

# Parachute



## Equipment Needed:

Balls, Cones, Parachute, Music (optional)

## Want more CATCH?

Check out additional activities on cards:

#490, #494

Revised: 8/10/18

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## RECOMMENDATIONS

- Make physical activity fun and enjoyable for students!
- Achieve state PE requirements of 200 minutes every 10 school days.
- CATCH is intended to be taught a minimum of **3** times each week, though daily classes are preferable. Additional cards are available to substitute activities.
- 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

- **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:

Ball, Cones, Music (optional)

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Check out additional activities on cards:  
#385, #391

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## LESSON STRUCTURE



# FLYING DISC



## Equipment Needed:

Cones, Flying Disc, Music (optional)

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Check out additional activities on cards:

#424, #431, #435

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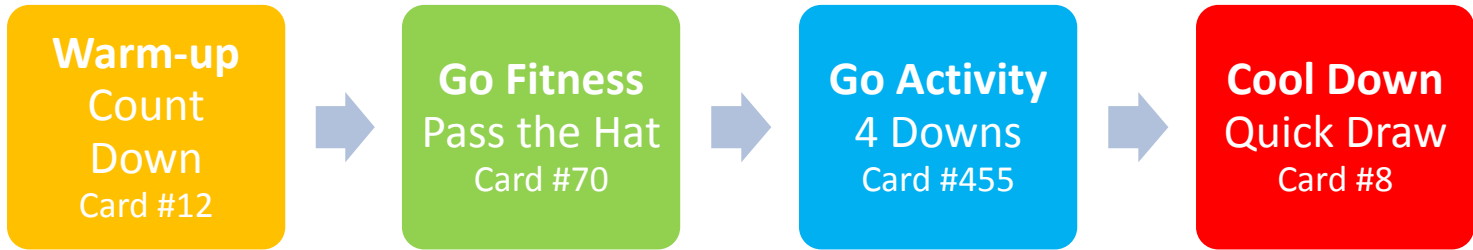
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## LESSON STRUCTURE



# FOOTBALL



**Equipment Needed:**  
Cones, Football, Polyspots

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Check out additional activities on cards:  
#459, #618

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### LESSON STRUCTURE





# JUMP ROPE



## Equipment Needed:

Rope, Cones, Task Cards (optional)

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Check out additional activities on cards:  
#179, #182

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## LESSON STRUCTURE



# SOCCER



**Equipment Needed:**  
Ball, Cones, Music (optional)

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Check out additional activities on cards:  
#509, #511

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### LESSON STRUCTURE



# BEAN BAG



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

**Want more CATCH?**  
Check out additional activities on cards:  
#540, #542

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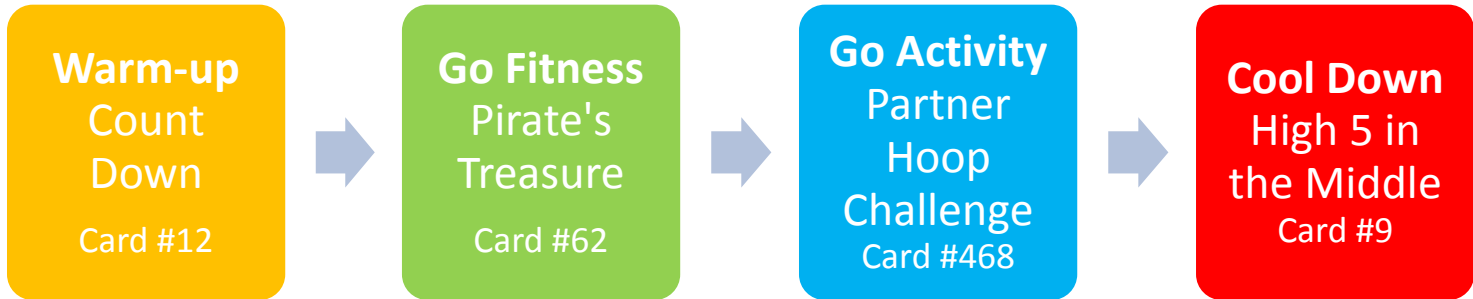
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## LESSON STRUCTURE



# HOOP



**Equipment Needed:**  
Bean Bag, Hoop, Poly Spots

**Want more CATCH?**  
Check out additional activities on cards:  
#466, #542

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## LESSON STRUCTURE





# VOLLEYBALL



## Equipment Needed:

Ball, Cones, Rope (optional), Music  
(optional)

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Check out additional activities on cards:  
#212, #593

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## LESSON STRUCTURE



# FITNESS CHALLENGE/SCARF



## Equipment Needed:

Cones, Scarves, Music (optional)

## Want more CATCH?

Check out additional activities on cards:

#70, #314

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