

## CatchVest<sup>™</sup> Adapted Activity Guide

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### Introduction

**CatchVests** provide a platform for numerous catching games and activities. This guide is designed to help you and your students get the most from your **CatchVests** in an adapted environment.

### Activities

#### Partner Tag

1. Have players choose partners and designate who will be IT in each pair.
2. Each pair puts on a different color **CatchVest**.
3. On the GO signal, pairs move around the area using a designated movement (like running, walking, skipping, etc.).
4. The player who is IT must count to 5 before chasing their partner.
5. To tag their partner, the IT player must place or throw the ball so it sticks to their partner's vest.
6. Once tagged with the ball, the new IT player must do 5 jumping jacks before pursuing their partner.

#### Steal The Bacon

1. Line up half the team on opposite sides across from each other.
2. Number the students, starting from opposite ends.
3. Each team wears the same color **CatchVest** and everyone has a soft ball stuck to his or her back.
4. When numbers are called, players try to remove the ball from their opponents' back, then return to their space to score a point for their team.

#### Partners Relay

1. Begin the relay at one end of the gym or designated play area.
2. Put students in pairs.
3. Every player wears a **CatchVest** and one player in each pair has a ball and stands at the starting line.
4. On the goal signal, the partner runs with the ball to a point where they think it can be thrown and stuck to their partner's vest.
5. After throwing the ball, that same partner runs back and passes their partner, who now has the ball.
6. The partner with the ball throws it to the running partner in an effort to make the ball stick to their partner's vest. If they miss, they can try again.
7. Upon success, both partners run to the finish line and the game is over.

*Variation:* This same game can also be used with **BeanBagZoo<sup>™</sup> Animals** (see the Sportime catalog for pricing information on **BeanBagZoo Animals**.)

