



PROGRAM OVERVIEW

	CATCH Kids Club	CATCH-MEND Overweight Child Physical Activity Program
Target Audience	Population-based	Overweight and obese children, ages 6-13
Curriculum Overview	<p>CATCH Kids Club (CKC) is a physical activity and nutrition education program designed for elementary and middle school aged children in afterschool and summer settings. CKC is composed of 3 components:</p> <ol style="list-style-type: none"> 1. Educational lessons related to nutrition, physical activity, and screen-time reduction. 2. Hands-on snack preparation. 3. Structured physical activities provided in a CKC Physical Activity Box. 	<p>The overarching objective of the CATCH-MEND Overweight Child Physical Activity (PA) Program Guide created for the MEND Program is for overweight/obese children to have a physical activity experience where they enjoy moving their bodies. Therefore, the program has been designed to:</p> <ul style="list-style-type: none"> • Maintain a safe instructional environment both physically and emotionally. • Engage children at developmental levels appropriate to their physical ability. • Nurture a child’s emotional and psychological capacity to try new movement opportunities. • Channel a child’s natural desire to play and helps them develop confidence to move more. • Encourage children to empower themselves and seek out more opportunities to be physically active with friends and family.

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Major Highlights/Components	<p>The education component of CKC aims to equip children with the knowledge, skills, self-efficacy, and intentions to make healthy dietary and physical activity decisions. The purpose of the snack activities is to introduce children to tasty and healthful foods and to teach students the skills to enable them to select and prepare snack foods for themselves. The CATCH Kids Club Healthy Habits and Nutrition Manuals (K-5 and/or Grades 5-8) include health education lessons organized into seven themes.</p> <p>The CATCH Kids Club Activity Boxes (K-5 and Grades 5-8) is designed to make leading enjoyable, structured activities easier for program staff. The Activity Boxes include activity cards that detail instructions for fun activities that keep kids moving.</p>	<p>The Overweight Child Physical Activity (PA) Program Guide is a prescriptive yet user-friendly guide that simplifies instructional delivery and keeps kids active. It allows program facilitators to provide a quality setting for children to participate in and enjoy moderate-to-vigorous physical activity (MVPA). MVPA is best achieved through activities in which children run, play, dance, and move their whole bodies. These activities give children the opportunity to practice and develop generalizable movement skills, gain confidence, and subsequently improve their physical fitness.</p> <p>Unique features of the manual include:</p> <ul style="list-style-type: none"> • 18 step-by-step lessons written in “teacher talk” language; • A comprehensive variety of activities, sport themes, and movement activities. • Limited space activities that can be taught when adequate space is an issue; • Individual V.I.P. (Very Important Pedometer) Task Sheets that can be integrated into the CATCH-MEND lessons or presented as activities children can do at home.

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Resources	<p>CKC K-5 Healthy Habits and Nutrition Manual:</p> <ul style="list-style-type: none"> • 37 Health Education lessons, divided into lessons for K-2 level and 3-5 level • 7 Family Tip Sheets (English/Spanish) • CD included with electronic versions of handouts that can be reproduced as needed. <p>CKC Grades 5-8 Healthy Habits and Nutrition Manual:</p> <ul style="list-style-type: none"> • 36 Health Education lessons • 7 Family Tip Sheets (English/Spanish) • CD included with electronic versions of handouts that can be reproduced as needed. <p>CKC K-5 Activity Box:</p> <ul style="list-style-type: none"> • Over 400 activity cards • Aerobic games, parachute, basketball, hula hoop, limited space, rhythms and more. <p>CKC Grades 5-8 Activity Box:</p> <ul style="list-style-type: none"> • Over 600 activity cards • Cooperative games, muscular strength, flexibility, various sport themes and more. 	<p>CATCH-MEND Overweight Child PA Guide includes a manual comprised of an introduction section, eighteen 60-minute physical activity lessons and master copies of all instructional aids. The introduction includes detailed information with instructional tips and best practices as well as specific considerations for leading physical activities with MEND kids. Additionally, each lesson includes:</p> <ul style="list-style-type: none"> • A diagram detailing how the activity area should be set-up; • Step-by step, simple to follow “Ready, Set, Go!” lesson structure; • Systematic instructional progression that provides warm-up, fitness, sports skill development, and cool-down activities. • Specific teaching and management instructions and tips for each activity; • Additional activity challenges to extend learning and increase skill proficiency; • Movement modifications to accommodate all abilities and learners.

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Implementation Training	<p>CATCH Kids Club Training orients participants to the CKC Program components and blends a variety of interactive techniques that both teach and demonstrate strategies for effective implementation. Participants utilize the CKC materials (both the lessons and physical activities), actively participate in activities, and subsequently use this framework to strategically plan how their programs can better guide youth in the process of being healthy for a lifetime.</p> <p>Participants will:</p> <ul style="list-style-type: none"> • Utilize the CKC Physical Activity materials & Nutrition Education materials. • Actively participate in activities. • Use the CKC framework to strategically plan their programs. • Review and reinforce CATCH strategies to maximize student participation and enjoyment. <p>CKC Implementation Training Length: 6 hrs. Number of Trainers: 1 Max # Participants: 35 Fee: \$3500</p>	<p>The CATCH-MEND Overweight Child Physical Activity Training provides a hands-on and interactive training to teach Activity Leaders how to implement the physical activity component of the MEND Program. The training models instructional strategies and best practices for conducting safe, enjoyable, and effective physical activity sessions with children participating in the MEND Program. Specifically, the training provides instructors with procedures and protocols necessary to teach the activity sessions safely, effectively, and enjoyably.</p> <p>Participants will:</p> <ul style="list-style-type: none"> • Experience the first three lessons of the CATCH-MEND PA Component. • Actively participate in the lesson activities. • Review the CATCH-MEND PA Manual and become oriented to the instructional scope and sequence. • Practice leading a game or activity from the lessons and utilize essential management skills to conduct the PA lessons. <p>CATCH-MEND Training Length: 6 hrs. Number of Trainers: 1 Max # Participants: 35 Fee: \$3500</p>

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Train-the-Trainer	<p>CATCH Kids Club Training Academy (Train-the-Trainer model) is available to train and prepare qualified individuals to conduct 1-day CKC Implementation Trainings.</p> <p>CKC Training Academy Length: 3 days Number of Trainers: 1 Max # Participants: 15 Fee: \$8500</p>	<p>A Training Academy (Train-the-Trainer model) for the CATCH-MEND PA Component is currently NOT AVAILABLE.</p> <p>CATCH currently has five trainers certified to conduct CATCH-MEND PE Trainings.</p>
Materials Cost	<p>Available through Flaghouse, Inc.</p> <p>CKC K-5 Set: \$275.00 (includes Nutrition Manual & Activity Box)</p> <p>CKC 5-8 Set: \$275.00 (includes Nutrition Manual & Activity Box)</p> <p>CKC K-5 Activity Box ONLY: \$225.00 CKC 5-8 Activity Box ONLY: \$225.00</p> <p>CKC K-5 Nutrition Manual ONLY: \$94.95 CKC 5-8 Nutrition Manual ONLY: \$79.95</p>	<p>Available through CATCH Global Foundation</p> <p>CATCH-MEND PA Manual: \$200.00</p>