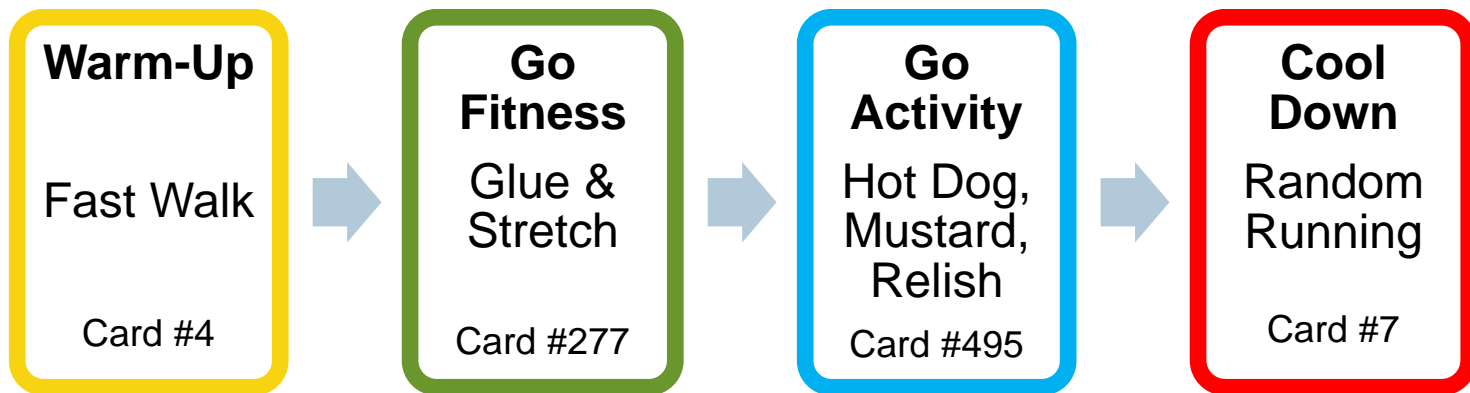


PARACHUTE



Equipment Needed:

Balls, Cones, Parachute, Music (Optional)

Want more CATCH?

Check out additional activities on cards #490 and 494

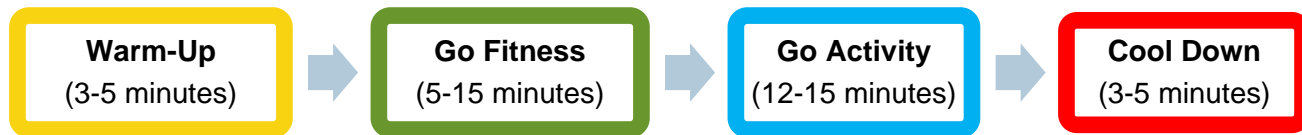
RECOMMENDATIONS

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- 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).

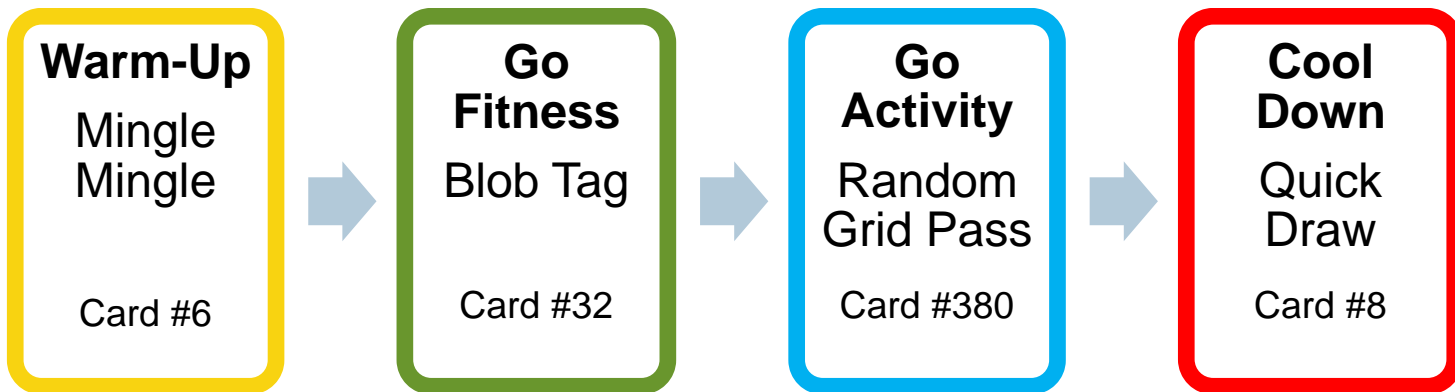
TERMINOLOGY

- **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



BASKETBALL



Equipment Needed:

Balls, Cones, Music (Optional)

Want more CATCH?

Check out additional activities on cards #385 and 391

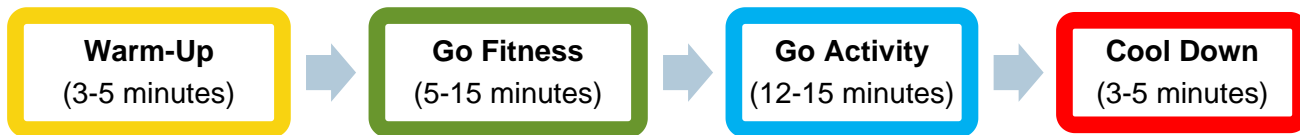
RECOMMENDATIONS

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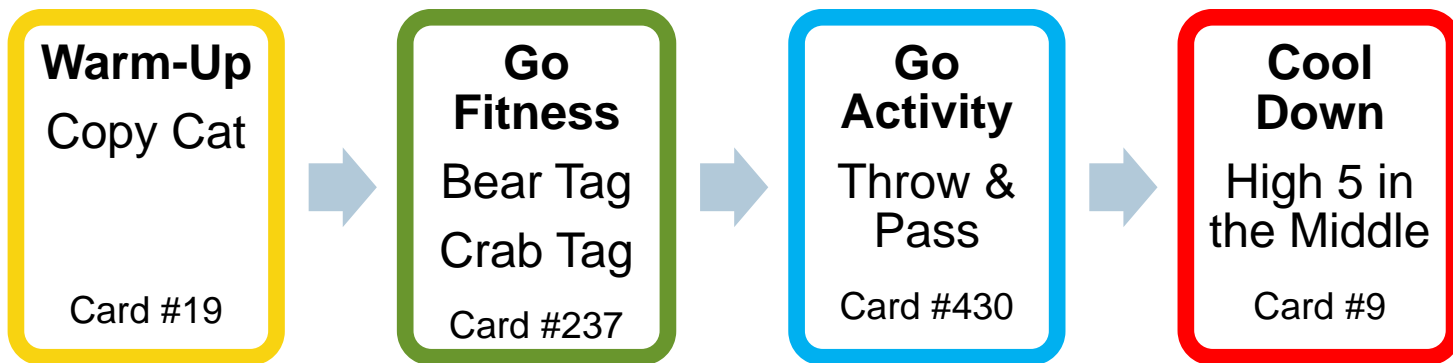
TERMINOLOGY

- **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.
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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



FLYING DISK



Equipment Needed:

Cones, Flying Disk, Music (Optional)

Want more CATCH?

Check out additional activities on cards #424, #431 and #435

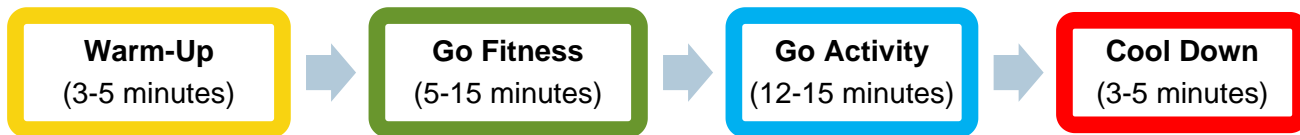
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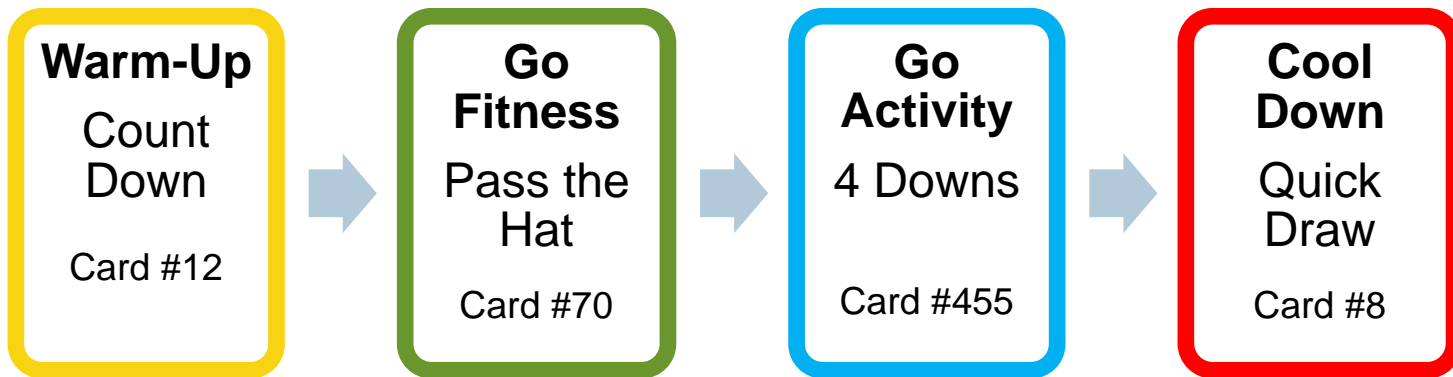
TERMINOLOGY

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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



FOOTBALL



Equipment Needed:

Cones, Football, Poly Spots

Want more CATCH?

Check out additional activities on cards #459 and #618

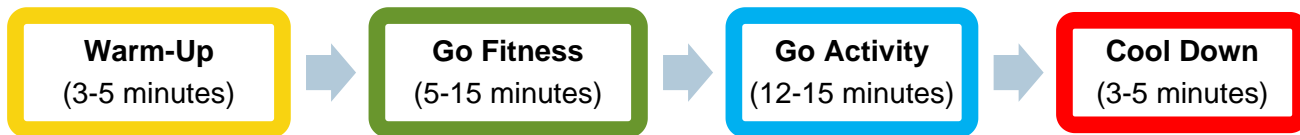
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- **When before the What-** Give students instructions *before* they begin to move (e.g. “When I say GO, everyone grab a bean bag.”)

Lesson Structure



JUMP ROPE

Warm-Up

Whistle
Fitness

Card #17



Go Fitness

Figure it
Out

Card #180



Go Activity

Individual
Hoop
Challenge

Card #466

Skip part B



Cool Down

Flash
Fitness
Fun

Card #16

Equipment Needed:

Rope Cones, Task Cards (Optional)

Want more CATCH?

Check out additional activities on cards #179 and #182

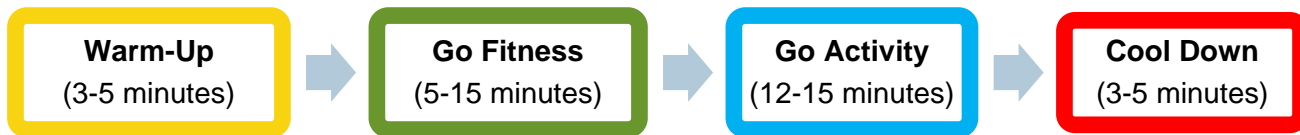
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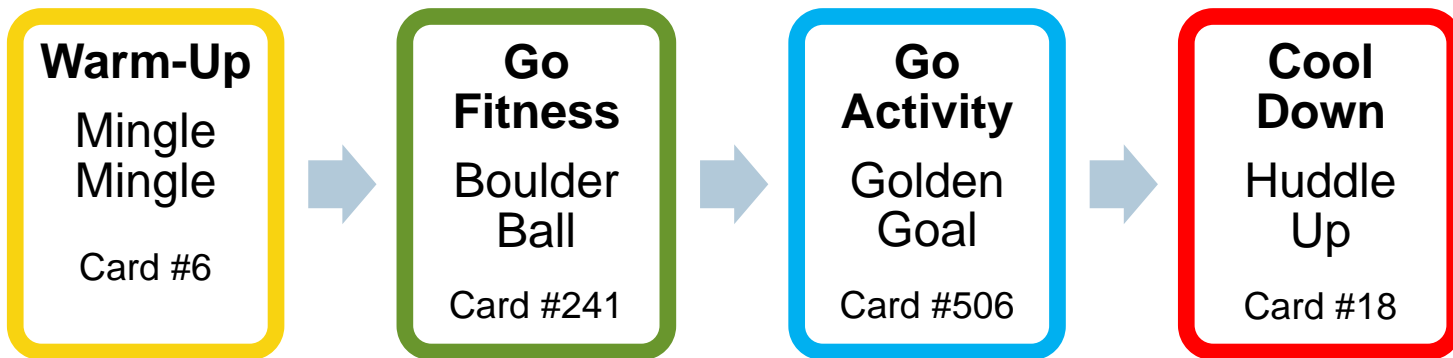
TERMINOLOGY

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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



SOCCER



Equipment Needed:

Ball Cones, Music (Optional)

Want more CATCH?

Check out additional activities on cards #509 and #511

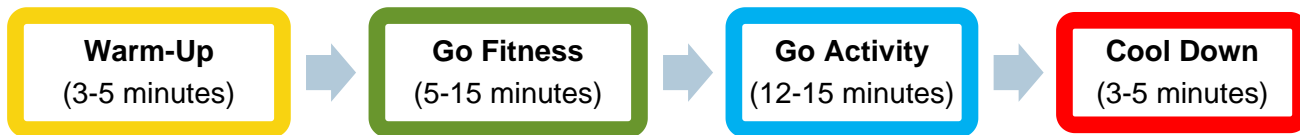
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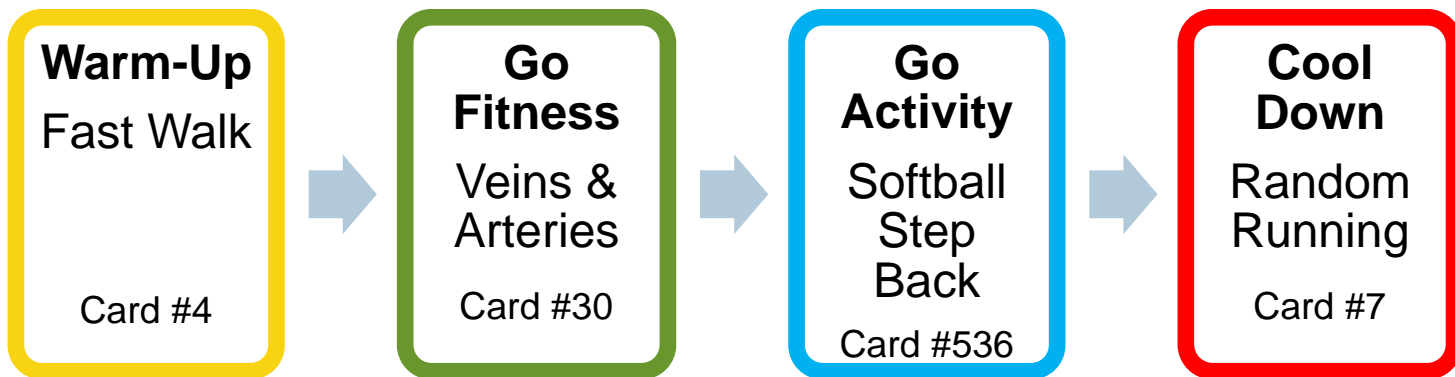
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- **When before the What-** Give students instructions *before* they begin to move (e.g. “When I say GO, everyone grab a bean bag.”)

Lesson Structure



BEAN BAG



Equipment Needed:

Bean bag, Cones, Hoops

Want more CATCH?

Check out additional activities on cards #540 and #542

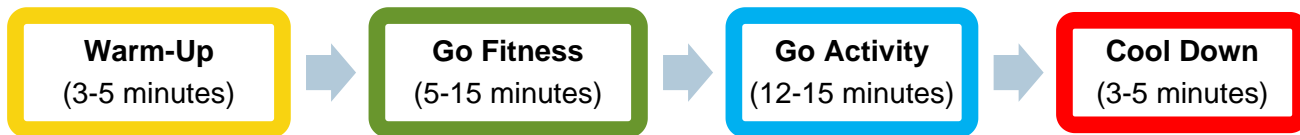
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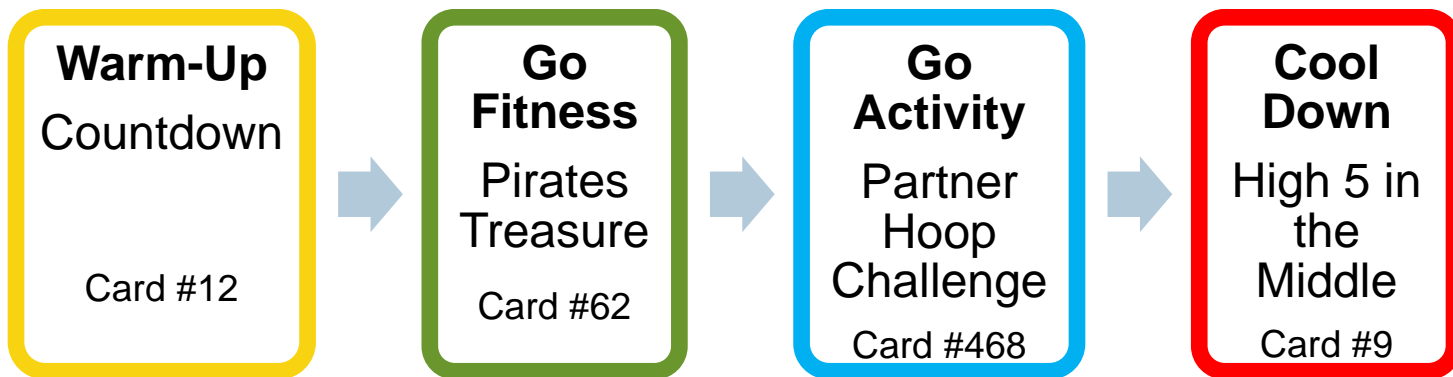
TERMINOLOGY

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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



HOOP



Equipment Needed:

Bean Bag, Hoop, Poly Spots

Want more CATCH?

Check out additional activities on cards #466 and #542

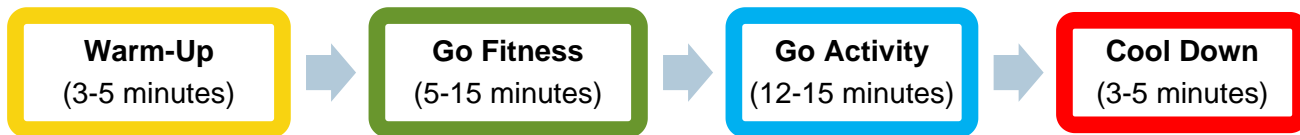
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TERMINOLOGY

- **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.
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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



VOLLEYBALL

Warm-Up

Whistle
Fitness

Card #17



Go Fitness

Zoo
Meringue

Card #117



Go Activity

Circle
Keep-it-
up

Card #589



Cool Down

Huddle
Up

Card #18

Equipment Needed:

Ball, Cones, Rope, Music (Optional)

Want more CATCH?

Check out additional activities on cards #212 and #593

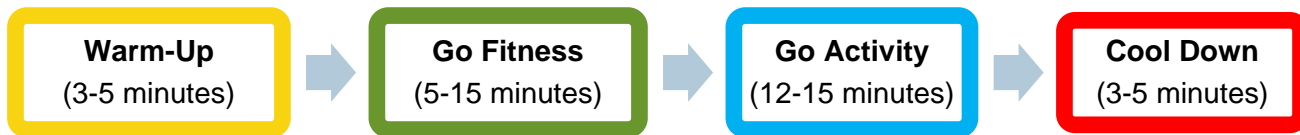
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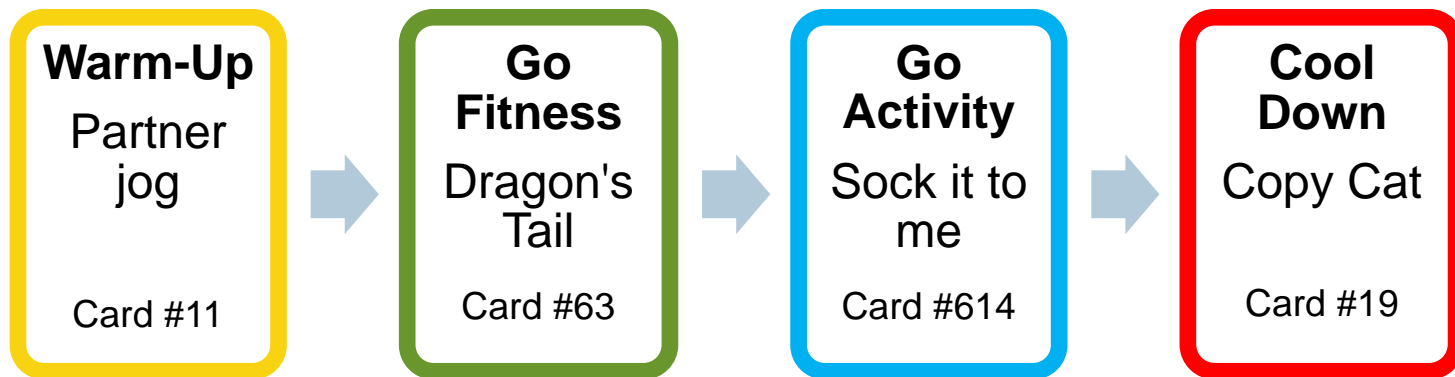
TERMINOLOGY

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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



FITNESS CHALLENGE/SCARF



Equipment Needed:

Cones, Scarves, Music (Optional)

Want more CATCH?

Check out additional activities on cards #70 and #314

RECOMMENDATIONS

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Lesson Structure

