

CATCH Early Childhood (CEC) is designed to nurture a love of physical activity, provide an introduction to classroom-based gardening and nutrition, and encourage healthy eating in children ages 3-5.

Modeled after the nationally recognized CATCH Program, CEC provides an environment where physical activity, health education, gardening and healthy eating behaviors are valued and taught.

Little ones are motivated to walk, run, jump, dance and move their whole bodies while playing and having fun!



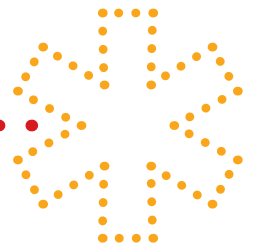
CEC PROVIDES TEACHERS AND PE SPECIALISTS WITH:

- » Tools to successfully develop and implement a fun nutrition and PE/activity program
- » Convenient and flexible lesson plans featured in a manual with removable pages for easy duplication and sharing
- » A sample schedule to aid in lesson planning
- » Over 400 activity cards that promote moderate-to-vigorous physical activity (MVPA)
- » Relaxation and stretching exercises to assist with cool-downs and transition back to the classroom
- » A music CD that keeps the class motivated, moving, and having fun
- » Parent Tip Sheets to take home that encourage family involvement

CEC PROVIDES CHILDREN WITH:

- » Games and activities that foster a love of exercise
- » The opportunity to refine developing locomotor, non-locomotor and manipulative skills
- » Knowledge to identify basic healthy food choices
- » Music to sing and dance along to
- » Hands-on gardening experiments
- » Snack activities for hungry bellies
- » Hand puppets and cartoon characters that make learning fun





CATCH EARLY CHILDHOOD KIT INCLUDES:

- » 9 nutrition-based and 10 gardening-based classroom lessons to encourage healthy eating behaviors
- » Over 400 activity cards with music aimed at promoting physical activity
- » Parent Tip Sheets that provide a coloring activity, additional nutrition and physical activity information, and recipe ideas for parents
- » Extension Activities aimed at promoting repetition of nutrition messages
- » Curriculum Connectors to extend lessons into other learning centers such as language, math, and science
- » An adaptive learning component to meet the needs of children with physical or learning disabilities
- » A list of Spanish and French translations of “key words” from lesson plans to expand children’s knowledge and facilitate instruction in bilingual classrooms



CATCH EARLY CHILDHOOD “IT’S FUN TO BE HEALTHY” MANUAL & ACTIVITY BOX

A fully comprehensive curriculum that features “It’s Fun to Be Healthy” Teacher’s manual, Parent Tip Sheets, and an Activity Box with all of the supporting instructional lessons you need for over 400 activities to get little ones up and moving (includes music CD).

Ask about our curriculum and equipment set options.

The CATCH Early Childhood Program was developed by:

- CATCH Curriculum Writer, Susan Luton
- Children’s Physical Activity Specialist, Rae Pica
- A team at the University of Texas led by Shreela Sharma, PhD, RD, LD
- Pre-K Music and Movement Specialist, Stasie Shirey Veinotte



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“The CATCH Early Childhood program is unique because the classroom curriculum includes stories with puppets and activities that really resonate with 3, 4 and 5 year old children. Lessons share important nutrition concepts and are crafted so that they can be used in any preschool learning center. Children have fun as they learn about healthy eating; and the PE activities, which come with music, keep kids and teachers moving and singing.”

—Shreela Sharma, PhD, RD, LD
 Assistant Professor of Epidemiology, Assistant Director, Dietetic Internship Program,
 Michael and Susan Dell Center for Advancement of Healthy Living,
 The University of Texas, School of Public Health

Ask about our CATCH Training!

Call us at 800.265.6900 and speak to a CATCH Team member today!

