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
Ask about our CATCH Training!

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

“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