

## How to Use CATCH PE (Grades K-2) Activities with Playground Stencils

Combine physical activity resources using BOTH the playground stencils and CATCH PE grades K-2 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 used to meet movement concepts, body management and locomotor movement content standards! Try the following activities using the stencils in place of cones, poly spots or hula hoops:

|                         |          |
|-------------------------|----------|
| Squirm, Wiggle, Jiggle  | #56      |
| Count Down              | #59      |
| See Ya' Later Alligator | #115     |
| Crabs & Seagulls        | #127     |
| Stretch Routine         | #164-165 |
| 'Round the Hoop         | #247     |
| Island                  | #317     |
| Hoop Jump               | #320     |
| Fake It!                | #326     |
| Hoop Beat               | #338     |

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

|                      |      |   |
|----------------------|------|---|
| Ball-Handling Skills | #222 |   |
| Throw for Distance   | #371 | Option: Use the target stencil & try to get a bull's eye! |
| Solo Catch           | #372 |   |

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 movement concepts and locomotor movements included in the CA PE content standards:

|                  |          |  |
|------------------|----------|--|
| The Snake Trail  | #16      | Hint: Use the stencils instead of the pattern cards! |
| Side-by-Side Tag | #102-103 |  |
| Crows and Cranes | #116     |  |
| Hibernation      | #124-126 |  |
| Tunnel Train     | #133-134 |  |
| Stationary Rope  | #271     |  |
| The Rhythm Train | #340     | Hint: Use the stencils as tracks for your train!     |

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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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Other activities use the lines and squiggles as markers where students may dribble or pass. The following activities include manipulative skills for the CA PE content standards:

|                                  |          |  |
|----------------------------------|----------|--|
| <b>Follow the Leader</b>         | #233     | Hint: Try to dribble on the lines & squiggles! |
| <b>Passing Skills</b>            | #237     |  |
| <b>Follow-the-Leader Passing</b> | #238     |  |
| <b>Sock It To Me</b>             | #400-401 |  |

### Alphabet & MyPlate Stencil

The alphabet stencil can be used for both physical activity and spelling practice! You can use the following activities from CATCH:

|                       |      |   |
|-----------------------|------|---|
| <b>Alphabet Walk</b>  | #11  | Hint: Have students jump to different letters to spell words! |
| <b>'A' my Name Is</b> | #227 | Hint: Toss a bean bag onto the stencil to pick the letter!    |

The MyPlate stencil can be used to reinforce healthy eating habits! Use the MyPlate stencil as the center circle for these CATCH activities:

|                         |          |
|-------------------------|----------|
| <b>Pass It On</b>       | #223-224 |
| <b>"Busy Bee" n Bag</b> | #367-368 |
| <b>Circle Step Back</b> | #380     |

Try these ideas: This stencil can also be used for target practice using bean bags. Ask students to try to toss their bean bag on a specific food group. You can also place different Limber Limbs Task Cards (#178-195) in each section of the plate and ask students to finish the meal by completing each task card.