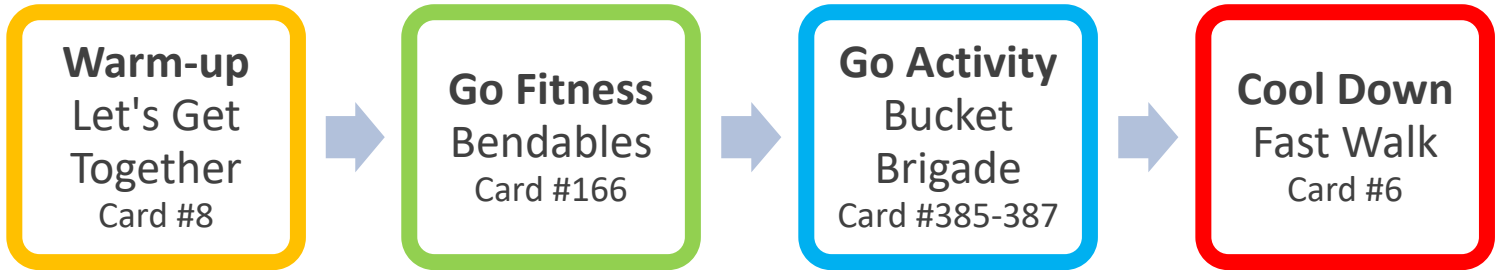
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LESSON STRUCTURE



Throwing & Catching



Equipment Needed:

Bean Bag, Hoop

Want more CATCH?

Check out additional activities on cards:

#374, #380

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