



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 HockeySkill 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