



NH CATCH Kids Club Suggested Warm-Up & Cool-Down Activities

Need ideas for warm-up and cool-down activities? The following is a list of suggestions for NH CATCH Kids Club program leaders. Each activity lists its corresponding card number from the yellow K-5 activity box.

No Equipment:

- Balance Train # 114
- Go Fish # 115
- Mingle, Mingle # 121
- Leaping Lizards # 125
- People Dodge # 126
- Glue and Stretch # 131
- The Snake Trail # 295
- Non-Elimination Simon Says # 298
- Partner Tricks # 302



With Equipment:

- Hoop It Up # 76
- Islands # 165
- Musical Hoops # 169
- Hoop Go Round # 173
- “Can you...?” # 194
- Snakes # 195
- Parachute Warm-Up # 244
- Parachute Cool-Down # 255
- Hoop Beat # 255
- Rhythm Train # 256
- Sunny Day # 257
- Me and My Ball # 265

Have more ideas to share? Post them on the NH CATCH Kids Club Facebook page (search for “NH CATCH Kids Club” when on Facebook) or email them to Beth Gustafson Wheeler, the NH CATCH Kids Club Coordinator, at bwheeler@healthynh.com.