

**CATCH Early Childhood Alignment with Head Start Performance Standards¹
for Physical Activity and Nutrition Education**

Head Start Performance Standards for Physical Activity	How CATCH Early Childhood Assists in Meeting the Standard
<p>Provide sufficient time, indoor and outdoor space, equipment, materials and adult guidance for active play and movement that support the development of gross motor skills. §1304.21(a)(5)(i)</p>	<p>The CATCH Early Childhood Activity Box includes over 500 activities specifically aimed at increasing children’s moderate-to-vigorous physical activity and promoting gross motor development including locomotor, non-locomotor, and manipulative skills. Activities are combined with music and children are motivated to walk, run, jump, dance, and move their whole bodies while playing and having fun. Each activity card includes detailed instructions for program staff and Parent Tip Sheets, included in the <i>It’s Fun to Be Healthy</i> Teacher’s Manual, help families to support children’s physical activity at home.</p>
<p>Provide an appropriate environment and adult guidance for the participation of children with special needs. §1304.21(a)(5)(iii)</p>	<p>The CATCH Early Childhood Kit includes an adaptive learning component to meet the needs of children with physical or learning disabilities.</p>
Head Start Performance Standards for Nutrition Education	How CATCH Early Childhood Assists in Meeting the Standard
<p>As developmentally appropriate, opportunity is provided for the involvement of children in food related activities. §1304.23(c)(7)</p>	<p>The <i>It’s Fun to be Healthy</i> Teacher’s Manual includes 9 nutrition-based lessons that help children identify healthy foods and prepare snacks. The manual also includes 10 hands-on gardening lessons with engaging experiments and activities.</p>
<p>Provide that a variety of food is served which broadens each child’s food experiences. §1304.23(c)(1)</p>	<p>Hands-on healthy snack activities allow children to taste and experience unfamiliar foods and help to increase children’s preferences for fruits, vegetables, whole grains, and low-fat dairy products.</p>
<p>Parent education activities must include opportunities to assist families with food preparation and nutritional skills. §1304.23(d)</p>	<p>English and Spanish Parent Tip Sheets complement the lesson plans and provide nutrition information and recipe ideas for parents.</p>

1. Head Start Program Performance Standards, 45 CFR Chapter XIII (10-1-09 edition). Available from: <http://eclkc.ohs.acf.hhs.gov/hslc/standards/hspss>