

How to Use CATCH PE (Grades 3-5) Activities with Playground Stencils

Combine physical activity resources using BOTH the playground stencils and CATCH PE grades 3-5 activities in order to make CATCH even more engaging, minimize the need for equipment, and add structured physical activity to the use of stencils. Many of the [PE content standards](#) are met using the activities with the stencils listed below.

Vegetable, Animal & Shape Stencils

The vegetable, animal and shape stencils can be great locations to meet aerobic, flexibility or muscular strengthening content standards! Try the following activities using the stencils in place of poly spots or hula hoops:

Count Down	#12
Barker's Hoopla	#59-60
Pirates' Treasure	#62
Boogie Down Circuit	#112-113
Partner Pump It Up	#232-233
Stretch Routine	#273-274
Flash Fitness Flexibility	#284-285

The stencils can also be used as targets or boundaries while practicing manipulative skills like dribbling or throwing.

Around The World	#379	
Hoop Ball	#382	
Bull's Eye	#428	Option: Use the target stencil & try to get a bull's eye!
Down & Around	#572	

Try these ideas: Ask the students to name a meal with the vegetable that they are standing on! Have students practice spelling the object they are standing on.

Line and Squiggle Stencils

The lines and squiggles are useful for dividing space. Some CATCH activities have students positioned across from each other on either side of a boundary. Other activities use lines as starting points. The following activities incorporate both manipulative skills and movement concepts included in the CA PE content standards:

Whoa Sweets	#306-307
Fast Break	#378
Pass Back	#424
Throw And Go	#430
Long Bomb	#448-449
Come And Get It	#514-115
Softball Step Back	#536-537
Ground Ball Pursuit	#538
Volleyball Two-Square	#591
Sock It To Me	#614

Revised: 6/6/18

This material was produced by the University of California CalFresh Nutrition Education Program with funding from USDA SNAP, known in California as CalFresh (formerly food stamps). These institutions are equal opportunity providers and employers. CalFresh provides assistance to low-income households and can help buy nutritious foods for better health. For CalFresh information, call 1-877-847-3663.

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MyPlate Stencil

The MyPlate stencil can be used to reinforce healthy eating habits! You can use the following activity from CATCH:

Pyramid Power #317

Try these ideas: This stencil can also be used for target practice using bean bags or flying disks. Ask students to try and toss their bean bag on a specific food group. You can also place different Flash Fitness Task Cards (#248-268) in each section of the plate and ask students to finish the meal by completing each task card.

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