

Why CATCH PE?

Dear Faculty & Staff,

As you know, we are proud to be a CATCH School. Together, we are making strides in creating a healthy school environment and teaching students the importance of eating healthy foods and being physically active. Thank you for your contributions – in the classroom, the cafeteria and across our campus.

Physical Education classes are a key venue for teaching children to embrace regular physical activity and guiding them in the process of being healthy for a lifetime. CATCH is an excellent resource that complements our PE curriculum and instructional goals because it:

- Supports our district’s instructional planning guide and assessment of student learning.
- Provides children of all abilities and interests with a foundation of movement experiences.
- Is age and developmentally appropriate, and maximizes student success.
- Highlights activities that children can do at home, either by themselves or with their family.

CATCH physical education lessons enable us to achieve a number of objectives, including:

- Keeping students physically active for at least 50 percent of class time;
- Meeting a child’s need for active participation;
- Purging inappropriate practices, such as elimination games, exercise as punishment and picking teams;
- Stressing self-improvement, participation and cooperation instead of winning and losing, and not requiring higher levels of competition before children are ready.

In implementing the CATCH PE curriculum, we’re finding that students are:

- Having fun!
- Developing competence and confidence in their ability to perform a variety of movement skills.
- Understanding the important concepts of physical fitness and the contribution physical activity makes to a healthy lifestyle.
- Broadening cognitive development through movement experiences that encourage them to question, integrate, analyze, communicate and apply concepts.
- Strengthening their social skills by learning important values, such as teamwork, cooperation, respect and honesty.

I believe the CATCH PE program can make a positive difference in the health and wellness of our students—and in their attitudes toward being physically active—now and for years to come.

Thanks again for your support.

Actively Yours,

Physical Education Specialist

