

CATCH Physical Education Alignment with Texas Essential Knowledge and Skills

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, and use their newly acquired skills to be healthy each day for a lifetime.

The purpose of this document is to demonstrate CATCH Physical Education curriculum compatibility with the Texas Essential Knowledge and Skills (TEKS) for Physical Education in grades K-8. The elementary activities are listed alphabetically under the major headings WARM-UP, GO FITNESS and GO ACTIVITY. The middle school activities are listed by activity number under the major heading WARM-UP, GO FITNESS, and GO ACTIVITY. Each activity has at least one TEKS performance standard listed. 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. Considering the number of CATCH activities in each box, the possibilities for addressing the TEKS standards through the CATCH PE materials are almost limitless.

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 SHAPE America, 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.

Texas Essential Knowledge and Skills CATCH Physical Education

Strand 1: Movement Patterns and Movement Skills

Strand 2: Performance Strategies

Strand 3: Health, Physical Activity, and Fitness

Strand 4: Health, Physical Activity, and Fitness Strand

Strand 5: Lifetime Wellness Strand

WARM-UP ACTIVITIES K-2

Name of Activity	#	Section	Kindergarten 116.2	First Grade 116.3	Second Grade 116.4
Alphabet Walk	11	Warm-Up/Cool-Down	1ABC, 2B	1ABC, 2AB,	1ABC, 2A
Fast Walk	6	Warm-Up/Cool-Down	4ABC, 6BC, 8C	4ABC, 6BC, 8C	4ABC, 6BC, 8C
Go Fish	9	Warm-Up/Cool-Down	4ABC, 6BC	4ABC, 6BC	4ABC, 6BC
Let's Get Together	8	Warm-Up/Cool-Down	4ABC, 6BC 8C	4ABC, 6BC, 8C	4ABC, 6BC
Nice to Meet You	10	Warm-Up/Cool-Down	6BC 8C, 13A	6BC, 8C, 13A	2B, 4ABC, 6BC
Partner High 5 Together	12	Warm-Up/Cool-Down	6BC 8C, 13 A	6BC, 8C, 13A	4ABC, 6BC
People Dodge	4	Warm-Up/Cool-Down	4ABC, 6BC 8C	4ABC, 6BC, 8C,	4ABC, 6BC, 8C
Simon Says	5	Warm-Up/Cool-Down	4A, 5A	4AB, 5A	4AB, 5A
Skitter Skatter	13	Warm-Up/Cool-Down	2A, 4A	2A, 4A	2A, 4A
Sticky Popcorn	15	Warm-Up/Cool-Down	4A, 13A	4A,13A	4A, 13A
The S Trail	7	Warm-Up/Cool-Down	4BC	4BC	4BC
The Snake Trail/Double Circle/"X"	16	Warm-Up/Cool-Down	4AB, 13A	4AB, 13A	4AB, 13A
Walking Talking Spelling Bees	14	Warm-Up/Cool-Down	4AB, 13A	4AB, 13A	4AB, 13A
Automobile	57	CATCH'em Quick	4ABC	4ABC	4A
Bendables	166	Limber Limbs	2AB	2AB	2AB
Blob Tag	113	Aerobic Games	4C, 6A	4C, 6A	6A
Body Part Tag	104	Aerobic Games	4C, 6A	4C, 6A	4C, 6A
Countdown	59	CATCH'em Quick	2B, 4A	2B, 4A	2B, 4A
Crabs & Seagulls	127	Mighty Muscles	2AB	1B, 2B, 4A	2A
Critter Crackers	131	Mighty Muscles	2AB	2AB	2AB
Crows And Cranes	116	Aerobic Games	4C, 6A	4C, 6A	6A
Double Agents	112	Aerobic Games	4C, 6A	4C, 6A	6A
Dragon's Tail	119	Aerobic Games	6A	6A	6A
Elbow Tag	118	Aerobic Games	6A, 13A	6A, 13A	6A

GO FITNESS K-2					
Name of Activity	#	Section	Kindergarten 116.2	First Grade 116.3	Second Grade 116.4
Fancy Feet	62	CATCH'em Quick	4A, 8C	4A, 8C	4A
Find The Treasure	100	Aerobic Games	6A 13A	6A 13A	13A
Fitness Tag	120	Aerobic Games	6A, 8C	6A, 8C	6A, 4A
Foot Tag	106	Aerobic Games	6A	6A	6A
Frogs, Flies & Lily Pads	128	Mighty Muscles	1B	1B	1B
Go Activity Tag	101	Aerobic Games	4C, 6A	4C, 6A	4C, 6A
Heart Healthy Hiking	54	CATCH'em Quick	4B	4B	4B
Hibernation	124	Mighty Muscles	2AB	2AB	2A
Keeping Your Flock	108	Aerobic Games	6A	6A	6A
Let's Stick Together	167	Limber Limbs	5A	5A	5A
Limber Letters	168	Limber Limbs	2B	2B	2B
Limber Limbs Stretching Stations	172	Limber Limbs	2B	2B	2B
Locomotion Commotion	110	Aerobic Games	6A, 1A	6A, 1A	6A, 1A
Mighty Muscles Strength Stations	135	Mighty Muscles	7B	7B	7B
Musical Hoops	65	CATCH'em Quick	4A	4A	4A
Octopus Tag	98	Aerobic Games	6A, 8C	6A, 8C	6A, 8C
Partner Dodge	97	Aerobic Games	6A	6A	6A
Picture This	67	CATCH'em Quick	4AC	4AC	4AC
Race & Reach	169	Limber Limbs	2B, 8C	2B, 8C	2B, 8C
Rainbow Crossing	107	Aerobic Games	6A	6A	6A
Rum Pum Pum	53	CATCH'em Quick	4A	4A	4A
See Ya' Later Alligator	115	Aerobic Games	6A, 4A	6A, 4A	6A, 4A
Shaping Up	60	CATCH'em Quick	4AC	4AC	4AC
Short Story Stretching	171	Limber Limbs	2B, 5A	2B, 5A	2B, 5A
Side-by-Side Tag	102	Aerobic Games	6A, 13A	6A, 13A	6A
Squirm, Wiggle, Jiggle	56	CATCH'em Quick	2B	2B	2B
Stretch Routine	164	Limber Limbs	2B	2B	2B
Stunt Double Tag	111	Aerobic Games	12A	12A	12A
The Sky is Falling	130	Mighty Muscles	3G, 4A	3G, 4A	3G, 4A
Tunnel Train	133	Mighty Muscles	2A, 4A	2A, 4A	2A, 4A
Wylie/Wilma & The Hairy Monster	114	Aerobic Games	4A, 6C, 7C	4A, 6C, 7C	4A, 6C, 7C
3 Flies Up	383	Throwing & Catching	6B, 14A, 16A	3A	3A

GO ACTIVITY K-2					
Name of Activity	#	Section	Kindergarten 116.2	First Grade 116.3	Second Grade 116.4
A' My Name Is	227	Dribbling & Passing	3C	3C	3C
Agility Run	321	Moving & Traveling	2A	2A	2A
Automobeat	339	Rhythm Activities	5A	5A	5A
Balance Trains	322	Moving & Traveling	4AB	4AB	4AB
Ball Handling Skills	204	Dribbling & Kicking	3DE	3DE	3DE
Ball Handling Skills	222	Dribbling & Passing	3BC	3C	3C
Balloon Paddle Power	350	Striking & Volleying	3GF	3GF	3GF
Bean Bag Bucket Brigade	385	Throwing & Catching	3A	3A	3A
Bean Bag Buddies	376	Throwing & Catching	6B, 16B	6B, 16B	6B, 16B
Bean Bag Tag	373	Throwing & Catching	3AB, 6C	3AB, 6C	6A
Body Balance	328	Moving & Traveling	4AB	4AB	4AB
Buddy Paddle Poser	353	Striking & Volleying	3F	3F	3F
Busy Bee 'n Bag	367	Throwing & Catching	3A	3A	3A
Can you....?	275	Jump Rope Activities	3H	3H	3H
Carpool Tag	250	Hoop Activities	4A	4A	4A
Catch-up Chase	325	Moving & Traveling	2B, 8C	2B, 8C	2B, 8C
Circle Step Back	380	Throwing & Catching	3AB	3AB	3AB
Circulation	231	Dribbling & Passing	3BC	3BC	3BC
Dribble Math	242	Dribbling & Passing	3C	3C	3C
Dribblers and Defenders	234	Dribbling & Passing	3C, 6A	3C, 6A	3C, 6A
Every Which Way	319	Moving & Traveling	2C, 6A, 4A	6A, 4A	6A, 4A
Fake It	326	Moving & Traveling	2B	2B	2B
Feel the Beat	336	Rhythm Activities	5A	5A	5A
Ferry Boats	358	Striking & Volleying	4AB	4AB	4A
Flap Jacks	355	Striking & Volleying	3F	3F	3F
Flee From Me	324	Moving & Traveling	6A, 4A	6A, 4A	6A, 4A
Follow Me	278	Jump Rope Activities	1B, 3H	1B, 3H	1B, 3H
Follow the Leader	233	Dribbling & Passing	2C, 4A	2C, 4A	2C, 4A
Follow-the-Leader Passing	238	Dribbling & Passing	none	3AB	3AB
Freestyle	274	Jump Rope Activities	3H	3H	3H
Freeze Tag	236	Dribbling & Passing	3C, 6A	3C, 6A	3C, 6A
Frogs on the Lily Pads	347	Throwing & Catching	3A	3A	3A

GO ACTIVITY (continued) K-2					
Name of Activity	#	Section	Kindergarten 116.2	First Grade 116.3	Second Grade 116.4
Frozen Dribble	213	Dribbling & Kicking	3D	3D	3D
Frozen Dribble	229	Dribbling & Passing	3C, 4A	3C, 4A	3C, 4A
Fruit Salad	397	Limited Space	6A, 1A	6A, 1A	6A, 1A
Gotta Wanna Bean Bag	369	Throwing & Catching	1A, 4A	1A, 4A	1A, 4A
Hoop Beat	338	Rhythm Activities	5A	5A	5A
Hoop It Up	248	Hoop Activities	2B	2B	2B
Hoop Go 'Round	249	Hoop Activities	6C, 13A	6C, 13A	6C, 13A
Hoop Jump	320	Moving & Traveling	1B, 2A	1B, 2A	1B, 2A
Hoop Stations	251	Hoop Activities	1ABCD, 2A, 6C	1ABCD, 2A, 6C	1ABCD, 2A, 6C
Hotdog, Mustard, Relish	309	Parachute Activities	6C, 8C	6C, 8C	6C, 8C
Indoor Fitness Trail	403	Limited Space	8C	8C	8C
Interval Running	307	Parachute Activities	1A	1A	1A
Islands	317	Moving & Traveling	1B, 2A	1B, 2A	1B, 2A
Jackhammers	225	Dribbling & Passing	3C	3C	3C
Jump The Circuit	280	Jump Rope Activities	3H	3H	3H
Keep Away	382	Throwing & Catching	3AB	3AB	3AB
Kick for Accuracy	207	Dribbling & Kicking	3DE	3DE	3DE
Kick for Distance	206	Dribbling & Kicking	3DE	3DE	3DE
Kick-Kick	208	Dribbling & Kicking	3E	3EF	3EF
Kids in Space	318	Moving & Traveling	4B	4B	4B
Leapin' Lizards	330	Moving & Traveling	1AB	1AB	1AB
Long Rope Jumping	273	Jump Rope Activities	3I	3I	3I
Look Mom, No Hands!	226	Dribbling & Passing	3C	3C	3C
Lucky Guess	277	Jump Rope Activities	3H	3H	3H
Me and My Bean Bag	327	Moving & Traveling	3A	3A	3A
Mirror, Mirror	329	Moving & Traveling	5A	5A	5A
Musical Ropes	279	Jump Rope Activities	3H	3H	3H
Parachute Warm-up-Balloon	303	Parachute Activities	2B	2B	2B
Parachute Warm-up-Class Portrait	304	Parachute Activities	2B	2B	2B
Parachute Warm-up-Clubhouse	604	Parachute Activities	2B	2B	2B
Parachute Warm-up-Color Exchange	304	Parachute Activities	4A	4A	4A
Parachute Warm-up-Diamond in the Bank	304	Parachute Activities	2B	2B	2B

GO ACTIVITY (continued) K-2					
Name of Activity	#	Section	Kindergarten 116.2	First Grade 116.3	Second Grade 116.4
Parachute Warm-up-Museum	305	Parachute Activities	2B, 16B	2B, 16B	2B, 16B
Parachute Warm-up-Punching Bag	303	Parachute Activities	2B	2B	2B, 3G
Parachute Warm-up-Save the Day	305	Parachute Activities	2B	2B	2B
Parachute Warm-up-Umbrella	303	Parachute Activities	2B	2B	2B
Partner Catch	377	Throwing & Catching	3A	3F	3A
Partner Challenges	402	Limited Space	12A, 12B	12A, 12B	12A, 12B
Partner Dribble & Pass	214	Dribbling & Kicking	3C AB	3C, AB	3C AB
Partner Dribble & Pass	230	Dribbling & Passing	3C, 8C	3C, 8C	3C, 8C
Pass It On	223	Dribbling & Passing	12A, 13A	12A, 13A	12A, 13A
Pass It On	399	Limited Space	13A	3A	15A
Passing Skills	237	Dribbling & Passing	3A	3A	3A
Popcorn	308	Parachute Activities	1B, 2B	1B, 2B	1B, 2B
Rhythmic Movements	337	Rhythm Activities	5A	5A	5A
Round and Round the Hoop	247	Hoop Activities	4BC	4BC	4BC
Scatter Square Dancing	343	Rhythm Activities	4A	4A	4A
See Me Flee	323	Moving & Traveling	2A	4BC	4BC
Shooting Star	378	Throwing & Catching	3AB	3AB	3AB
Snakes	276	Jump Rope Activities	3H, 1A	3H, 1A	3H, 1A
Sock It To Me	400	Limited Space	3A	3A	3A
Solo Catch	372	Throwing & Catching	3AB	3AB	3AB
Spinning Wheel	306	Parachute Activities	4AB	4AB	4AB
Spotlight Dance	311	Parachute Activities	2B, 16B	2B, 16B	2B, 16B
Stationary Rope	271	Jump Rope Activities	1B	1B	1B
Sunbeam	310	Parachute Activities	2B, 4A	2B, 4A	2B, 4A
Swiss Cheese Parachute Activities	312	Parachute Activities	1C, 13A	1C, 13A	1C, 14A
Take a Stroll	341	Rhythm Activities	5A	5A	5A
Team Passing	211	Dribbling & Kicking	3DE	3DE	3DE
Team Passing	240	Throwing & Catching	3ABC	3ABC	3ABC
Team Shapes	388	Throwing & Catching	3AB, 4B ,6C	3AB, 4B ,6C	3AB, 4B ,6C
The Rhythm Train	340	Rhythm Activities	5A	5A	5A
The Snake Trail/Double Circle/"X"	393	Limited Space	4B, 5A	4B, 5A	4B, 5A
Throw for Distance	371	Throwing & Catching	3A	3A	3A

GO ACTIVITY (continued) K-2					
Name of Activity	#	Section	Kindergarten 116.2	First Grade 116.3	Second Grade 116.4
Triangle Pass	209	Dribbling & Kicking	3DE	3DE	3DE
Tumbleweeds	360	Striking & Volleying	3G	3G	3G
Under Control	205	Dribbling & Kicking	3D	3D	3D
Under Control	228	Dribbling & Passing	3CB	3CB	3CB
Walk The Dog	357	Striking & Volleying	3G, 4A	3G, 4A	3G, 4A

Texas Essential Knowledge and Skills CATCH Physical Education

Strand 1: Movement Patterns and Movement Skills

Strand 2: Performance Strategies

Strand 3: Health, Physical Activity, and Fitness

Strand 4: Health, Physical Activity, and Fitness Strand

Strand 5: Lifetime Wellness Strand

WARM-UP ACTIVITIES 3-5

Name of Activity	#	Section	Third Grade 116.5	Fourth Grade 116.6	Fifth Grade 116.7
Copycat	20	Warm-Up/Cool-Down	1A	1A	1A
Countdown	12	Warm-Up/Cool-Down	4A	4A	4A
Fast Walk	4	Warm-Up/Cool-Down	4C	4B	4B
Flash Fitness Fun	16	Warm-Up/Cool-Down	1B	1B	1B
Go Loco!	13	Warm-Up/Cool-Down	4B	4C	4C
High 5 in the Middle	13	Warm-Up/Cool-Down	8A, B, C	8A, B, C	8A, B, C
Huddle Up	18	Warm-Up/Cool-Down	6B	6B	6B
Partner Jog	11	Warm-Up/Cool-Down	1A	1A	1A
Quick Draw	8	Warm-Up/Cool-Down	13A	13A	13A
Random Running	7	Warm-Up/Cool-Down	1A	1A	1A
The S Trail	5	Warm-Up/Cool-Down	4A	4A	4A
Two-Square Locomotion	14	Warm-Up/Cool-Down	1A	1A	4A
Whistle Fitness	17	Warm-Up/Cool-Down	4A	4A	4A
Ahoy Mates	123	Aerobic Rhythms	5A	5A	5A
Automobile	34	Quick Cardio Games	1C	1C	1C
Barker's Hoopla	59	Aerobic Games	6B	6B	6B
Bear Tag Crab Tag	237	Muscular Strength	4B	4B	4B
Bears to the Honey Pot	239	Muscular Strength	6A	6A	6A
Bench Aerobics	147	Bench Aerobics	5A	5A	5A

GO FITNESS 3-5					
Name of Activity	#	Section	Third Grade 116.5	Fourth Grade 116.6	Fifth Grade 116.7
Blob Tag	32	Quick Cardio Games	6A, C	6A, C	6A, C
Boogie Down Circuit	112	Aerobic Rhythms	5A	5A	5A
Boulder Ball	241	Muscular Strength	4C	4C	4C
Card Card Choreography	114	Aerobic Rhythms	5A	5A	5A
Card Run	71	Aerobic Games	1A, 1B	1A, 1B	1A, 1B
CATCH Cardio Course	44	Quick Cardio Games	4A, B, C	4A, B, C	4A, B, C
CATCH Cardio Kids	350	Fitness Challenges	1A, 1B, 6A, 6B	1A, 1B, 6A, 6B	1A, 1B, 6A, 6B
CATCH Geography Mileage Challenge	347	Fitness Challenges	1A, 1B, 6A, 6B	1A, 1B, 6A, 6B	1A, 1B, 6A, 6B
CATCH Mighty Amigos Strength Stations	245	Muscular Strength	16A	16A	16A
Computer Virus	73	Aerobic Games	1A, 1C	1A, 1C	1A, 1C
Cone Crazy	42	Quick Cardio Games	6B, C	6B, C	6B, C
Crows & Cranes	37	Quick Cardio Games	1A, 1C	1A, 1C	1A, 1C
Deal Me In	75	Aerobic Games	6B	6B	6B
Dicer-er-cise	242	Muscular Strength	16A, B	16A, B	16A, B
Double Tag	33	Quick Cardio Games	6A, B	6A, B	6A, B
Double Trouble	182	Jump Rope	1B, C	1B, C	1B, C
Dragon's Tail	63	Aerobic Games	1A, 1C, 6A	1A, 1C, 6A	1A, 1C, 6A
Dynamite Diet Fitness Shopping	312	Go, Slow, & Whoa	10A	10A	10A
Elbow Tag	28	Quick Cardio Games	6A	6A	6A
Figure It	180	Jump Rope	1B, C	1B, C	1B, C
Find the GO Food	316	Go, Slow, & Whoa	1A, 10A, 10B	1A, 10A, 10B	1A, 10A, 10B
Fire Brigade	78	Aerobic Games	6B, C	6B, C	6B, C
Fitness Tag	61	Aerobic Games	6A	6A	6A
Fitness Trek Day	339	Fitness Challenges	9A, B	9A, B	9A, B
Flash Fitness Flexibility Stations	284	Flexibility	2A, B	2A, B	2A, B
Flexibility Switcharoo	280	Flexibility	2A, B	2A, B	2A, B
Follow & Flex	278	Flexibility	2A, B	2A, B	2A, B
Follow Me	179	Jump Rope	1B	1B	1B

GO FITNESS (continued) 3-5					
Name of Activity	#	Section	Third Grade 116.5	Fourth Grade 116.6	Fifth Grade 116.7
Food Fat Tag	315	Go, Slow, & Whoa	6A	6A	6A
Frequent Flyer	40	Quick Cardio Games	1A	1A	1A
Glue & Stretch	277	Flexibility	4B	4B	4B
Go Food Fitness	308	Go, Slow, & Whoa	1A, 10A	1A, 10A	1A, 10A
Go For Health Jump Rope Challenge	186	Jump Rope	1B	1B	1B
Grid Tag	36	Quick Cardio Games	6A	6A	6A
Home Zone Tag	29	Quick Cardio Games	6A	6A	6A
Hot Feet	77	Aerobic Games	3A	3A	3A
I Need a Pizza	119	Aerobic Rhythms	5A	5A	5A
It's In The Cards	184	Jump Rope	1B, 2C, 3A	1B, 2C, 3A	1B, 2C, 3A
Jump The Circuit	185	Jump Rope	1B, 1C	1B, 1C	1B, 1C
Lucky Guess	181	Jump Rope	1B	1B	1B
Lumos	80	Aerobic Games	6A, B	6A, B	6A, B
Mini Kickball	66	Aerobic Games	3D, E	3D, E	3D, E
Musical Hoops	39	Quick Cardio Games	4A, B, C	4A, B, C	4A, B, C
Musical Ropes	183	Jump Rope	3H, I	3H, I	3H, I
Partner Pump It Up Push Up Challenges	232	Muscular Strength	2A, B	2A, B	2A, B
Pass The Hat	70	Aerobic Games	8A, B, C	8A, B, C	8A, B, C
People Dodge	276	Flexibility	2A, B	2A, B	2A, B
Pirates' Treasure	62	Aerobic Games	6A	6A	6A
Pump It Up Push Up Challenges	230	Muscular Strength	2A, B	2A, B	2A, B
Push-Up Tic-Tac-Toe	234	Muscular Strength	6A, 8C	6A, 8C	6A, 8C
Pyramid Power	317	Go, Slow, & Whoa	1A, 10A	1A, 10A	1A, 10A
Race Day!	68	Aerobic Games	3H, I	3H, I	3H, I
Salad Bar	310	Go, Slow, & Whoa	4A	4A	4A
Scatter Square Dancing	110	Aerobic Rhythms	5A	5A	5A
See Ya Later Alligator	64	Aerobic Games	6A	6A	6A
Snake in the Grass	43	Quick Cardio Games	6A	6A	6A

GO FITNESS (continued) 3-5					
Name of Activity	#	Section	Third Grade 116.5	Fourth Grade 116.6	Fifth Grade 116.7
Statue Garden	116	Aerobic Rhythms	5A	6A	6A
Steel Abs Challenges	235	Muscular Strength	14A	14A	14A
Stop & Drop	238	Muscular Strength	15A	15A	15A
Stop & Stretch	279	Flexibility	2B	2B	2B
Stretch Routine	273	Flexibility	2B	2B	2B
Stretch-er-cise	281	Flexibility	2B	2B	2B
Sunny Day	275	Flexibility	2B	2B	2B
Vamos a la Playa	121	Aerobic Rhythms	1A, 5A, 6A	1A, 5A, 6A	1A, 5A, 6A
Veins & Arteries	30	Quick Cardio Games	4B, 6A	4B, 6A	4B, 6A
Whoa Food Tag	314	Go, Slow, & Whoa	10A, B	10A, B	10A, B
Whoa Sweets	306	Go, Slow, & Whoa	1A, 10A, 10B	1A, 10A, 10B	1A, 10A, 10B
Zoo Meringue	117	Aerobic Rhythms	5A	5A	5A
GO ACTIVITY					
Name of Activity	#	Section	Third Grade 116.5	Fourth Grade 116.6	Fifth Grade 116.7
1st and 10	452	Football	6B	6B	6B
4 Downs	455	Football	3A, B	3A, B	3A, B
4-Court Volleyball	596	Volleyball	3F	3F	3F
All Together	574	Tennis	3G	3G	3G
All-Run Flying Disc	433	Flying Disc	3A, B	3A, B	3A, B
All-Run Soccer	525	Soccer	3E	3E	3E
All-Run Softball	549	Softball	3A, B, G	3A, B, G	3A, B, G
Around the World	379	Basketball	3C	3C	3C
Big League Softball Skill Stations	552	Softball	3A, B	3A, B	3A, B
Black Ice	403	Floor Hockey	3G	3G	3G
Block That Kick	457	Football	3A, B, E	3A, B, E	3A, B, E
Break Away	410	Floor Hockey	3G	3G	3G
Bull's-Eye	428	Flying Disc	3A	3A	3A

GO ACTIVITY (continued 3-5)					
Name of Activity	#	Section	Third Grade 116.5	Fourth Grade 116.6	Fifth Grade 116.7
Bump and Boogie	588	Volleyball	3F, G	3F, G	3F, G
Can't Touch This	385	Basketball	3C, 6A	3C, 6A	3C, 6A
Castles	509	Soccer	3D, 3E	3D, 3E	3D, 3E
CATCH Cup Soccer Skill Stations	528	Soccer	3D, 3E	3D, 3E	3D, 3E
Caterpillar	570	Tennis	3G	3G	3G
Centering Pass	518	Soccer	3D, 3E	3D, 3E	3D, 3E
Circle Keep-it-Up	589	Volleyball	3F, 3G	3F, 3G	3F, 3G
Circle Soccer	512	Soccer	3D, E	3D, E	3D, E
Cleaning House	383	Basketball	1A, 3A, 3B, 3C, 6A	1A, 3A, 3B, 3C, 6A	1A, 3A, 3B, 3C, 6A
Come and Get It	514	Soccer	3D	3D	3D
Crease to Crease	413	Floor Hockey	3G, 6C	3G, 6C	3G, 6C
Doubles (Partner Racket Skills)	562	Tennis	3G, 11A	3G, 11A	3G, 11A
Down & Around	572	Tennis	3G, 12B	3G, 12B	3G, 12B
Dribble Tag	386	Basketball	1A, 3A, 3B, 3C, 6A	1A, 3A, 3B, 3C, 6A	1A, 3A, 3B, 3C, 6A
Eight-Person Softball	546	Softball	3A, 3B	3A, 3B	3A, 3B
Endangered Species	566	Tennis	3G	3G	3G
Fast Break	378	Basketball	3C	3C	3C
Fitness Bowl Football Skill Stations	459	Football	6A, 4A, 4B, 3C	6A, 4A, 4B, 3C	6A, 4A, 4B, 3C
Fitness Football	450	Football	6A, 4A, 4B, 3C	6A, 4A, 4B, 3C	6A, 4A, 4B, 3C
Five CATCH Keep Away	388	Basketball	3A, 3B, 3C	3A, 3B, 3C	3A, 3B, 3C
Flying Disc Golf	432	Flying Disc	3A, 7A	3A, 7A	3A, 7A
Four Corner Drill	384	Basketball	3A, 3B	3A, 3B	3A, 3B
Freeze & Pivot	377	Basketball	3C	3C	3C
Full Court Basketball Skill Stations	391	Basketball	1A, 3A, 3B	1A, 3A, 3B	1A, 3A, 3B
Gather Around	587	Volleyball	3F, 3G, 13A	3F, 3G, 13A	3F, 3G, 13A
Georgia Brown Passing Challenges	375	Basketball	3A, 3B	3A, 3B	3A, 3B
Go For the Goal	445	Football	4C	4C	4C
Gold Medal Volleyball Skill Stations	584	Volleyball	3F, 3G, 13A	3F, 3G, 13A	3F, 3G, 13A

GO ACTIVITY (continued 3-5)					
Name of Activity	#	Section	Third Grade 116.5	Fourth Grade 116.6	Fifth Grade 116.7
Golden Goal (Dribbling/Pass/Shoot)	506	Soccer	3D, 3E	3D, 3E	3D, 3E
Grand Slam Tennis Skill Stations	576	Tennis	3G, 4B, 4C	3G, 4B, 4C	3G, 4B, 4C
Ground Ball Circulation	541	Softball	3A, 3B	3A, 3B	3A, 3B
Ground Ball Pursuit	538	Softball	3A, 3B	3A, 3B	3A, 3B
Grounders and Sliders	539	Softball	3A, 3B	3A, 3B	3A, 3B
Group Hoop Challenges	470	Plastic Hoop	1A, 1B, 6A	1A, 1B, 6A	1A, 1B, 6A
Hat Trick	407	Floor Hockey	3G, 6C	3G, 6C	3G, 6C
Hit & Run	548	Softball	3A, 3B, 3G	3A, 3B, 3G	3A, 3B, 3G
Hit The Beach Volleyball Skill Stations	599	Volleyball	3F, 3G, 13A	3F, 3G, 13A	3F, 3G, 13A
Homer Ball	544	Softball	3A, B, G	3A, B, G	3A, B, G
Hoop Ball	382	Basketball	1A, 1B, 6A	1A, 1B, 6A	1A, 1B, 6A
Hoop It Up - Ball Handling Skills	371	Basketball	3B, C	3B, C	3B, C
Hoop Serve	590	Volleyball	3F, G	3F, G	3F, G
Hoop Stations	471	Plastic Hoop	1A, 1B, 6A	1A, 1B, 6A	1A, 1B, 6A
Hot Tamale	523	Soccer	3D, 3E, 6B	3D, 3E, 6B	3D, 3E, 6B
Hotdog, Mustard, Relish	495	Parachute	1A, 1B, 6A	1A, 1B, 6A	1A, 1B, 6A
I Got Game - Dribbling Skills	373	Basketball	3C	3C	3C
Ice Machines	408	Floor Hockey	3G	3G	3G
In a Pickle	543	Softball	3A, B	3A, B	3A, B
Individual Hoop Challenges	466	Plastic Hoop	1A, 1B, 6A	1A, 1B, 6A	1A, 1B, 6A
Interval Running	493	Parachute	1A, 1B, 6A	1A, 1B, 6A	1A, 1B, 6A
Keep Away (2 on 1)	431	Flying Disc	3A, B	3A, B	3A, B
Kick Away	517	Soccer	3D, E	3D, E	3D, E
Kickoff Return	453	Football	3A, B; 6A	3A, B; 6A	3A, B; 6A
Leaning Tower of Pizza	568	Tennis	4A	4A	4A
Leapfrog Passing Relay	404	Floor Hockey	3G	3G	3G
Long Ball	545	Softball	3A, B, G	3A, B, G	3A, B, G
Long Bomb	448	Football	3A, B; 15A	3A, B; 15A	3A, B; 15A

GO ACTIVITY (continued) 3-5					
Name of Activity	#	Section	Third Grade 116.5	Fourth Grade 116.6	Fifth Grade 116.7
Newcomb	592	Volleyball	3A, 3B	3A, 3B	3A, 3B
One-Bounce Volleyball	593	Volleyball	3A, 3B	3A, 3B	3A, 3B
One-on-One Showdown	409	Floor Hockey	3G	3G	3G
One-on-One Soccer	521	Soccer	3D, E	3D, E	3D, E
Open Ice Floor Hockey Skill Stations	415	Floor Hockey	3G	3G	3G
Out for a Pass	425	Flying Disc	3A, B	3A, B	3A, B
Over the Line	389	Basketball	3A, B, C	3A, B, C	3A, B, C
Para Jaws	496	Parachute	6A	6A	6A
Parachute Cool-Down	499	Parachute	6A	6A	6A
Parachute Warm-up	490	Parachute	6A	6A	6A
Partner Hoop Challenges	468	Plastic Hoop	6A	6A	6A
Partner Jog w/ Flying Disc	427	Flying Disc	3A, B	3A, B	3A, B
Pass and Follow	426	Flying Disc	3A, 3B, 6B	3A, 3B, 6B	3A, 3B, 6B
Pass Back	424	Flying Disc	3A, 3B, 15A	3A, 3B, 15A	3A, 3B, 15A
Passing Tag	387	Basketball	3A, 3B, 6A	3A, 3B, 6A	3A, 3B, 6A
Popcorn	492	Parachute	6A	6A	6A
Pre-Game Warm-up	443	Football	3A, 3B, 15A	3A, 3B, 15A	3A, 3B, 15A
Random Grid Passing	380	Basketball	1A, 3A, B	1A, 3A, B	1A, 3A, B
Rapid Fire	405	Floor Hockey	3G	3G	3G
Repair the Ozone	429	Flying Disc	1A, 3A	1A, 3A	1A, 3A
Shark	516	Soccer	4C	4C	4C
Shooting Stars	511	Soccer	14A	14A	14A
Singles (Individual Racket Skills)	560	Tennis	3G	3G	3G
Soccer Mini Kickball	519	Soccer	3D, 3E	3D, 3E	3D, 3E
Soccer Musical Hoops	508	Soccer	3C	3C	3C
Softball Step Back	536	Softball	3A, 3B	3A, 3B	3A, 3B
Softball Virginia Reel	540	Softball	3A, 3B	3A, 3B	3A, 3B
Spinning Wheel	494	Parachute	6A	6A	6A

GO ACTIVITY (continued) 3-5					
Name of Activity	#	Section	Third Grade 116.5	Fourth Grade 116.6	Fifth Grade 116.7
Statues of Liberty	446	Football	6A	6A	6A
Strike Out	542	Softball	3A	3A	3A
Super Stick Handling Skills	399	Floor Hockey	3G, 6C	3G, 6C	3G, 6C
Sweet Feet Ball Handling	504	Soccer	3E	3E	3E
Swiss Cheese Parachute	497	Parachute	6A	6A	6A
Tabletop Tag	573	Tennis	3G	3G	3G
Take a Hike	447	Football	3A, B	3A, B	3A, B
Tennis Pinball	567	Tennis	3G	3G	3G
The Great One Passing & Shooting Skills	401	Floor Hockey	3G	3G	3G
They Shoot, They Score	412	Floor Hockey	3 G	3G	3G
Throw and Go	430	Flying Disc	3A, 1A	3A, 1A	3A, 1A
Ultimate Flying Disc	435	Flying Disc	3A, B	3A, B	3A, B
Volley Serveball	594	Volleyball	3F, 3G	3F, 3G	3F, 3G
Volleyball Team Two-Square	591	Volleyball	3F, 3G	3F, 3G	3F, 3G
Walk & Roll	565	Tennis	3G	3G	3G

Texas Essential Knowledge and Skills

CATCH Physical Education

Strand 1: Movement Patterns and Movement Skills

Strand 2: Performance Strategies

Strand 3: Health, Physical Activity, and Fitness

Strand 4: Health, Physical Activity, and Fitness Strand

Strand 5: Lifetime Wellness Strand

WARM-UP ACTIVITIES 6-8

Name of Activity	#	Section	Sixth Grade 116.22	Seventh Grade 116.23	Eighth Grade 116.24
People Dodge	4	Warm-Up/Cool Down	4A, 8C	4A, 8C	4A, 8C
Fast Walk - Slow Walk	5	Warm-Up/Cool Down	1A, 2A	1A, 2A	1A, 2A
The S Trail	6	Warm-Up/Cool Down	1A	1A	1A
Partner Tug-O-War	7	Warm-Up/Cool Down	7B	7B	7B
Toe-To-Toe	8	Warm-Up/Cool Down	16B	16B	16B
Two-X-Two Fitness	9	Warm-Up/Cool Down	16A	16A	16A
Over, Under, Around, and Through	11	Warm-Up/Cool Down	4A, 4C	4A, 4C	4A, 4C
Which Way Do I Go?	12	Warm-Up/Cool Down	14A, 14B	14A, 14B	14A, 14B
Everybody's It	13	Warm-Up/Cool Down	6A	6A	6A
Team Rock/Paper/Scissors	14	Warm-Up/Cool Down	4A	4A	4A
Home Base	15	Warm-Up/Cool Down	1A, 13C	1A, 13C	1A, 13C
Parachute Warm-Ups	16	Warm-Up/Cool Down	4A, 8B	4A, 8B	4A, 8B
Shark	17	Warm-Up/Cool Down	6A	6A	6A

GO FITNESS 6-8

Name of Activity	#	Section	Sixth Grade 116.22	Seventh Grade 116.23	Eighth Grade 116.24
10-Second Fitness	23	Quick Cardio Games	1B, 4A	1B, 4A	1B, 4A
2, 4, 6, 8 Everybody Participate	24	Quick Cardio Games	4A	4A	4A
Blob	25	Quick Cardio Games	6B, 6D	6B, 6D	6B, 6D
Diagonal Dash	26	Quick Cardio Games	4A	4A	4A
Double Tag	27	Quick Cardio Games	8C	8C	8C
Elbow Tag	28	Quick Cardio Games	4A	4A	4A
Fitness Tag	29	Quick Cardio Games	8C	8C	8C
Pit Stop Relay	30	Quick Cardio Games	6B, 6D	6B, 6D	6B, 6D
Impact Intervals	31	Quick Cardio Games	6.8C	7.8C	8.8C
Meet Me In The Middle	32	Quick Cardio Games	6.8C	7.8C	8.8C
Movement Changes	33	Quick Cardio Games	6.1A	7.1A	8.1A

GO FITNESS 6-8					
Name of Activity	#	Section	Sixth Grade 116.22	Seventh Grade 116.23	Eighth Grade 116.24
Outta Here	34	Quick Cardio Games	1B, 4A	1B, 4A	1B, 4A
Pass It On	35	Quick Cardio Games	8B, 8C	8B, 8C	8B, 8C
Random Running	36	Quick Cardio Games	4A, 4C	4A, 4C	4A, 4C
Team Run & Jump	37	Quick Cardio Games	2B	2B	2B
Traffic Jam	38	Quick Cardio Games	1A	1A	1A
Triangle Tag	39	Quick Cardio Games	4A, 4C	4A, 4C	4A, 4C
Two-Square Locomotion	40	Quick Cardio Games	1A	1A	1A
Spinning Wheel	41	Quick Cardio Games	1A, 2A	1A, 2A	1A, 2A
Cat and Mouse	87	Quick Cardio Games	1A, 6B, 8B	6B, 12C	6B, 12C
Tail Tag	66	Aerobic Games	6A	6A	6A
The Defender	67	Aerobic Games	6A	6A	6A
Barker's Hoopie	68	Aerobic Games	1A, 4A	1A, 4A	1A, 4A
Mini Kickball	69	Aerobic Games	3A, 3C	3A, 3C	3A, 3C
Rapid Fire	70	Aerobic Games	3A	3A	3A
Scatter Fitness	71	Aerobic Games	1A	1A	1A
Pass the Hat	73	Aerobic Games	1A, 4C	1A, 4C	1A, 4C
Quick Touch	74	Aerobic Games	1B, 2B	1B, 2B	1B, 2B
Exercise Hunt	75	Aerobic Games	7A	7A	7A
Card Run	76	Aerobic Games	1A, 8A	1A, 8A	1A, 8A
Team Quiz Hustle	78	Aerobic Games	1A, 8A	1A, 8A	1A, 8A
Interval Running	79	Aerobic Games	1A	1A	1A
Ball Challenges	220	Muscular Strength	2A, 6A, 8A	2A, 6A, 8A	2A, 6A, 8A
Cooperative Strength	223	Muscular Strength	2A, 6A, 8A	2A, 6A, 8A	2A, 6A, 8A
Pit Stop Relay	225	Muscular Strength	1A, 6A, 12B	1A, 6A, 12B	1A, 6A, 12B
Basic Training	226	Muscular Strength	1A, 1B, 4C, 8A, 8B	1A, 1B, 4C, 8A, 8B	1A, 1B, 4C, 8A, 8B
Fitness Trail	228	Muscular Strength	1A, 8C	1A, 8C	1A, 8C
Poker Fitness	229	Muscular Strength	1A, 1B, 4C, 8A, 8B	1A, 1B, 4C, 8A, 8B	1A, 1B, 4C, 8A, 8B
Health Benefits Circuit	230	Muscular Strength	1A, 2B, 8A, 8C	1A, 2B, 8A, 8C	1A, 2B, 8A, 8C
Fitness Activity Circuit	231	Muscular Strength	1A, 2B, 8A, 8C	1A, 2B, 8A, 8C	1A, 2B, 8A, 8C
After You!	232	Muscular Strength	1A, 8C	1A, 8C	1A, 8C
Weight Training	234	Muscular Strength	2A, 6A, 8A	2A, 6A, 8A	2A, 6A, 8A
Around the World E-Band Stations	272	E-Bands	2A, 6A, 8A	8B, 8C	8B, 8C
Ball Push	288	Partner Challenges	2A, 6A, 8A	2A, 6A, 8A	2A, 6A, 8A
Get Up!	289	Partner Challenges	2A, 8B	2A, 8B	2A, 8B
Partner Long Jump	290	Partner Challenges	1B	1B, 4B	1B, 4B
Dribble and Slap	291	Partner Challenges	3C, 6A	3C, 6A	3C, 6A

GO FITNESS 6-8					
Name of Activity	#	Section	Sixth Grade 116.22	Seventh Grade 116.23	Eighth Grade 116.24
Hold It!	292	Partner Challenges	3C, 6A	3C, 6A	3C, 6A
Knee Tapping	293	Partner Challenges	6A	6A	6A
Partner Pull-Up	294	Partner Challenges	8B	8B	8B
Partner Sit-Up	295	Partner Challenges	8B	8B	8B
Sunny Day	298	Flexibility	8C	8B, 8C	8C
Glue & Stretch	299	Flexibility	8C	8C	8C
Follow & Flex	300	Flexibility	6B, 8C	6B, 8C	6B, 8C
Stop & Stretch	301	Flexibility	8C	8C	8C
Flexibility Switharoo	302	Flexibility	6B, 8C	6B, 8C	6B, 8C
Fitness Flexibility Stations	304	Flexibility	8C	8C	8C
Stretch routine	305	Flexibility	6B, 8C	6B, 8C	6B, 8C
Fitness Trek Warm-Up	330	Fitness Challenges	8C	8C	8C
1-Minute Sit-Up Challenge	331	Fitness Challenges	8B	8B	8B
30-Second Push-Up Challenge	332	Fitness Challenges	8B	8B	8B
9-Minute Run/Walk Challenge	333	Fitness Challenges	8B, 9B	8B, 9B	8B, 9B
Fitness Trek	334	Fitness Challenges	8B, 8C	8B, 8C	8B, 8C
CATCH Geography Mileage Challenge	337	Fitness Challenges	1A, 7A, 15A, 16A	1A, 7A, 15A, 16A	1A, 7A, 15A, 16A
Cross-Country Jogging	339	Fitness Challenge	7A, 8B, 16A	7A, 8B, 16A	7A, 8B, 16A
Team Fitness Challenge	341	Fitness Challenge	12A, 14A, 14B	14A, 14B	14A, 14B
Pace Me	342	Fitness Challenge	9A	9A	9A
Distance Fitness Challenge	344	Fitness Challenge	9A	9A	9A
GO ACTIVITY: Invasion Games					
Name of Activity	#	Section	Sixth Grade 116.22	Seventh Grade 116.23	Eighth Grade 116.24
Take It Easy	378	Basketball	3C, 5A, 6B	3A, 6A, 6B	3C, 6A, 6B
Hoop It Up	379	Basketball	3C, 5A	3C, 6A	3C, 6A
Pivot, Pass, Shoot	381	Basketball	3C, 5A	3C, 6A	3C, 6A
Passing Challenges	382	Basketball	3A, 6A	3A, 6A	3A, 6A
Random Grid Passing	384	Basketball	3A, 6A	3A, 6A	3A, 6A
Four-Corner Drill	385	Basketball	3A, 6A	3A, 6A	3A, 6A
Control Ball	386	Basketball	3A, 6A	3A, 6A	3A, 6A
Partner Dribble Challenge	388	Basketball	3C, 5A	3c, 6A	3C, 6A
Move It Out	389	Basketball	3B	3B	3B
Gotcha	390	Basketball	3A, 6A	3A, 6A	3A, 6A
Five-Catch Keep Away	391	Basketball	3C, 5A, 5C	3C, 6A	3C, 6A
Make It, Take It	392	Basketball	8A	8A	8A

The "Ultimate" Game	393	Basketball	3A, 6A	3A, 6A	3A, 6A
Super Stick Handling Skills	413	Floor Hockey	2G, 4C	2G, 4C	2G, 4C
The Great One Passing And Shooting Skills	415	Floor Hockey	2G, 4C, 6A	2G, 4C, 6A	2G, 4C, 6A
Black Ice	417	Floor Hockey	2G, 4C	2G, 4C	2G, 4C
Rapid Fire	418	Floor Hockey	2G, 4C	2G, 4C	2G, 4C
Hat Trick	420	Floor Hockey	2G, 4C, 6A	2G, 4C, 6A	2G, 4C, 6A
Ice Machines	422	Floor Hockey	2G, 4C	2G, 4C	2G, 4C
One-On-One Showdown	423	Floor Hockey	2G	7.2G, 7.4C, 7.6A	8.2G, 8.4C, 8.6A
Break Away	424	Floor Hockey	2G, 4C, 6A	2G, 4C, 6A	2G, 4C, 6A
They Shoot They Score	426	Floor Hockey	2G, 4C	2G, 4C	2G, 4C
Crease to Crease	427	Floor Hockey	2G, 4C, 6A	2G, 4C, 6A	2G, 4C, 6A
Go For the Goal	448	Football	6A, 6B	6A, 6B	6A, 6B
Rocket Runner	449	Football	6A, 6B	6A, 6B	6A, 6B
Dodge The Defenders	450	Football	3A, 6A, 6B	3A, 6A, 6B	3A, 6A, 6B
Kickoff Return	452	Football	3A, 6A, 6B	3A, 6A, 6B	3A, 6A, 6B
Go Long	453	Football	3A, 6A	3A, 6A	3A, 6A
4 Downs	454	Football	3A, 6A	3A, 6A	3A, 6A
Aerobic Football	455	Football	3A, 3E, 6A	3A, 3E, 6B	3A, 3E, 6B
Ultimate Football	456	Football	3A, 6A, 6B	3A, 6A, 6B	3A, 6A, 6B
California, 4-Down Football	457	Football	3A, 3E, 6A	3A, 3E, 6A	3A, 3E, 6A
Ultimate Flying Disc	444	Flying Disc	1A, 3A	1A, 3A	1A, 3A
Ball Basics	471	Soccer	3D, 3E	3D, 3E	3D, 3E
Shadow Drill	473	Soccer	3D, 3E	3D, 3E	3D, 3E
Trap and Go	474	Soccer	3D, 3E	3D, 3E	3D, 3E
Time To Tackle	475	Soccer	3D, 3E	3D, 3E	3D, 3E
Kick Away	476	Soccer	3D, 3E	3D, 3E	3D, 3E
Get It and Go	477	Soccer	3D, 3E	3D, 3E	3D, 3E
Maniac	478	Soccer	3D, 3E	3D, 3E	3D, 3E
Soccer Quick Fit	479	Soccer	3D, 3E	3D, 3E	3D, 3E
Kick and Stick	480	Soccer	3D, 3E	3D, 3E	3D, 3E
All-Run Soccer	481	Soccer	3D, 3E	3D, 3E	3D, 3E
Multi-Ball Soccer	482	Soccer	3D, 3E	3D, 3E	3D, 3E
Pins Down	483	Soccer	3D, 3E	3D, 3E	3D, 3E
GO ACTIVITY: Net/Wall Games					
Name of Activity	#	Section	Sixth Grade 116.22	Seventh Grade 116.23	Eighth Grade 116.24
Singles (Individual Racket Skills)	363	Badminton	3G	3G	3G
Doubles (Partner Racket Skills)	365	Badminton	3G, 6C, 11A	3G, 6C, 11A	3G, 6C, 11A
Wrist Flips	367	Badminton	3G, 6C, 11A	3G, 6C, 11A	3G, 6C, 11A

Racket Relay	368	Badminton	3G, 6C, 11A	3G, 6C, 11A	3G, 6C, 11A
Birdie Relay	369	Badminton	3G, 6C, 11A	3G, 6C, 11A	3G, 6C, 11A
Service Anyone?	370	Badminton	3G, 6C, 11A	3G, 6C, 11A	3G, 6C, 11A
No-Racket Badminton	371	Badminton	3G, 6C, 11A	3G, 6C, 11A	3G, 6C, 11A
Gang Up	372	Badminton	3G, 6C, 11A	3G, 6C, 11A	3G, 6C, 11A
Sub-In	373	Badminton	3G, 6C, 11A	3G, 6C, 11A	3G, 6C, 11A
Top Dog Badminton	374	Badminton	3G, 6C, 11A	3G, 6C, 11A	3G, 6C, 11A
Cooperative Handball	404	Handball	3A, 6A	3A, 6A	3A, 6A
Singles (Individual Racket Skills)	504	Tennis	3G, 6C, 11A	3G, 6C, 11A	3G, 6C, 11A
Doubles (Partner Racket Skills)	506	Tennis	3G, 6C, 11A	3G, 6C, 11A	3G, 6C, 11A
Tennis Skill Challenges	508	Tennis	3G, 6C, 11A	3G, 6C, 11A	3G, 6C, 11A
Tennis Sandwich Relay	509	Tennis	3G, 6C, 11A	3G, 6C, 11A	3G, 6C, 11A
Service Anyone?	510	Tennis	3G, 6C, 11A	3G, 6C, 11A	3G, 6C, 11A
No-Racket Tennis	511	Tennis	3G, 6C, 11A	3G, 6C, 11A	3G, 6C, 11A
Gang Up	512	Tennis	3G, 6C, 11A	3G, 6C, 11A	3G, 6C, 11A
Sub-In	513	Tennis	3G, 6C, 11A	3G, 6C, 11A	3G, 6C, 11A
Top Dog tennis	514	Tennis	3G, 6C, 11A	3G, 6C, 11A	3G, 6C, 11A
Get Bumping	518	Volleyball	3G, 6C, 11A	3G, 6C, 11A	3G, 6C, 11A
Volleyball Pass It Back	519	Volleyball	3F	3F	3F
Ball Set	520	Volleyball	3F	3F	3F
Hoop Server	521	Volleyball	3F, 3G	3F, 3G	3F, 3G
Circle Keep-It-Up	522	Volleyball	3F	3F	3F
Volleyball Team Play	523	Volleyball	3F	3F	3F
Aerobic Volleyball	524	Volleyball	3F	3F	3F
Grid Volleyball	525	Volleyball	3F	3F	3F
GO ACTIVITY: Target Games					
Name of Activity	#	Section	Sixth Grade 116.22	Seventh Grade 116.23	Eighth Grade 116.24
Soccer Golf	462	Golf	3E	3E	3E
One.....And.....Two	463	Golf	2G	2G	2G
Pitch Shot	464	Golf	2G	2G	2G
Chip Shot	465	Golf	2G	2G	2G
Mini Putt-Putt	466	Golf	2G	2G	2G
Relay Golf	467	Golf	2G, 6C	2G, 6C	2G, 6C
Alley Golf	468	Golf	2G, 6C	2G, 6C	2G, 6C
Flying Disc Golf	439	Flying Disc	7A	7A	7A
Team Disc Bowling	442	Flying Disc	3A	3A	3A
Disc Mania	443	Flying Disc	3A	3A	3a
Landing Pad	436	Flying Disc	6.3A	7.3A	8.3A

Go The Distance	437	Flying Disc	1A, 3A	7A, 3A	1A, 3A
Balloon Shooting	353	Archery	6C, 7A	7C, 7A	7C, 7A
Cluster Shooting	354	Archery	6C, 7A	7C, 7A	7C, 7A
Team Shooting	355	Archery	6C, 7A	7C, 7A	7C, 7A
Cloud Shooting	356	Archery	6C, 7A	7C, 7A	7C, 7A
Distance Shooting	357	Archery	6C, 7A	7C, 7A	7C, 7A
Shooting Test	358	Archery	6C, 7A	7C, 7A	7C, 7A

GO ACTIVITY: Field Games

Name of Activity	#	Section	Sixth Grade 116.22	Seventh Grade 116.23	Eighth Grade 116.24
Softball Step Back	488	Softball	3A, 3B	3A, 3B	3A, 3B
Ground Ball Pursuit	489	Softball	3B	3B	3B
Grounders and Sliders	490	Softball	3A, 3B	3A, 3B	3A, 3B
Softball Slide and Move	491	Softball	3A, 3B	3A, 3B	3A, 3B
Pickle	492	Softball	3A, 3B	3A, 3B	3A, 3B
Home Run Derby	493	Softball	3A, 3B, 6A	3A, 3B, 6A	3A, 3B, 6A
Zone Ball	494	Softball	3A, 3C, 6A	3A, 3C, 6A	3A, 3C, 6A
Teamwork Softball	495	Softball	3A, 3B, 6A	3A, 3B, 6A	3A, 3B, 6A
Agility Activities	496	Softball	3B	3B	3B
Shuffle'm Up	497	Softball	3A, 3C, 6A	3A, 3C, 6A	3A, 3C, 6A
All-Run Softball	498	Softball	3A, 3C, 6A	3A, 3C, 6A	3A, 3C, 6A
Your Choice Ball	499	Softball	3A, 3C, 6A	3A, 3C, 6A	3A, 3C, 6A
All-Run Flying Disc	440	Flying Disc	1A, 3A	1A, 3A	1A, 3A

GO ACTIVITY: Dance and Rhythms

Name of Activity	#	Section	Sixth Grade 116.22	Seventh Grade 116.23	Eighth Grade 116.24
Touch A Hand	92	Aerobic Rhythms	5A	5A	5A
Exercise My Way	93	Aerobic Rhythms	5A	5A	5A
Kids Card Choreography	94	Aerobic Rhythms	5A	5A	5A
Scatter Square Dancing	95	Aerobic Rhythms	5A	5A	5A
Hey Baby	98	Aerobic Rhythms	5A	5A	5A
Rodeo Shuffle	99	Aerobic Rhythms	5A	5A	5A
Freeze	100	Aerobic Rhythms	5A	5A	5A
Four-Corner Fitness	101	Aerobic Rhythms	5A	5A	5A
Catch the Rhythm	102	Aerobic Rhythms	5A	5A	5A

GO ACTIVITY: Miscellaneous

Name of Activity	#	Section	Sixth Grade 116.22	Seventh Grade 116.23	Eighth Grade 116.24
Parachute Warm-Ups	82	Parachute	6C	6C	6C

Spinning Wheel	83	Parachute	1A, 6C	1A	1A
Interval Running	79	Parachute	1A	1A	1A
Popcorn	85	Parachute	8B	8B	8B
Shark	86	Parachute	8B	8B	8B
Cat and Mouse	87	Parachute	8B	8B	8B
Swiss Cheese Parachute Team Challenges	88	Parachute	14A	14A	14A
Freestyle	171	Jump Rope	3H, 3F	3H, 3F	3H, 3F
Follow Me	172	Jump Rope	3H, 3F, 5A	3H, 3F, 5A	3H, 3F, 5A
Figure It	173	Jump Rope	3H, 3F	3H, 3F	3H, 3F
Lucky Guess	174	Jump Rope	3H, 3F	3H, 3F	3H, 3F
Double Trouble	175	Jump Rope	3H, 3F, 5A	3H, 3F, 5A	3H, 3F, 5A
It's in the Cards	176	Jump Rope	3H, 3F	3H, 3F	3H, 3F
Jump the Circuit	177	Jump Rope	3H, 3F	3H, 3F	3H, 3F
"Go for Health" Jump Rope Challenge	178	Jump Rope	3H, 3F	3H, 3F	3H, 3F
One Step, Throw & Catch	432	Flying Disc	1A, 3A	1A, 3A	1A, 3A
Lead On	433	Flying Disc	1A, 3A	1A, 3A	1A, 3A
Pass and Follow	434	Flying Disc	1A, 3A	1A, 3A	1A, 3A
Partner jog With Flying Disc	435	Flying Disc	1A, 3A	1A, 3A	1A, 3A
Throw & Go	438	Flying Disc	1A, 3A	1A, 3A	1A, 3A
Monkey in the Middle	441	Flying Disc	1A, 3A	1A, 3A	1A, 3A
Mirror, Mirror	396	Cooperative	5B	5B	5B
Look Into My Eyes	397	Cooperative	6A	6A	6A
Group Knot Tying	398	Cooperative	6.12A	7.12A	8.12A
Hoop Around	399	Cooperative	6.14B	7.14B	8.14B
Hoop It Through	400	Cooperative	6A	6A	6A
Group In A Hoop	401	Cooperative	1A	1A	1A
Mat Challenges	402	Cooperative	8B, 15A	8B, 15A	8B, 15A
Cooperative 21	403	Cooperative	3G	3G	3G
Radioactive River	405	Cooperative	12A, 12C	12A, 12C	12A, 12C
Marco Polo Soccer	406	Cooperative	6A	6A	6A
Swiss Cheese Parachute™ Team Challenge	407	Cooperative	6A	6A	6A