

CATCH[®]

K-8 Physical Education

Setting CATCH Apart



Top Evidence Base
120+ Peer-reviewed studies



Track Record of Success
Quality P.E. for 30+ Years



Widely Adopted
Used by Over 50% of TX K-8 Schools



TEA Approved
Coordinated School Health Program

100% TEKS Alignment for CATCH P.E.

✓ = 100% coverage

P.E. Strands	Elem	Middle
Movement Patterns & Movement Skills	✓	✓
Performance Strategies	✓	✓
Health, Physical Activity, & Fitness	✓	✓
Social & Emotional Health	✓	✓
Lifetime Wellness	✓	✓

Quality P.E. and Evidence-Based

CATCH is a Quality Physical Education program that is:

- Developmentally Appropriate, Inclusive, Varied, and Fun; and
- Emphasizes Physical Activity, Physical Fitness, and Motor-Skills Development.

Beyond “evidence informed,” CATCH is **truly evidence-based**, and has been proven in peer-reviewed studies to:

- Increase physical activity time during P.E. class;
- Increase kids’ overall amount of daily physical activity; and
- Maintain behavior changes 3 years post-implementation.

See CATCH’s 120+ peer-reviewed publications at catch.org/proven-effectiveness

Program Characteristics



★ **CATCH’s Proven Formula for Effective Health & Physical Education**



- Focus on student empowerment and intrinsic decision making
- Consistent approach across programs (Knowledge + Skill + Environment)
- Common “language of CATCH” across programs
- SEL anchor activities and prompts
- Integration of physical activity and health lessons
- Family components & resources

Demos, videos, and more at catch.org/texas



90-Day Free Trial
catch.org/free-trial

Hoop It Up — Ball Handling Skills #371	
GO ACTIVITY • BASKETBALL - SKILL DEVELOPMENT ACTIVITIES	
Equipment	• 1 basketball or playground ball per student
Skill Themes	• Ball handling • Catching • Manipulative Skills
Sport Skill & Strategy	• Ball handling
Main Alignment	National PE Standard 1 (S1.E17.3, S1.E17.4b, S1.E17.5) [see more]



Demonstration Videos



Visual Aids

What's Included with CATCH P.E.

- Hundreds of activities, sorted by grade and topic, and organized into easy-to-use cards
 - For each grade there are activity plans and lesson guides with Scope & Sequence, Standards Alignments, and Assessments.
- As part of Universal Design, the program includes:
 - Visual aids
 - Printable stop and go signs for class management,
 - Specific vocabulary that can be used to create a word wall or projected during a lesson
 - Adaptations for physical distancing and Virtual/Hybrid settings
- Robust activity demonstration video library
- SEL prompts and anchor activities within lessons
- CATCH Inclusion Guide with adaptations for kids with physical and intellectual disabilities

Access on **CATCH.ORG**



CATCH.org Tech Specs

- Access via any Internet-capable device (HTML5 website)
 - Windows, Mac, Android, and iOS compatible
 - Chrome, Firefox, Safari, and Microsoft Edge browsers supported
- Single Sign-On (SSO) or direct user login available
 - Teachers access platform, not students
- Easy to navigate content
- Teacher and Campus usage reporting
- User support from CATCH Team
- Secure (HTTPS) and FERPA, COPPA, HIPAA, and CIPA compliant

Contact Us
info@catch.org | 855.500.0050 x805

