

# CATCH MVP Games

## **A CATCH MVP is someone who Moves and stays active, Values healthy eating and Practices healthy habits.**

All students are capable of being a MVP through your leadership, teachings, and encouragement. In conjunction with other campus efforts, your students will become familiar with CATCH language throughout this Kick-Off Week. The CATCH MVP Games have been created to help reinforce the Language of CATCH (GO, SLOW, WHOA Foods & CATCH MVP) in a fun and active way. Prior to playing the games, it would be helpful to lead a brief discussion with your students about some of their health habits. Sample discussion topics include: how do they get their exercise outside of school; what types of healthy foods do they enjoy eating; why should they want to be healthy; what does/can your family do to be healthy/healthier. Following the discussion, explain that they are going to play games this week that emphasize the language of CATCH and being a CATCH MVP.

### **Tail Tag**

To reinforce our message of being CATCH MVP's and incorporating the CATCH GO, SLOW, & WHOA nutrition terms in PE, play this fun, vigorous, non-elimination game: Tail Tag (6th-8th CATCH Activity Box Card #66)

- Designate the activity area with cones. Everyone will need a scarf/flag tucked into their waistband or pocket, and that will be their 'tail'. Have the students walk the perimeter of the activity area (aka Hitting the Track) to collect equipment (scarves/flags).
- In this game everyone is 'It'. At a walking pace, students are to try and take other students' scarves/flags while trying not to have their scarf/flag taken.
- When a student's 'tail' is taken, they are to get it right back from the student who took it. Then, since they are not eliminated from the game, the student whose 'tail' was taken (and returned) will perform a Re-Entry Task to come back into the game.
- Students who have been tagged ('tail' taken and returned) go to the Re-Entry Zone (an area outside the cones or designated activity area) to perform their Re-Entry task. Explain that their Re-Entry Task will be to do 5 jumping jacks while calling out 5 GO Foods.
- Students will naturally move vigorously, so let them play for a few minutes. Then, stop them,
  - Safety Rule: remind them this activity is to be done at a walking pace (or other locomotor movement you designate).
- Switch the Re-Entry Task to 5 lunges and have students call out 5 WHOA Foods.
- The game stops immediately if the following happens:
  - Anyone in the game falls down – game over, stop and restart.
  - There are scarves/flags on the floor instead of on a students' waistbands – game over, stop and restart.
  - Students have collided, are not moving with body control, and/or someone is injured – game over, stop and restart.
- Let them play for another few minutes or so, then stop them. This time, change the locomotor movement and switch the Re-Entry Task to 3 push-ups while calling out 3 ways for them to be active at home.
- Repeat and continue as desired.



## MVP Rock-Paper-Scissors

To reinforce the message of being CATCH MVP's play this fun, moderately vigorous, non-elimination game modified from the original CATCH Warm-Up: Team Rock-Paper-Scissors (6th-8th CATCH Activity Box Card #14).

**This game teaches students to become more familiar with the MVP language, and value being a CATCH MVP.**

- Designate three zones in your activity area, each represented by one of the MVP acronyms. (NOTE: This is a great time to ask the students about what the letters of MVP represents.)
- Use cones to divide the activity area into thirds (MVP Zones) and designate them as the: **M**ove and Stay Active Zone, the **V**alue Healthy Eating Zone, and the **P**ractise Healthy Habits Zone.
- All kids begin in the "Start Zone" located outside of the MVP Zones.



- The objective of the game is to be a CATCH MVP and reach each of the MVP Zones as many times as possible.
- Students do this by playing Rock-Paper-Scissors with a partner, and moving from zone to zone in accordance with who wins.
- On signal, students quickly find a partner and play Rock-Paper-Scissors.
- If a student wins, they move up to the M zone and the loser stays in the start zone and finds another partner to challenge.
- Upon entering another zone, students must find a partner to challenge.
- Students move up one zone when they win and move down one zone when they lose. When a student wins in the P zone, they then go back to the start zone and begin again.
- Play for one to two minutes, then survey the class to find out who made it to each zone.
- Repeat the game as time permits.

## MVP Cone Crazy

**Introduction:** To reinforce our message of being MVP's, play this fun, vigorous, non-elimination game by modifying another CATCH game: Cone Crazy (6th-8th CATCH Activity Box Card #42). Using three teams, each representing one of the letters of MVP, students will become more familiar, and more knowledgeable, about the healthy message.

- Divide the class into 3 groups. Designate Group 1 as the "M's", Group 2 as the "V's" and Group 3 as the "P's". Remind each group what their group/letter stands for.
- Use at least 1 cone for every 2 students (more is better), equally made-up of three colors. Scatter the cones throughout the activity area.
- Assign each group to be represented by one of the colored cones (e.g., M's = red cones, V's = green cones, P's = blue cones).

- The object of the game is to have the most cones standing upright.
- On signal, all students begin moving throughout the activity area. Players tip over other teams' cones, while simultaneously standing up their group's cones that the other teams have tipped over.
- Players may not consecutively touch a cone. That is, they must move to a different cone before standing up/tipping over the cone they last touched.
- Stop play after 1 or 2 minutes. Have each group count how many of their cones are upright. The team with the most cones upright gets a point.
- Repeat the game as time permits. Consider switching the groups so that every team represents M, V and P over a series of three games.