



CATCH PE TEKS Alignment

The CATCH Physical Education activities are a “celebration of learning.” Through CATCH games, fitness related activities and play; children learn to be active and healthy learners for a lifetime. The four CATCH PE objectives ensure that all children will enjoy the learning process, have numerous opportunities to practice and learn physical and cognitive skills within multiple contexts, in an active and high energy environment, and use their newly acquired skills to be healthy each day for a lifetime. The purpose of this document is to demonstrate CATCH PE’s compatibility with the Texas Essential Knowledge and Skills (TEKS) for Physical Education in grades K-5.

Enclosed you will find the CATCH Physical Education TEKS Conversions forms for the K-2 and 3-5 activity boxes. The activities are listed alphabetically under the major headings WARM-UP, GO FITNESS and GO ACTIVITY. Each activity has at least one TEKS performance standard associated with each grade level (K-5 and 3-5). The TEKS standard corresponds to the primary focus of the activity. For instance, warm-up/cool-down and fitness activities are aligned primarily with TEKS from the Physical Activity and Health section. Activities and games from the GO ACTIVITY section usually have a significant movement component and are thus matched to the TEKS from the Movement Competencies section. However, if it was apparent that an activity more closely related to a performance standard in another area, that standard was used as the primary TEKS standard.

The suggested alignment of CATCH PE activities and TEKS standards are appropriate examples that match the instructional intent of the activity with the performance standard defined. However, they are not a complete accounting of the TEKS that could align with the activities. For instance, Glue & Stretch (card #277) is an activity in the GO FITNESS section of the CATCH 3-5 activity box. Briefly, the activity requires children to alternately follow one another within a designated area and stop on command. The leader then demonstrates an appropriate flexibility exercise, as their partner mimics the stretch, for a muscle or muscle group identified by the teacher. In its basic form, it is a warm-up/cool-down activity with a flexibility component. Thus, for the 4th grade, TEKS performance standards 4.3C and 4.4F in the Physical Activity and Health section were aligned with this activity. Yet, based on commands from the teacher, this game can be extended to incorporate numerous additional TEKS standards.

The teacher may direct the children to change partners and find someone they have never played with before; use skipping as the mode of travel; and freeze and balance on one foot for 5 seconds prior to leading a stretch. During the stretch, the teacher could ask the children why slow progressive stretching is safer than ballistic stretches. The addition of these requirements corresponds to multiple TEKS standards in the Movement (4.1C, 4.1E), Physical Activity and Health (4.3C, 4.3D, 4.4F, 4.5D) and Social (4.6B, 4.7A, 4.7D) sections.

This is just one example of how Glue & Stretch could be modified to provide a variety of experiences for the learner. Incorporating manipulative skills (e.g., dribbling, throwing and catching to self, balancing a ball on a racquet while moving) and additional movement criteria (e.g., write your name on the floor by hopping, turn quickly on a drum beat) would further increase the number of TEKS addressed by this single activity. Thus, considering the number of CATCH activities in each box, the possibilities for addressing the TEKS standards through the CATCH PE materials are almost limitless.

This document was prepared to demonstrate how the CATCH PE activities address the TEKS performance standards. The ultimate decision of what activity is used to teach specific knowledge and skills to a child is the responsibility of the teacher. Regardless of the type of curriculum or resources used, instruction is equally important to the activity. Physical education lessons should be planned and delivered with developmentally appropriate and quality instructional practices as outlined in “outcomes documents” such as those published by the American Alliance for Health, Physical Education, Recreation and Dance, the National Association for Sport and Physical Education, and the Texas Association for Health, Physical Education, Recreation and Dance.

CATCH PE is an instructionally robust resource that may be used to meet the TEKS performance standards. It can stand alone as a curriculum if a district decided to create its own curriculum framework, scope and sequence, and assessment standards. It’s flexible, can blend into existing programs, and is in line with contemporary pedagogical theory and practice.



CATCH Physical Education TEKS Conversions (Kinder - 2nd Grade Activity Box)

WARM-UP ACTIVITIES K-2

Name of Activity	#	Section	Kindergarten	First Grade	Second Grade
Alphabet Walk	11	Warm-Up/Cool-Down	K.1A	1.1A	2.1A
Fast Walk	6	Warm-Up/Cool-Down	K.1C	1.1B	2.1D
Go Fish	9	Warm-Up/Cool-Down	K.1F	1.1A	2.1C
Let's Get Together	8	Warm-Up/Cool-Down	K.1A	1.1D	2.1J
Nice to Meet You	10	Warm-Up/Cool-Down	K.2A, K.7B	1.7B	2.1D
Partner High 5 Together	12	Warm-Up/Cool-Down	K.1A, K.5D	1.1A	2.1A
People Dodge	4	Warm-Up/Cool-Down	K.1C	1.1B	2.1D
Simon Says	5	Warm-Up/Cool-Down	K.1B	1.1C	2.1G
Skitter Skatter	13	Warm-Up/Cool-Down	K.1A	1.1A	2.1A
Sticky Popcorn	15	Warm-Up/Cool-Down	K.1A	1.1A	2.1A
The S Trail	7	Warm-Up/Cool-Down	K.1A	1.1A	2.1C
The Snake Trail/Double Circle/"X"	16	Warm-Up/Cool-Down	K.2A, K.5B	1.1C	2.1A, 2.2A
Walking Talking Spelling Bees	14	Warm-Up/Cool-Down	K.1B	1.1A	2.1C

GO FITNESS K-2

Name of Activity	#	Section	Kindergarten	First Grade	Second Grade
Automobile	57	CATCH'em Quick	K.1B	1.1E	2.1K
Bendables	166	Limber Limbs	K.3A	1.3A	2.3A
Blob Tag	113	Aerobic Games	K.1G	1.1B	2.1H
Body Part Tag	104	Aerobic Games	K.5A	1.5A	2.5E
Count Down	59	CATCH'em Quick	K.3C	1.3C	2.3C
Crabs & Seagulls	127	Mighty Muscles	K.3B	1.1B	2.1C
Critter Crackers	131	Mighty Muscles	K.2B	1.1B	2.1D
Crows And Cranes	116	Aerobic Games	K.5A, K.7C	1.5A, 1.7A	2.5A
Double Agents	112	Aerobic Games	K.1B	1.1A	2.1A
Dragon's Tail	119	Aerobic Games	K.1A	1.1D	2.1B
Elbow Tag	118	Aerobic Games	K.1C	1.6B	2.1B, 2.6A

GO FITNESS (continued) K-2

Name of Activity	#	Section	Kindergarten	First Grade	Second Grade
Fancy Feet	62	CATCH'em Quick	K.7A	1.6B	2.1B, 2.6B
Find The Treasure	100	Aerobic Games	K.3A, K.7A	1.7B	2.2B
Fitness Tag	120	Aerobic Games	K.6B	1.6B	2.6A
Foot Tag	106	Aerobic Games	K.2A	1.4C	2.6B, 2.7A
Frogs, Flies & Lily Pads	128	Mighty Muscles	K.1D, K.3D	1.1D, 1.7B	2.7B
Go Activity Tag	101	Aerobic Games	K.6B	1.1A, 1.5A, 1.7B	2.1B
Heart Healthy Hiking	54	CATCH'em Quick	K.7A	1.1B	2.1B, 2.6A
Hibernation	124	Mighty Muscles	K.1A, K.3B	1.1B, 1.3B	2.2B, 2.3B
Keeping Your Flock	108	Aerobic Games	K.1F, K.3C	1.1D, 1.3D	2.3C, 2.6B
Let's Stick Together	167	Limber Limbs	K.3C, K.7B	1.1B, 1.3C	2.3C, 2.6A
Limber Letters	168	Limber Limbs	K.5B, K.7B	1.7B	2.6B
Limber Limbs Stretching Stations	172	Limber Limbs	K.1A, K.7B	1.7B	2.1B, 2.6B
Locomotion Commotion	110	Aerobic Games	K.1A, K.5A	1.1A, 1.5A, 1.7B	2.6A
Mighty Muscles Strength Stations	135	Mighty Muscles	K.1B, K.5B, K.7A	1.6B	2.1B, 2.7B
Musical Hoops	65	CATCH'em Quick	K.2A, K.3A, K.7B	1.1C, 1.7B	2.7B
Octopus Tag	98	Aerobic Games	K.1A, K.4A, K.7A	1.3B, 1.7A	2.1A, 2.7A
Partner Dodge	97	Aerobic Games	K.1A, K.3C	1.3C	2.1B, 2.3C
Picture This	67	CATCH'em Quick	K.1A, K.4C	1.4A	2.3D
Race & Reach	169	Limber Limbs	K.1C, K.5D	1.1C, 1.5C	2.1G, 2.5D
Rainbow Crossing	107	Aerobic Games	K.3D	1.1B, 1.3D	2.1G, 2.3D
Rum Pum Pum	53	CATCH'em Quick	K.1D, K.3D	1.2B, 1.3D	2.1N, 2.3D
See Ya' Later Alligator	115	Aerobic Games	K.1D, K.3D	1.1C, 1.3D	2.3D
Shaping Up	60	CATCH'em Quick	K.1D, K.3C	1.2B, 1.3D	2.1E, 2.3D
Short Story Stretching	171	Limber Limbs	K.3A	1.3A	2.3A
Side-by-Side Tag	102	Aerobic Games	K.1C, K.3C	1.2A, 1.3C	2.2B, 2.3C
Squirm, Wiggle, Jiggle	56	CATCH'em Quick	K.1C, K.3C	1.2A, 1.3C	2.2B, 2.3C
Stretch Routine	164	Limber Limbs	K.1C, K.7B	1.1D	2.1J
Stunt Double Tag	111	Aerobic Games	K.1C, K.3C, K.7B	1.3C, 1.7B	2.3C
The Sky is Falling	130	Mighty Muscles	K.1B, K.4A, K.6B	1.1D, 1.3B, 1.6B	2.3A, 2.7A
Tunnel Train	133	Mighty Muscles	K.2B, K.3C	1.1D, 1.3C	2.1C, 2.3C
Wylie/Wilma & The Hairy Monster	114	Aerobic Games	K.2A, K.3C, K.6A	1.1C, 1.3C, 1.6A	2.3C

GO ACTIVITY

K-2

Name of Activity	#	Section	Kindergarten	First Grade	Second Grade
3 Flies Up	383	Throwing & Catching	K.1F	1.1C	2.1F
A' My Name Is	227	Dribbling & Passing	K.1A	1.2A	2.1N
Agility Run	321	Moving & Traveling	K.2B	1.2A	2.1N
Automobeat	339	Rhythm Activities	K.2B	1.2A	2.1N
Balance Trains	322	Moving & Traveling	K.2B	1.1D	2.1N
Ball Handling Skills	204	Dribbling & Kicking	K.2B	1.1D	2.1N
Ball Handling Skills	222	Dribbling & Passing	K.2B	1.1D	2.1N
Balloon Paddle Power	350	Striking & Volleying	K.1A, K.7B	1.2A	2.1F
Beanbag Bucket Brigade	385	Throwing & Catching	K.1F	1.1D	2.1N
Beanbag Buddies	376	Throwing & Catching	K.1H	1.1A	2.1N
Beanbag Tag	373	Throwing & Catching	K.1B	1.1D	2.1N
Body Balance	328	Moving & Traveling	K.1H	1.1F	2.1E
Buddy Paddle Poser	353	Striking & Volleying	K.1H	1.2B	2.1C
Busy Bee 'n Bag	367	Throwing & Catching	K.1H	1.1F	2.1N
Can you....?	275	Jump Rope Activities	K.1A, K.1B	1.1A	2.1A
Carpool Tag	250	Hoop Activities	K.1A, K.1B	1.1A	2.1A
Catch-up Chase	325	Moving & Traveling	K.1B, K.7B	1.1D	2.1N
Circle Step Back	380	Throwing & Catching	K.2B	1.1A	2.1N
Circulation	231	Dribbling & Passing	K.1A, K.7B	1.7A	2.6A
Dribble Math	242	Dribbling & Passing	K.6B	1.6B	2.6A
Dribblers and Defenders	234	Dribbling & Passing	K.1A	1.1A	2.6A
Every Which Way	319	Moving & Traveling	K.7A	1.1D	2.2B
Fake It	326	Moving & Traveling	K.7A	1.1D	2.2B
Feel the Beat	336	Rhythm Activities	K.1F	1.1H	2.1N
Ferryboats	358	Striking & Volleying	K.1F	1.1A	2.7B
Flap Jacks	355	Striking & Volleying	K.7A	1.1B	2.1F
Flee From Me	324	Moving & Traveling	K.1C	1.1C	2.A
Follow Me	278	Jump Rope Activities	K.7B, K.7B	1.7C	2.7B
Follow the Leader	233	Dribbling & Passing	K.1A	1.1A	2.1B
Follow-the-Leader Passing	238	Dribbling & Passing	K.7A	1.7B	2.1B
Freestyle	274	Jump Rope Activities	K.3D	1.1G	2.1G, 3D
Freeze Tag	236	Dribbling & Passing	K.3D	1.1G	2.1G, 2.3D
Frogs on the Lily Pads	347	Throwing & Catching	K.3D	1.3D	2.1M
Frozen Dribble	213	Dribbling & Kicking	K.7A	1.1B	2.1G

GO ACTIVITY (continued) K-2

Name of Activity	#	Section	Kindergarten	First Grade	Second Grade
Frozen Dribble	229	Dribbling & Passing	K.1A	1.1B	2.1G
Fruit Salad	397	Limited Space	K.6B	1.6B	2.1M
Gotta Wanna Beanbag	369	Throwing & Catching	K.7B	1.7A	2.1M
Hoop Beat	338	Rhythm Activities	K.7B	1.7A	2.1M
Hoop Go 'Round	249	Hoop Activities	K.6A	1.6A	2.1M
Hoop It Up	248	Hoop Activities	K.1F, K.5A	1.4C, 1.5A	2.1F
Hoop Jump	320	Moving & Traveling	K.3A	1.3A	2.3A
Hoop Stations	251	Hoop Activities	K.1C, K.3B, K.6A	1.1C, 1.3B, 1.6A	2.3A, 2.5A
Hotdog, Mustard, Relish	309	Parachute Activities	K.3A, K.5A, K.7A	1.3A, 1.5A 1.7A, 1.7B	2.5A, 2.7A, 2.7B
Indoor Fitness Trail	403	Limited Space	K.1C, K.2A, K.3C	1.1C, 1.3C, 1.3D	2.2A, 2.3C, 2.3D
Interval Running	307	Parachute Activities	K.5A	1.7A, 1.7B	2.1A, 2.7B
Islands	317	Moving & Traveling	K.1D, K.1F	1.1C, 1.2B, 1.3D	2.1E, 2.1G, 2.2B
Jackhammers	225	Dribbling & Passing	K.1H, K.5A	1.2A	2.1N
Jump The Circuit	280	Jump Rope Activities	K.3A	1.5A	2.1G, 2.1M
Keep Away	382	Throwing & Catching	K.7B	1.7B	2.6B
Kick for Accuracy	207	Dribbling & Kicking	K.3B	1.3B	2.3B
Kick for Distance	206	Dribbling & Kicking	K.3C	1.3C	2.3C
Kick-Kick	208	Dribbling & Kicking	K.3A	1.3A	2.3A
Kids in Space	318	Moving & Traveling	K.7B	1.7B	2.7B
Leapin' Lizards	330	Moving & Traveling	K.3A	1.3A	2.3A
Long Rope Jumping	273	Jump Rope Activities	K.7B, K.7C	1.1G	2.1G, 2.4A
Look Mom, No Hands!	226	Dribbling & Passing	K.2A	1.1B	2.1G
Lucky Guess	277	Jump Rope Activities	K.1A, K.1B	1.1A	2.1A, 2.1C
Me and My Beanbag	327	Moving & Traveling	K.1C, K.1F	1.1C	2.1D
Mirror, Mirror	329	Moving & Traveling	K.1D	1.1B	2.1G
Musical Ropes	279	Jump Rope Activities	K.3A	1.3A	2.3A
Parachute Warm-up-Balloon	303	Parachute Activities	K.1D	1.1C	2.1E
Parachute Warm-up-Class Portrait	304	Parachute Activities	K.3A, K.3B	1.3A, 1.3B	2.3A, 2.3B
Parachute Warm-up-Clubhouse	604	Parachute Activities	K.1B	1.1D	2.1B
Parachute Warm-up-Color Exchange	304	Parachute Activities	K.3A, K.3B	1.3A, 1.3B	2.3A, 2.3B
Parachute Warm-up-Diamond in the Bank	304	Parachute Activities	K.1A	1.1A	2.1A
Parachute Warm-up-Museum	305	Parachute Activities	K.1F, K.3A, K.6A	1.3A, 1.6A	2.3A
Parachute Warm-up-Punching Bag	303	Parachute Activities	K.1D	1.1C	2.5A
Parachute Warm-up-Save the Day	305	Parachute Activities	K.1C, K.3C, K. 7B K. 7C	1.1D, 1.3C	2.1J, 2.3C

GO ACTIVITY (continued) K-2

Name of Activity	#	Section	Kindergarten	First Grade	Second Grade
Parachute Warm-up-Umbrella	303	Parachute Activities	K.1A, K.7B	1.B, 1.1D, 1.7B	2.5A, 2.7B
Partner Catch	377	Throwing & Catching	K.1A, K.6A	1.1E, 1.1F, 1.6A	2.1K
Partner Challenges	402	Limited Space	K.1A, K.1B	1.1E, 1.1F	2.1A, 2.1K
Partner Dribble & Pass	214	Dribbling & Kicking	K.1F, K.7B	1.1B, 1.1E, 1.1F 1.7A	2.1F, 2.1K
Partner Dribble & Pass	230	Dribbling & Passing	K.1A, K.1B, K.7C	1.1A, 1.1B, 1.1C 1.7A	2.1A, 2.1K
Pass It On	223	Dribbling & Passing	K.1A, K.1B, K.3A K. 7B	1.1F, 1.1D, 1.3A 1.7A	2.3A, 2. 7B
Pass It On	399	Limited Space	K.3A, K.7B	1.1A, 1.1D, 1.3A 1.7B	2.1D, 2.3A
Passing Skills	237	Dribbling & Passing	K.1A, K.3A, K.7B	1.1A, 1.1D, 1.3A 1.7B	2.1A, 2. 3A
Popcorn	308	Parachute Activities	K.1F, K.3A, ..5A K.6A, K.7C	1.2A, 1.3A, 1.5A	2.1F, 2.3A, 2.5A 2.7B
Rhythmic Movements	337	Rhythm Activities	K.5A, K.3A, K.5B K.6B, K.7C	1.1D, 1.2A, 1.3A, 1.5A, 1.6B, 1.7B,	2.3A, 2.5A, 2.7A 2.7B
Round and Round the Hoop	247	Hoop Activities	K.1F, K.1H, K.5A K. 5B, K. 6A, K.7C	1.2A, 1.5A, 1.6A	2.1F, 2. 5A
Scatter Square Dancing	343	Rhythm Activities	K.1A, K.3A, K.5A K.7B	1.2A, 1.3A, 1.7A 1.7B	2.5A, 2.7B
See Me Flee	323	Moving & Traveling	K.1C, K.5A, K. 3A K. 7B	1.1C, 1.1D, 1.3A 1.5A, 1.7B	2.3A, 2.5A, 2.7A 2.7B
Shooting Star	375	Throwing & Catching	K.1A, K.1B, K.5A K.6B, K.7C, K.7A	1.1A, 1.5A, 1.7A 1. 7B	2.5A, 2. 7B
Snakes	276	Jump Rope Activities	K.6B	1.1H	2.1A, 2.1M, 2.5A
Sock It To Me	400	Limited Space	K.1A	1.1A	2.1A
Solo Catch	372	Throwing & Catching	K.1H, K.5A, K.7C	1.1H	2.3A, 2.5A
Spinning Wheel	306	Parachute Activities	K.1H	1.1H	2.1D, 2.1
Spotlight Dance	311	Parachute Activities	K.1B, K.7A	1.6A, 1.6B	2.1B, 2.1K
Stationary Rope	271	Jump Rope Activities	K.1F	1.1H	2.2A
Sunbeam	310	Parachute Activities	K.1F	1.1D	2.1F
Swiss Cheese Parachute Activities	312	Parachute Activities	K.7C	1.1H	2.5A, 2.7B
Take a Stroll	341	Rhythm Activities	K.1B	1.1F, 1.7B	2.1J, 2.1K, 2.1L
Team Passing	211	Dribbling & Kicking	K.7A-C	1.5A	2.1N, S.SA
Team Passing	240	Throwing & Catching	K.1H, K.7B	1.1H	2.7A
Team Shapes	388	Throwing & Catching	K.7B	1.1H, 1.7B	2.1F, 2. 7A
The Rhythm Train	340	Rhythm Activities	K.7B	1.1H, 1.7B	2.1J, 2.1K, 2.1L
The Snake Trail/Double Circle/"X"	393	Limited Space	K.7B	1.7B	2.1C
Throw for Distance	371	Throwing & Catching	K.1B, K.K4	1.1F	2.1C
Triangle Pass	209	Dribbling & Kicking	K.1A	1.1B, 1.4D	2.4D
Tumbleweeds	360	Striking & Volleying	K.1F, K.7B	1.7B	2.1F
Under Control	205	Dribbling & Kicking	K.6B	1.1H	2.3A
Under Control	228	Dribbling & Passing	K.6A	1.3D	2.1J
Walk The Dog	357	Striking & Volleying	K.3D	1.3D	2.3D



Coordinated Approach
To Child Health



THE UNIVERSITY of TEXAS
HEALTH SCIENCE CENTER AT HOUSTON
SCHOOL OF PUBLIC HEALTH

CATCH Physical Education TEKS Conversions (3rd - 5th Grade Activity Box)

WARM-UP ACTIVITIES 3-5

Name of Activity	#	Section	Third Grade	Fourth Grade	Fifth Grade
Copy Cat	20	Warm-Up/Cool-Down	3.1I	4.1E	5.1B, 5.1L
Count Down	12	Warm-Up/Cool-Down	3.3D	4.4E	5.4A
Fast Walk	4	Warm-Up/Cool-Down	3.1A	4.1A	5.1B
Flash Fitness Fun	16	Warm-Up/Cool-Down	3.1B	4.1F, 4.3E	5.1B
Go Loco!	13	Warm-Up/Cool-Down	3.3B	4.4A	5.4A, 5.3A
High 5 in the Middle	9	Warm-Up/Cool-Down	3.3A	4.1C, 4.1H	5.4E
Huddle Up	18	Warm-Up/Cool-Down	3.7B, 3.7C	4.6B, 4.7D	5.6B, 5.7B
Mingle, Mingle	6	Warm-Up/Cool-Down	3.1A	4.1A	5.1B
Partner Jog	11	Warm-Up/Cool-Down	3.3B	4.4A	5.5B
Quick Draw	8	Warm-Up/Cool-Down	3.3A	4.3A	5.3A
Random Running	7	Warm-Up/Cool-Down	3.1B	4.1A	5.1B
The S Trail	5	Warm-Up/Cool-Down	3.1A	4.1A	5.1B
Two-Square Locomotion	14	Warm-Up/Cool-Down	3.4B	4.4A	5.4A
Whistle Fitness	17	Warm-Up/Cool-Down	3.1C	4.3E	5.4A

GO FITNESS 3-5

Name of Activity	#	Section	Third Grade	Fourth Grade	Fifth Grade
Ahoy Mates	123	Aerobic Rhythms	3.1H, 3.1I, 3.7C	4.1H, 4.5A	5.1H, 5.4A
Automobile	34	Quick Cardio Games	3.1B	4.1C	5.1B
Barker's Hoopla	59	Aerobic Games	3.6A, 3.6B	4.6A, 4.6B	5.6A, 5.6B
Bear Tag Crab Tag	237	Muscular Strength	3.3D	4.3D	5.4E
Bears to the Honey Pot	239	Muscular Strength	3.1A	4.1A	5.1A
Bench Aerobics	147	Bench Aerobics	3.1G	4.1G	5.1G
Blob Tag	32	Quick Cardio Games	3.6A	4.7D	5.6A
Boogie Down Circuit	112	Aerobic Rhythms	3.1I	4.1I	5.1I
Boulder Ball	241	Muscular Strength	3.1E	4.2B	5.1E

CATCH Program www.CATCHTexas.org

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Name of Activity	#	Section	Third Grade	Fourth Grade	Fifth Grade
Card Caper Choreography	114	Aerobic Rhythms	3.1I	4.1I	5.1I
Card Run	71	Aerobic Games	3.2B, 3.3B	4.2B, 4.4B	5.2C, 5.5B
CATCH Cardio Course	44	Quick Cardio Games	3.3B	4.3A, 4.3E	5.4A
CATCH Cardio Kids	350	Fitness Challenges	3.3E	4.3F	5.3C
CATCH Geography Mileage Challenge	347	Fitness Challenges	3.3B, 3.5D	4.4A, 4.4B, 4.4F 4.5D	5.4A, 5.4D, 5.5H 5.5C, 5.5D
CATCH Mighty Amigos Strength Stations	245	Muscular Strength	3.3A	4.4B	5.3A
Computer Virus	73	Aerobic Games	3.1J	4.2A	5.2B
Cone Crazy	42	Quick Cardio Games	3.5A	4.5A	5.5A
Crows & Cranes	37	Quick Cardio Games	3.3A, 3.3B	4.3B	5.4A, 5.4B
Deal Me In	75	Aerobic Games	3.3D	4.4B, 4.4C	5.4C, 5.4E
Dicer-er-cise	242	Muscular Strength	3.3D	4.4C	5.4C
Double Tag	33	Quick Cardio Games	3.A1, 3.7B	4.1A	5.4D
Double Trouble	182	Jump Rope	3.1C, 3.3A	4.1D, 4.3A	5.1E, 5.3A
Dragon's Tail	63	Aerobic Games	3.3B	4.3B	5.4B
Dynamite Diet Fitness Shopping	312	Go, Slow, & Whoa	3.4C	4.4D, 4.4E	5.4F
Elbow Tag	28	Quick Cardio Games	3.4B	4.4A	5.4A
Figure It	180	Jump Rope	3.1I, 3.3A	4.1F, 4.3A	5.1J, 5.1E, 5.3A
Find the GO Food	316	Go, Slow, & Whoa	3.1A	4.1A	5.1B
Fire Brigade	78	Aerobic Games	3.7A	4.7A	5.7A
Fitness Tag	61	Aerobic Games	3.3D	4.3E	5.5E
Fitness Trek Day	339	Fitness Challenges	3.3/4/5	4.3/4/5	5.3/4/5
Flash Fitness Flexibility Stations	284	Flexibility	3.3C	4.3C, 4.3D	5.3B, 5.4E
Flexibility Switcharoo	280	Flexibility	3.1A, 3.1B, 3.3C	4.1A, 4.3C, 4.3D	5.3B, 5.4E
Follow & Flex	278	Flexibility	3.3C	4.3C, 4.3D	5.3B, 5.4E
Follow Me	179	Jump Rope	3.1I, 3.3A	4.1F, 4.3A	5.3A
Food Fat Tag	315	Go, Slow, & Whoa	3.7B, 3.7C	4.7B, 4.7D	5.7B, 5.7C
Frequent Flyer	40	Quick Cardio Games	3.4B	4.3B, 4.3E	5.4C, 5.4A
Glue & Stretch	277	Flexibility	3.3C, 3.3D	4.3C, 4.4F	5.5C
Go Food Fitness	308	Go, Slow, & Whoa	3.4C	4.4D, 4.4E	5.4F
Go For Health Jump Rope Challenge	186	Jump Rope	3.1I	4.1F	5.1J, 5.1E
Grid Tag	36	Quick Cardio Games	3.6A	4.7B	5.6A
Home Zone Tag	29	Quick Cardio Games	3.3E	4.3E, 4.3F	5.3A, 5.3B
Hot Feet	77	Aerobic Games	3.1C, 3.1J, 3.5A	4.2A, 4.2A, 4.5A	5.1K, 5.5A

Name of Activity	#	Section	Third Grade	Fourth Grade	Fifth Grade
I Need a Pizza	119	Aerobic Rhythms	3.1H, 3.1I, 3.7C	4.1H, 4.5A	5.1H, 5.4A
It's In The Cards	184	Jump Rope	3.1I, 3.3A	4.1I, 4.3A	5.1J, 5.1E, 5.3A
Jump The Circuit	185	Jump Rope	3.1I, 3.3A	4.1I, 4.3A	5.1J, 5.1E, 5.3A
Lucky Guess	181	Jump Rope	3.1I, 3.3A	4.1F, 4.3A	5.1J, 5.1E, 5.3A
Lumos	80	Aerobic Games	3.3B	4.4B	5.4A
Mini Kickball	66	Aerobic Games	3.1J, 3.2B	4.2B, 4.2D	5.2B, 5.2D
Musical Hoops	39	Quick Cardio Games	3.6A	4.7B, 4.7D	5.6B, 5.7C
Musical Ropes	183	Jump Rope	3.1I, 3.4A, 3.4B	4.1F, 4.4A	5.1J, 5.1E, 5.4A
Partner Pump It Up Push Up Challenges	232	Muscular Strength	3.3D	4.3E	5.4C, 5.4E
Pass The Hat	70	Aerobic Games	3.7C	4.7D	5.7C
People Dodge	276	Flexibility	3.3C, 3.3D	4.3C, 4.4F	5.5C
Pirates' Treasure	62	Aerobic Games	3.7B	4.7B	5.7B, 5.7C
Pump It Up Push Up Challenges	230	Muscular Strength	3.3D, 3.5D	4.3E, 4.5D	5.3E, 5.5D
Push-Up Tic-Tac-Toe	234	Muscular Strength	3.3D, 3.5D	4.3E, 4.5D	5.3E, 5.5D
Pyramid Power	317	Go, Slow, & Whoa	3.4C	4.4D, 4.4E	5.4F
Race Day!	68	Aerobic Games	3.1I, 3.3A	4.1H, 4.3A	5.1J, 5.3A
Salad Bar	310	Go, Slow, & Whoa	3.2B, 3.4C	4.2B, 4.4D, 4.4E	5.2B, 5.4F
Scatter Square Dancing	110	Aerobic Rhythms	3.1I	4.1I	5.1I
See Ya Later Alligator	64	Aerobic Games	3.3A	4.3A	5.3A
Snake in the Grass	43	Quick Cardio Games	3.3C	4.1A	5.1B
Statue Garden	116	Aerobic Rhythms	3.1E	4.1E, 4.6B	5.6B
Steel Abs Challenges	235	Muscular Strength	3.3D	4.3E	5.3B
Stop & Drop	238	Muscular Strength	3.3D	4.3E	5.4C, 5.4E
Stop & Stretch	279	Flexibility	3.3C	4.3C	5.3B, 5.4E
Stretch Routine	273	Flexibility	3.3C	4.3C	5.3B, 5.4E
Stretch-er-cise	281	Flexibility	3.3C	4.3C	5.3B, 5.4B
Sunny Day	275	Flexibility	3.3C	4.3C, 4.3D	5.3B, 5.4C
Vamos a la Playa	121	Aerobic Rhythms	3.1H, 3.1I, 3.7C	4.1H, 4.5A	5.1H, 5.4A
Veins & Arteries	30	Quick Cardio Games	3.4A	4.4E	5.4A
Whoa Food Tag	314	Go, Slow, & Whoa	3.4C	4.4D, 4.4E	5.4F
Whoa Sweets	306	Go, Slow, & Whoa	3.4C	4.4D, 4.4E	5.4F
Zoo Meringue	117	Aerobic Rhythms	3.1H, 3.1I, 3.7C	4.1H, 4.5A	5.1H, 5.4A

GO ACTIVITY

3-5

Name of Activity	#	Section	Third Grade	Fourth Grade	Fifth Grade
1st and 10	452	Football	3.1A	4.1A	5.2D
4 Downs	455	Football	3.1J	4.2A	5.2D
4-Court Volleyball	596	Volleyball	3.2B,3.4B	4.1B, 4.1K, 4.4C	5.1A, 5.1B, 5.5C 5.6A
All Together	574	Tennis	3.2B, 3.5A, 3.3E, 3.6B, 3.7A	4.1K, 4.2D, 4.5A 4.7D	5.1L, 5.2D, 5.3C 5.5A, 5.7C
All-Run Flying Disc	433	Flying Disc	3.1J, 3.1B	4.2A, 4.1B	5.1A
All-Run Soccer	525	Soccer	3.1J	4.1K	5.1K
All-Run Softball	549	Softball	3.1C	4.2D	5.2D
Around the World	379	Basketball	3.1A	4.1A	5.1K
Big League Softball Skill Stations	552	Softball	3.1J, 3.1C	4.1K, 4.2A	5.1K, 5.1L
Black Ice	403	Floor Hockey	3.1J	4.1K	5.1K
Block That Kick	457	Football	3.1J	4.1K	5.1K
Break Away	410	Floor Hockey	3.2B, 3.1A, 3.5A 3.5B	4.1K, 4.2C, 4.5A 4.5B	5.1K, 5.2D, 5.5A 5.5C, 5.6A, 5.7A
Bull's-Eye	428	Flying Disc	3.1J	4.2A	5.1C
Bump and Boogie	588	Volleyball	3.1A, 3.1J	4.2A, 4.1K	5.2B, 5.1L
Can't Touch This	385	Basketball	3.1A	4.1K	5.1K
Castles	509	Soccer	3.1J	4.2D	5.1K
CATCH Cup Soccer Skill Stations	528	Soccer	3.1J	4.1K	5.1K
Caterpillar	570	Tennis	3.5A, 3.7B, 3.6B	4.5A, 4.6B	5.1B
Centering Pass	518	Soccer	3.1A	4.1K	5.1A
Circle Keep-it-Up	589	Volleyball	3.1A	4.2A	5.2B
Circle Soccer	512	Soccer	3.1J	4.1K	5.1K
Cleaning House	383	Basketball	3.1J	4.1K	5.1K
Come and Get It	514	Soccer	3.4B	4.1K	5.1K
Crease to Crease	413	Floor Hockey	3.1A	4.2D	5.2B
Doubles (Partner Racket Skills)	562	Tennis	3.1C, 3.2B	4.1B, 4.2C	5.2D
Down & Around	572	Tennis	3.1A, 3.3A, 3.3E 3.7B	4.1K, 4.4C, 4.6B	5.1L, 5.5A, 5.7A
Dribble Tag	386	Basketball	3.3B	4.1A	5.3A
Eight-Person Softball	546	Softball	3.1J	4.2A	5.1K
Endangered Species	566	Tennis	3.1J	4.1A	5.1F
Fast Break	378	Basketball	3.1A	4.1A	5.1K
Fitness Bowl Football Skill Stations	459	Football	3.1J	4.1K, 4.2A	5.1K
Fitness Football	450	Football	3.1A, 3.7A,	4.1A, 4.6A, 4.7D	5.1A, 5.1B, 5.1L
Five CATCH Keep Away	388	Basketball	3.1J	4.1K	5.1A, 5.1K

GO ACTIVITY (continued) 3-5

Name of Activity	#	Section	Third Grade	Fourth Grade	Fifth Grade
Flying Disc Golf	432	Flying Disc	3.1J	4.2A	5.1C
Four Corner Drill	384	Basketball	3.1J	4.1K	5.1K
Freeze & Pivot	377	Basketball	3.1A	4.1A	5.1L
Full Court Basketball Skill Stations	391	Basketball	3.1J	4.1K, 4.1B	5.1K, 5.1L, 5.1A
Gather Around	587	Volleyball	3.1A, 3.2B	4.1K, 4.1F	5.1L, 5.2B
Georgia Brown Passing Challenges	375	Basketball	3.1J	4.1B	5.1L
Go For the Goal	445	Football	3.1E	4.2A	5.1L
Gold Medal Volleyball Skill Stations	584	Volleyball	3.2B, 3.1A, 3.5A 3.3C, 3.6B	4.1K, 4.2D, 4.5A 4.7A	5.1K, 5.1L, 5.2A 5.5A, 5.5B, 5.3C
Golden Goal (Dribbling/Pass/Shoot)	506	Soccer	3.1I	4.1K	5.1K
Grand Slam Tennis Skill Stations	576	Tennis	3.1J, 3.2A-B, 3.5A	4.1K, 4.2A, 4.2C-D	5.1C, 5.2A-C
Ground Ball Circulation	541	Softball	3.1J	4.2A	5.1L
Ground Ball Pursuit	538	Softball	3.1J	4.2A	5.1L
Grounders and Sliders	539	Softball	3.1J	4.2A	5.1K
Group Hoop Challenges	470	Plastic Hoop	3.6B	4.7A	5.7A
Hat Trick	407	Floor Hockey	3.1A	4.1K	5.1K
Hit & Run	548	Softball	3.2D, 3.5C		5.1K, 5.5C
Hit The Beach Volleyball Skill Stations	599	Volleyball	3.1A, 3.1B, 3.5B 3.7A	4.1D, 4.1F, 4.3A 4.3F, 4.7D	5.1C, 5.2B, 5.4C 5.3C, 5.6A
Homer Ball	544	Softball	3.1J	4.1K	5.1L
Hoop Ball	382	Basketball	3.1J	4.1K	5.1K
Hoop It Up - Ball Handling Skills	371	Basketball	3.1G	4.1J	5.1K
Hoop Serve	590	Volleyball	3.1J	4.2A	5.2D
Hoop Stations	471	Plastic Hoop	3.1D	4.5A	5.5A
Hot Tamale	523	Soccer	3.1J	4.1K	5.1K
Hotdog, Mustard, Relish	495	Parachute	3.4A, 3.4B	4.3E	5.4A
I Got Game - Dribbling Skills	373	Basketball	3.1J, 3.2B, 3.7B	4.1K, 4.2C	5.1K, 5.2C
Ice Machines	408	Floor Hockey	3.1A	4.1A	5.1C
In a Pickle	543	Softball	3.1J	4.2A	5.1K
Individual Hoop Challenges	466	Plastic Hoop	3.1D	4.1G	5.1G
Interval Running	493	Parachute	3.4B	4.4A	5.4A
Keep Away (2 on 1)	431	Flying Disc	3.1J	4.1B	5.1A
Kick Away	517	Soccer	3.1J	4.2B	5.2B
Kickoff Return	453	Football	3.1B	4.2A	5.2B

GO ACTIVITY (continued) 3-5

Name of Activity	#	Section	Third Grade	Fourth Grade	Fifth Grade
Leaning Tower of Pizza	568	Tennis	3.1A, 3.2B	4.2C	5.7D, 5.7C
Leapfrog Passing Relay	404	Floor Hockey	3.2B	4.2C	5.1C
Long Ball	545	Softball	3.1J	4.1K	5.1L
Long Bomb	448	Football	3.1C	4.1B	5.1K
Newcomb	592	Volleyball	3.1J	4.1B	5.1K
One-Bounce Volleyball	593	Volleyball	3.1A	4.1K	5.1L
One-on-One Showdown	409	Floor Hockey	3.1A, 3.2B, 3.5A	4.1A, 4.2C, 4.2D 4.5A, 4.7A, 4.7B	5.1K, 5.2D, 5.1C 5.5A, 5.6A, 5.7A
One-on-One Soccer	521	Soccer	3.1J	4.2B	5.2D
Open Ice Floor Hockey Skill Stations	415	Floor Hockey	3.1A, 3.1J, 3.2B 3.5A, 3.5B, 3.6A	4.1A, 4.2B, 4.5D 4.7A	5.1C, 5.2D, 5.5A 5.5B, 5.6A
Out for a Pass	425	Flying Disc	3.1J	4.2D	5.2D
Over the Line	389	Basketball	3.1J	4.1K	5.1K
Para Jaws	496	Parachute	3.7A	4.7D	5.7C
Parachute Cool-Down	499	Parachute	3.7C	4.6B	5.6B
Parachute Warm-up	490	Parachute	3.3D, 3.7A	4.3E, 4.7A	5.4E, 5.7A
Partner Hoop Challenges	468	Plastic Hoop	3.1E	4.1F	5.1E
Partner Jog w/ Flying Disc	427	Flying Disc	3.4B	4.3E	5.3A
Pass and Follow	426	Flying Disc	3.1J	4.2D	5.2D
Pass Back	424	Flying Disc	3.1J	4.2A	5.1K
Passing Tag	387	Basketball	3.3B	4.3E	5.1L
Popcorn	492	Parachute	3.3A, 3.4A, 3.7A	4.3A, 4.4C	5.6B, 5.7A
Pre-Game Warm-up	443	Football	3.1J	4.1K	5.1K
Random Grid Passing	380	Basketball	3.1J	4.1K	5.1L
Rapid Fire	405	Floor Hockey	3.2B, 3.5A	4.2C, 4.5A	5.2D, 5.5A
Repair the Ozone	429	Flying Disc	3.1J	4.2A	5.1C
Shark	516	Soccer	3.2A	4.1K	5.1K
Shooting Stars	511	Soccer	3.1J	4.1K	5.1K
Singles (Individual Racket Skills)	560	Tennis	3.5A	4.6B	5.5A
Soccer Mini Kickball	519	Soccer	3.1J	4.2D	5.2D
Soccer Musical Hoops	508	Soccer	3.1A	4.1A	5.2C
Softball Step Back	536	Softball	3.1J	4.1K	5.1K
Softball Virginia Reel	540	Softball	3.1B, 3.1J	4.1B	5.1K
Spinning Wheel	494	Parachute	3.3D	4.3E	5.4E

GO ACTIVITY (continued) 3-5

Name of Activity	#	Section	Third Grade	Fourth Grade	Fifth Grade
Statues of Liberty	446	Football	3.1E	4.1A	5.1A
Strike Out	542	Softball	3.1J	4.2A	5.1K
Super Stick Handling Skills	399	Floor Hockey	3.1A, 3.5A	4.1K, 4.5A	5.1K, 5.5A
Sweet Feet Ball Handling	504	Soccer	3.2A, 3.1J	4.1G	5.2D
Swiss Cheese Parachute	497	Parachute	3.7A	4.7A	5.7A
Tabletop Tag	573	Tennis	3.1A, 3.7C	4.1A, 4.1K	5.1K
Take a Hike	447	Football	3.1J	4.1B	5.1C
Tennis Pinball	567	Tennis	3.1K	4.1K, 4.5A	5.1K, 5.5C
The Great One Passing & Shooting Skills	401	Floor Hockey	3.1J, 3.5A	4.1K, 4.5A	5.1C, 5.5A
They Shoot, They Score	412	Floor Hockey	3.1A, 3.5A, 3.6B	4.1K, 4.5A, 4.7B	5.1A, 5.5A, 5.6A
Throw and Go	430	Flying Disc	3.1J, 3.1B, 3.5A	4.2A, 4.5A	5.2D, 5.2B, 5.5A
Ultimate Flying Disc	435	Flying Disc	3.1J, 3.1C	4.2A	5.2A
Volley Serveball	594	Volleyball	3.1C	4.1K, 4.1A	5.2A, 5.1B
Volleyball Team Two-Square	591	Volleyball	3.1J	4.2A	5.2A
Walk & Roll	565	Tennis	3.1A	4.1A	5.1F