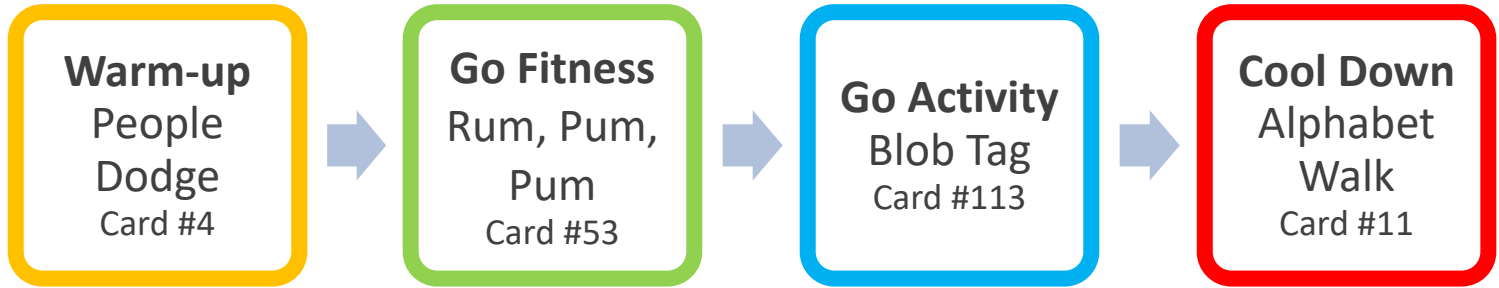


Aerobic



Equipment Needed:
Cones

Want more CATCH?
Check out additional activities on cards:
#112, #118

Revised: 4/8/24

RECOMMENDATIONS

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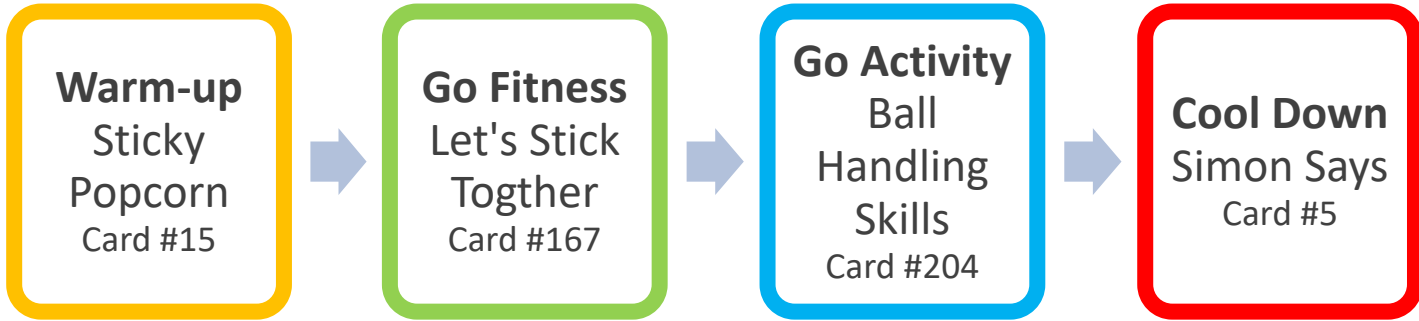
TERMINOLOGY

- **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



Dribbling & Kicking (Feet)



Equipment Needed:

Ball, Cones

Want more CATCH?

Check out additional activities on cards:

#205, 208

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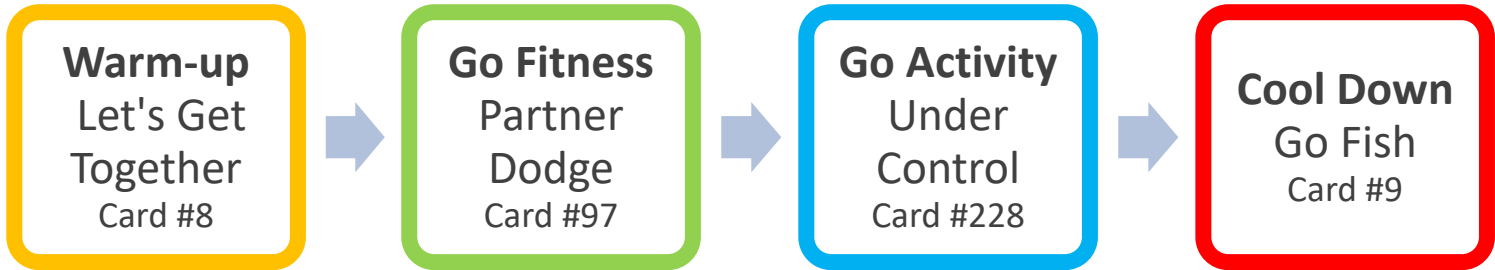
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LESSON STRUCTURE



Dribbling & Passing (Hands)



Equipment Needed:

Ball, Cones

Want more CATCH?

Check out additional activities on card: #222,
#238

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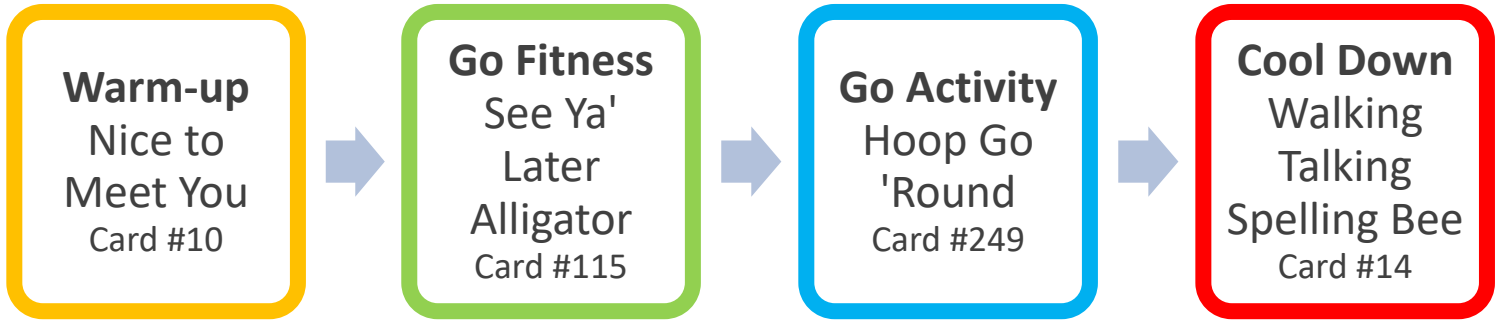
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LESSON STRUCTURE



Hoop



Equipment Needed:

Cones, Hoop, Music (optional)

Want more CATCH?

Check out additional activities on cards:
#248, #250

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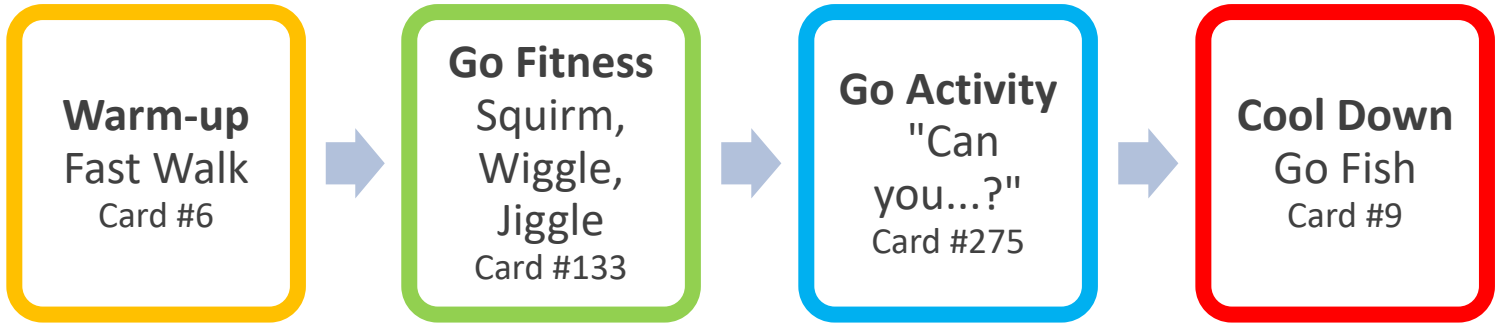
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LESSON STRUCTURE



Jump Rope



Equipment Needed:

Cones, Jump Rope, Music (optional)

Want more CATCH?

Check out additional activities on card: #273,
#276

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LESSON STRUCTURE



Parachute



Equipment Needed:
Parachute, Foam Balls

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

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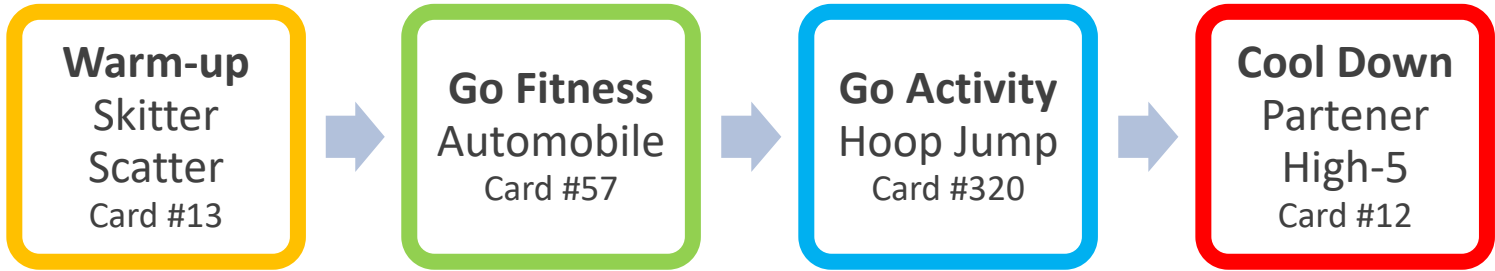
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LESSON STRUCTURE



Moving & Traveling



Equipment Needed:
Cones, Hoop, Music

Want more CATCH?
Check out additional activities on card: #319,
#322

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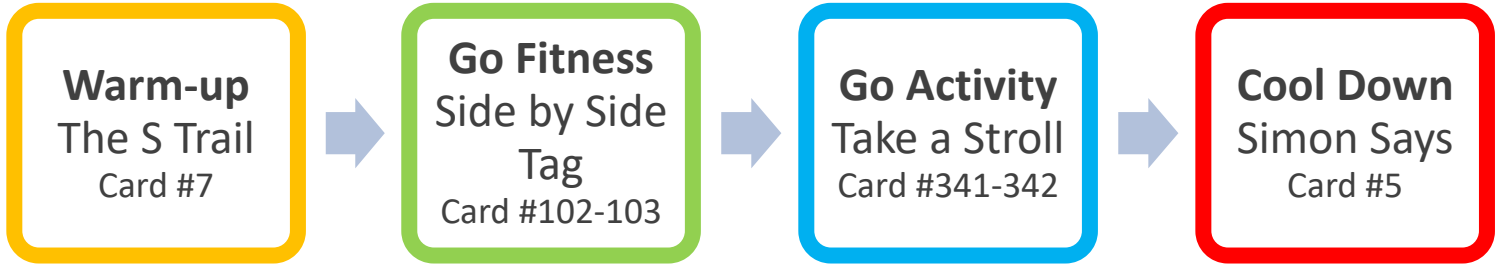
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LESSON STRUCTURE



Rhythm



Equipment Needed:
Cones, Music

Want more CATCH?
Check out additional activities on card: #337,
#340

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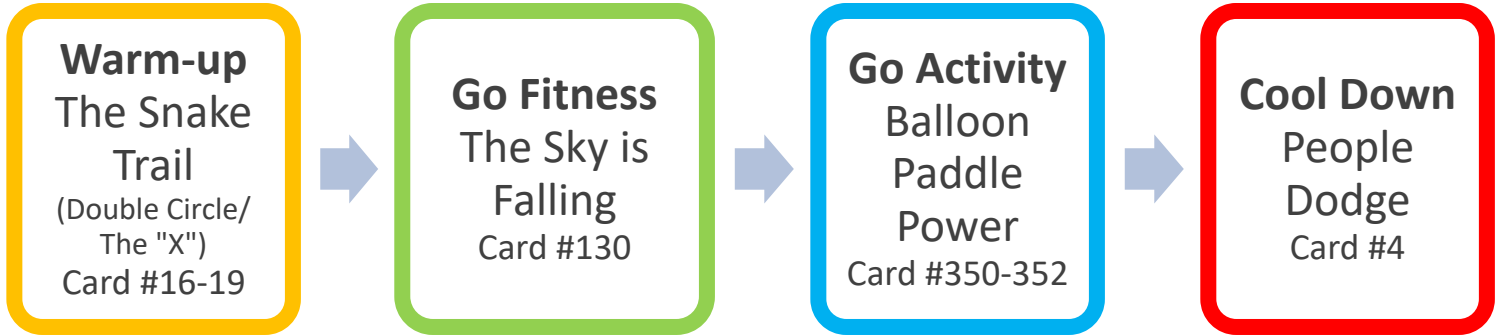
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LESSON STRUCTURE



Striking & Volleying



Equipment Needed:

Balloons, Cones, Foam Paddle,
Polyspot (optional)

Want more CATCH?

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

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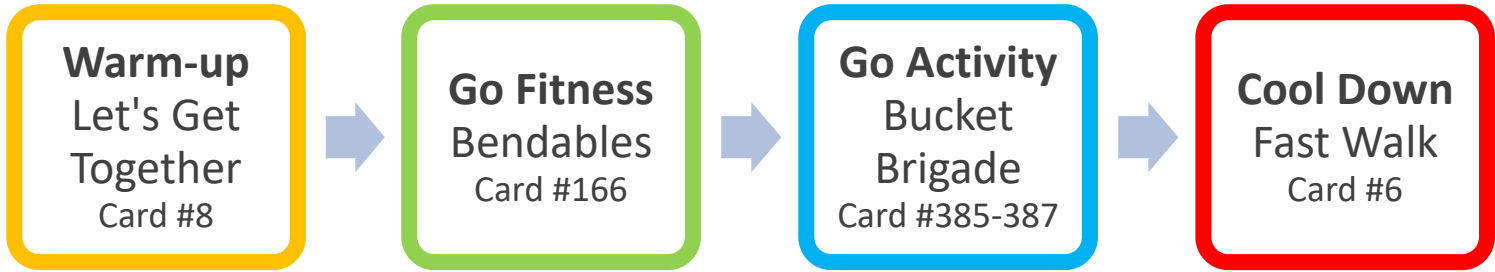
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LESSON STRUCTURE



Throwing & Catching



Equipment Needed:

Bean Bag, Hoop

Want more CATCH?

Check out additional activities on cards:

#374, #380

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LESSON STRUCTURE

