

## **Classroom Management Part I**



**Equipment Needed:**Cones, Music

Want more CATCH?

Check out additional activities on card: #72





- Make physical activity fun and enjoyable for children!
- Work towards achieving ECE recommendations of 60 minutes/day of structured (adult-led) physical activity.
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- 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**

- Parade Around 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.
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#### **LESSON STRUCTURE**

Warm-up (3-5 minutes)



Go Fitness (5-7 minutes)



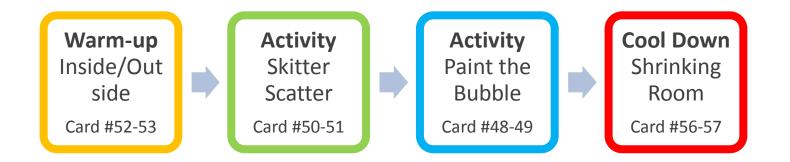
Go Activity (5-7 minutes)







# **Classroom Management Part II**



### **Equipment Needed:**

Cones, Hoops, Music (Optional: Scarf, Foam Noodles)

### Want more CATCH?

Check out additional activities on card: #61

Revised: 10/17/18

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.





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Warm-up (3-5 minutes)



Go Fitness (5-7 minutes)



Go Activity (5-7 minutes)







## **Body Management**



**Equipment Needed:** Cones, Bean Bag, Music

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Go Fitness (5-7 minutes)



Go Activity (5-7 minutes)





### **Locomotor & Non-Locomotor**



**Equipment Needed:**Cones, Music, Polyspots

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Check out additional activities on card: #268





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Warm-up (3-5 minutes)



Go Fitness (5-7 minutes)



Go Activity (5-7 minutes)





### **Parachute**



**Equipment Needed:**Cones, Parachute, Music

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Check out additional activities on card: #304





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Go Fitness (5-7 minutes)



Go Activity (5-7 minutes)





# **Throwing and Catching**



**Equipment Needed:**Ball, Cones, Polyspots

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Check out additional activities on card: #328





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Warm-up (3-5 minutes)



Go Fitness (5-7 minutes)



Go Activity (5-7 minutes)





# **Striking and Kicking**



Equipment Needed:

Balloon, Cones, Music (optional)

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Check out additional activities on card: #339





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Warm-up (3-5 minutes)



Go Fitness (5-7 minutes)



Go Activity (5-7 minutes)





# **Dribbling (Feet)**

Warm-up
Automibile
(without hoops)
Card #78-79

Go Fitness
Head, Belly,
Toes
Card #152

Go Activity
Dribble It
Card #350-351

Cool Down
Traveling
Body Parts
Card #451-452

**Equipment Needed:** Foam Balls, Cones

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Check out additional activities on card: #354





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Warm-up (3-5 minutes)



Go Fitness (5-7 minutes)



Go Activity (5-7 minutes)





## **Rhythms**



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### **Nutrition**



**Equipment Needed:**Animal Picture Cards (optional)

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