

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: Social and Emotional Health

Strand 5: Lifetime Wellness

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: Social and Emotional Health

Strand 5: Lifetime Wellness

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 |

GO FITNESS 3-5

| Name of Activity | # | Section | Third Grade 116.5 | Fourth Grade 116.6 | Fifth Grade 116.7 |
|------------------------|-----|--------------------|----------------------|-----------------------|----------------------|
| 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 |
| 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 |

| GO FITNESS (continued) 3-5 | | | | | |
|---------------------------------------|----------|--------------------|------------------------------|-------------------------------|------------------------------|
| Name of Activity | # | Section | Third Grade 116.5 | Fourth Grade 116.6 | Fifth Grade 116.7 |
| Kid 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 |
| 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 |

| GO FITNESS (continued) 3-5 | | | | | |
|---------------------------------------|----------|--------------------|------------------------------|-------------------------------|------------------------------|
| Name of Activity | # | Section | Third Grade 116.5 | Fourth Grade 116.6 | Fifth Grade 116.7 |
| 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 |
| 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 (continued 3-5) | | | | | |
|--------------------------------------|----------|----------------|------------------------------|-------------------------------|------------------------------|
| 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 |
| 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 | 3C, 6C | 3C, 6C | 3C, 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 |

| GO ACTIVITY (continued 3-5) | | | | | |
|---|----------|----------------|------------------------------|-------------------------------|------------------------------|
| Name of Activity | # | Section | Third Grade 116.5 | Fourth Grade 116.6 | Fifth Grade 116.7 |
| 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 |
| Golden Goal (Dribbling/Pass/Shoot) | 506 | Soccer | 3D, 3E | 3D, 3E | 3D, 3E |
| Grand Slam Tennis Skill Stations | 576 | Tennis | 3C, 4B, 4C | 3C, 4B, 4C | 3C, 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 |

| GO ACTIVITY (continued) 3-5 | | | | | |
|-------------------------------------|----------|----------------|------------------------------|-------------------------------|------------------------------|
| Name of Activity | # | Section | Third Grade 116.5 | Fourth Grade 116.6 | Fifth Grade 116.7 |
| 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 |
| 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 HockeySkill 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 |
| Statues of Liberty | 446 | Football | 6A | 6A | 6A |
| Strike Out | 542 | Softball | 3A | 3A | 3A |

| GO ACTIVITY (continued) 3-5 | | | | | |
|---|----------|----------------|------------------------------|-------------------------------|------------------------------|
| Name of Activity | # | Section | Third Grade 116.5 | Fourth Grade 116.6 | Fifth Grade 116.7 |
| 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: Social and Emotional Health

Strand 5: Lifetime Wellness

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 |