

# CATCH PE: Resources for the Physical Educator

Launch your own initiative against childhood obesity and promote living a healthy active lifestyle with CATCH PE.

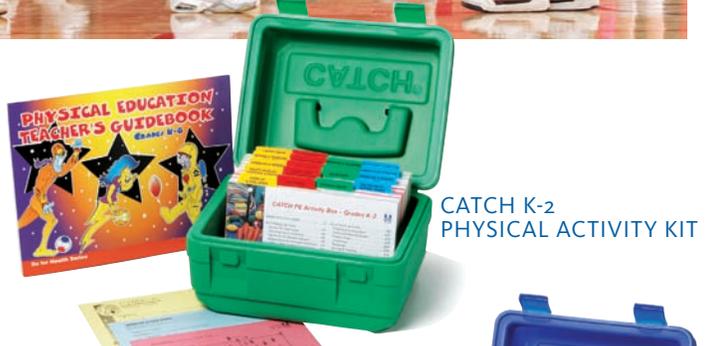


CATCH PE is a developmentally appropriate physical education program that reinforces movement skills, sports involvement, physical fitness, social development, skill competency, and cognitive understanding about the importance of lifelong physical activity.

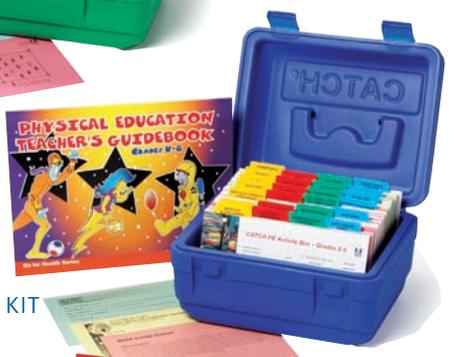
CATCH PE instruction is designed to increase motivation and participation in moderate-to-vigorous physical activity (MVPA) while emphasizing non-elimination games for K-8 children of all skill levels. Research has demonstrated the benefits of MVPA in preventing chronic diseases such as obesity, heart disease, and diabetes.

### CATCH PE ACTIVITY KIT INSTRUCTION WILL:

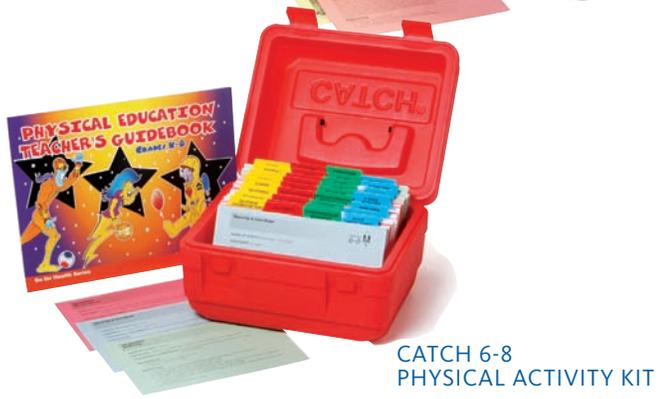
- » Provide 300+ unique non-elimination activities that engage students in fun and motivating age-appropriate activities
- » Provide meaningful movement experiences and themes that target individual fitness and the skill level of all learners
- » Increase MVPA in physical education class
- » Support and easily integrate into your existing PE program curriculum
- » Maximize time on task and learning opportunities
- » Promote adequate amounts of physical activity now and throughout life



CATCH K-2  
PHYSICAL ACTIVITY KIT



CATCH 3-5  
PHYSICAL ACTIVITY KIT



CATCH 6-8  
PHYSICAL ACTIVITY KIT



CATCH PE Supports U.S. and Canadian best-practice models for quality physical education.

**Call us at 855.500.0050 and speak to a CATCH Team member today!**

# CATCH PE: Activity Kits

Every CATCH Activity Kit comes with a guidebook and CATCH Activity Box containing color coated tab sections and 300+ activity cards. Activities include: Cool-Downs; Go Fitness; Cardio Efficiency; Aerobic Games; Muscular Strength; Endurance; Flexibility; and Limited Space Activities.



- » CATCH PE K-2 has over 300 activities which introduce children to a variety of essential movement concepts and fundamental skill themes. Lessons are fun and help children acquire the fundamental competencies that are the foundation for more complex skill mastery.
- » CATCH PE 3-5 includes 500 activities which expand the range of skill themes and physical fitness activities challenging children to learn in more complex movement environments. Lesson structure maximizes skill practice and opportunities to learn, so that children increasingly become competent in many movement forms and achieve mastery in others.
- » CATCH PE 6-8 has 400 activities which build on the foundation of the elementary years and expose middle school students to various lifetime sports, fitness, and recreational-related activities. Youngsters are able to explore new adventures, as well as, refine traditional sport skills through more complex simulated game challenges.



## CUSTOM EQUIPMENT PACKAGES AVAILABLE

We offer a variety of equipment packages to support your CATCH Program. We suggest you take an equipment inventory at your site, give us a call, and we'll help you figure out exactly what you'll need. We offer equipment packages large and small, and can make custom sets to fit your specific facility needs and class sizes.

# CATCH Kids Club

Handy teaching tools and activities to incorporate into your classroom curriculum for all age groups

CATCH Kids Club is a physical activity and nutrition education program designed for elementary school-aged children (grades K-5). CATCH Kids Club is composed of nutrition education materials (including snack activities) and a physical activity component. The program is designed in a format that makes it easy for staff to implement and enjoyable for all.

- » CATCH Kids Club Activity Box includes 325 - 5" x 8" activity cards for grades K-5. Each card gives detailed instruction for fun activities that keep kids moving. All games are non-elimination. CATCH Kids Club equipment coordinates with the activity cards.
- » CATCH Kids Club Nutrition Manual features easy-to-teach sessions with stories, rhymes, games, and songs. Handouts, nutritional facts, 5 large posters, and food label information are part of the teaching aids. Home Letters in both English and Spanish help to reinforce positive behavior at home.



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