

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.

The CATCH physical education materials help 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 philosophy, 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

