

# CATCH Activities that are Safe During COVID-19

## Classroom Management:

1. Learning to Stop, Look, & Listen (cards #40-41)
2. Freeze Walk (cards #42-43)
3. Sit Signal (cards #44-45)
4. Can't Sit Still (cards #46-47)
5. Paint the Bubble (cards #48-49)

## Warm-Up Activities:

6. Show Me (cards #61-62)
7. Animal Fun (cards #63-64)
8. Animal Fun II (cards #65-66)
9. Shake It Up (cards #72-73)
10. Turn & Freeze (cards #76-77)

## Go Fitness (Mighty Muscles):

11. Move Like the Animals (cards #94-95)
12. Forceful Movement (cards #96-97)
13. Jump (cards #98-99)
14. High & Low, Long & Short (cards #104-105)

## Go Fitness (Limber Limbs):

15. Head, Belly, Toes (card #152)
16. Stretch It (cards #153-154)
17. Point & Flex (cards #155-156)

## Go Fitness (Hearty Heart):

18. On The Run (cards #197-198)
19. March! (cards #199-200)

## Go Activity (Body Management):

20. Bridges & Tunnels (cards #249-250)
21. Rolling Crayons (cards #253-254)
22. Body Balance (cards #255-256)
23. Me & My Bean Bag (cards #257-258)

## Go Activity (Loco & Non-Locomotor Skills):

24. Hop! (cards #270-271)
25. Skip! (cards #272-273)
26. Ride the Pony (cards #276-277)
27. Bend It (cards #282-283)
28. Twist! (cards #284-285)

## Go Activity (Striking):

29. Whack It! (cards #337-338)
30. Balloon Paddle Power (cards #343-344)
31. Tumbleweeds (cards #345-346)

## Go Activity (Dribbling & Kicking):

32. Kick It! (cards #348-349)
33. Ball Handling Skills (cards #352-353)

## Go Activity (Rhythms):

34. Head, Shoulders, Knees & Toes (cards #360-361)
35. Rainbow Hoops (cards #368-369)

## Cool-Down Activities:

36. Traveling Body Parts (cards #451-452)
37. Melting (cards #455-456)
38. Statues & Rag Dolls (cards #457-458)
39. Being Balloons (cards #459-460)
40. Sleeping Soundly (cards #461-462)
41. Belly Laughs (cards #463-464)
42. Yoga Introduction (cards #469-470)
43. Yoga Breathing Exercises (cards #471-472)
44. Yoga Poses (cards #473-476)
45. Wake Up With The Sun (cards #478-479)