

Pine Elementary Adopts “CATCH” For Physical Education

By
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HOLTVILLE- The small country school, Pine Elementary, teamed up with the University of California Cooperative Extension, on November 18, to give their students a new outlook on physical education.

To those in the field, the program is known as “CATCH Kick-off”, and it works with students to activate them throughout the entire physical education period. CATCH is the acronym for Coordinated Approach to Child Health. With five stations set up around the playground, students partook in the different games, while having cool down stations in-between to relax from the fast-paced games.

“We are out of the UC Cal Fresh nutrition education program and our goal is to use inclusive strategies, to abolish elimination games, so students can remain active throughout the program,” said community educator, Paul Tabarez.

One station was a Frisbee exercise where students paired off to play catch, loosening up for the following tasks. Students moved on to teacher Brian Phillips station, where students performed drill exercises following orders from their sergeant-teacher.

By the third station the more intensive exercises kicked in. Students split up into two teams for a game of flag football. Students continuously ran the field in efforts to score or stop a touchdown.

The fourth station students utilized the basketball differently than the traditional sport. Students dribbled around the basketball court trying to disrupt the opposition in efforts to win the game.

As the group of students moved over to their last station, instructor Paul Tabarez, taught students how to play capture the flag. Students paired off into two teams and raced to the half court line, trying to seize one of the six flags. Then pupils returned the flags to their side of the court to be guarded, giving them a constant workout.

The CATCH physical education program was designed to create non-stop games in hopes to encourage student's physical education can be fun and productive.

"Opposed to traditional Physical Education, it eliminates PE from becoming stagnant by engaging them into four or five different activities every day," said Pine Elementary teacher, Brian Phillips.

