Implementing CATCH into Your Classroom- Overview of the Activity Box

CATCH Early Childhood

- Designed to teach children to have fun while exercising and develop locomotor, non-locomotor, rhythmic, gross motor and manipulative skills.
- Activities are non-threatening, encourage participation, non-competitive and are, most importantly, FUN!

Important Management Skills for CATCH

Management Skill	Activities to Teach	Card #
Stop and Freeze	Learning to Stop, Look and Listen	40-41
	Freeze Walk	42-43
Moving in Line	Parade Around	38-39
	Walk and March	264-264
Moving Safely in a Large Group	Paint the Bubble	48-49
	Skitter Scatter	50-51
	Mingle, Mingle the CEC Way!	54-55
Follow 2-3 Directions at a Time	Run Pum Pum	193-194
	Rainbow Fish Game	280-281
How to Find and Partner & Take Turns	Partner Find	58-59
	The Shadow Game	211-212
	Musical Partners	372-373

Scope & Sequence Yearly Instructional Plans

- Provides 36 weeks of CATCH Early Childhood lesson plans. This is a great place to start if you are not sure what games to string together. These lessons plans are also a great way for you to become more familiar with the games and activities in the Purple Activity Box.

Four Types of Activity Cards

- *Warm-Up:*
  - Designed to prepare children for more vigorous movement.
  - Think about selecting warm-up activities that require either no equipment or purpose equipment that will be used in later activities.
- *Go Fitness:*
  - Activities that develop flexibility, muscular strength, muscular endurance and cardiovascular endurance.
- *Go Activity:*
  - Activities that develop fundamental motor skills and rhythm. Select a skill theme for the day and select Go Activities that teach that skill.
- *Cool-Down:*
  - Provide closure, settle the children's bodies and help transition back to the classroom.

CATCH the Rhythm

- Two music CDs are included in the purple activity box. Many of the CATCH activities include a suggested track of music
- Below is a guide to the songs on both CDs

CATCH Me Movin', CATCH Me Groovin'		Ribbons and Rhythms	
1. Hip Hop	13. Loop-T-Lou	1. Shake your Ribbons	8. Who's Got the Beat?
2. Rock & Roll	14. Strolling On	2. Got the Wiggles	9.You've Got the Rhythm
3. Dancing Body Parts	15. Boogie-Woogie	3. Days of the Week	10. Chickasaw Chicken
4. Conga Line	16. Loud & Quiet	4. Long Ribbons	11. Count with Me
5. Grooving On	17. High & Low	5. Ribbon Dance	12. Feels Good
6. Moving On	18. Circus Time!	6. The Alphabet Months	13. The Numbers Rap
7. Conga Beat	19. Rag Dolls	7. When I Grow Up	14. Goodbye Song
8. Walking	20. Pop Goes the Weasel		
9. Marching	21. Sway		
10. Gallop & Slide	22. Peace		
11. Jump & Hop	23. Calm		
12. Skipping	24. Relax		

CATCH Early Childhood Activity Card

Go Activity: Throwing & Catching

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NAME OF ACTIVITY: Messy Backyard

EQUIPMENT: 1 juggling scarf per child and tape

SKILL THEMES: throwing and catching

ORGANIZATION:

1. Create a dividing line with the tape on the floor or ground.
2. Divide the children into two groups, one on each side of the line.
3. Place an equal number of scarves on either side of the line.

DESCRIPTION:

1. At your signal, children race to pick up scarves on their side of the line and throw them onto the other side of the line.
2. When time is up (30-45 seconds), count the number of scarves on each side.

TEACHING SUGGESTIONS:

1. Work with the children on how to retrieve a scarf safely. Some will run and fall on the scarves. Others may tussle with a friend over a scarf. Having extra scarves will help reduce this issue.
2. Remind children that, because scarves are hard to throw, they'll have to use a lot of muscle power.

ADAPTED IDEAS:

1. Place a bucket or basket of scarves close to the child. This bucket is theirs exclusively.
2. Children who use mobility devices may receive adult assistance. If appropriate, the child may throw scarf while seated.
3. Children with visual impairments may participate with a sighted guide.
4. Children with auditory impairments will require modeling for success. Sign language and/or pictures may be used for clearer communication.

Information from: CATCH Early Childhood Activity Box. Flaghouse 2010