



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. *NB = new box- received after September 2011; OB = old box-boxes received through September 2011*

No Equipment:

- Balance Train OB #114, NB #149
- Go Fish OB #115, NB #150
- Mingle, Mingle OB #121, NB #156
- Leaping Lizards OB #125, NB #160
- People Dodge OB #126, NB # 161
- Glue and Stretch OB #131, NB # 167
- The Snake Trail OB #295, NB # 392
- Non-Elimination Simon Says OB #298, NB # 395
- Partner Tricks OB #302, NB # 399



With Equipment:

- Hoop It Up OB #76, NB # 93
- Islands OB #165, NB # 219
- Musical Hoops OB #169, NB # 223
- Hoop Go Round OB #173, NB # 227
- “Can you...?” OB #194, NB # 260
- Snakes OB #195, NB # 261
- Parachute Warm-Up OB #244, NB # 318
- Parachute Cool-Down OB #252, NB # 326
- Hoop Beat OB #255, NB # 334
- Rhythm Train OB #256, NB # 335
- Sunny Day OB #257, NB # 336
- Me and My Ball OB #265, NB # 353

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 Laura Hesse Moran, NH CATCH Kids Club Manager, at lhmoran@gmail.com