**What is CATCH?**

CATCH stands for a Coordinated Approach to Child Health. The CATCH PE curriculum allows **all** students in the class to be included and have the opportunity to participate in moderate to vigorous physical activity (MVPA). This curriculum also allows students to incrementally build skills and confidence. CATCH Activity Boxes and PE Trainings arm teachers with the tools needed to increase students’ MVPA, and our curriculum provides teachers with simple suggestions of how to incorporate physical activity into their lessons.

**CATCH Activity Kit Instruction Will:**

› Provide 300+ unique non-elimination activities that engage students in fun and motivating age-appropriate activities.

› Provide meaningful movement experiences and themes that target individual fitness and the skill level of all learners.

› Provides opportunities for all students to participate.

› Removes elimination games and keeps all students involved and moving for the entire class.

› Support and easily integrate into your existing curriculum/program.

› Maximize time on task and learning opportunities.

› Promote adequate amounts of physical activity.

**CATCH Activity Kits:**

Include Warm-ups, Go Fitness, Cardio Efficiency, Aerobic Games, Muscular Strength, Endurance, Flexibility, Limited Space Activities and Cool-Downs.

›› **CATCH EC (preschool)** the design is to nurture a love of physical activity, introduce classroom-based gardening and nutrition, and encourage healthy eating in children ages 3-5. Little ones are motivated to walk, run, jump, dance, and move their whole bodies while playing and having fun. 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, and snack activities.

›› **CATCH K-2** has over 300 activities, which introduce children to a variety of essential movement concepts and fundamental skill themes. Lessons are fun and help children acquire the fundamental competencies that are the foundation for more complex skill mastery.

›› **CATCH 3-5** includes 500 activities, which expand the range of skill themes, and physical fitness activities challenging children to learn in more complex movement environments. Lesson structure maximizes skill practice and opportunities to learn, so that children increasingly become competent in many movement forms and achieve mastery in others.

**CATCH Kids Club Grades K-5 (After School)**

CATCH Kids Club is a physical activity and nutrition education program designed for elementary school-aged children. CATCH Kids Club is composed of nutrition education materials (including snack activities) and a physical activity component. The program is designed in a format that makes it easy for staff to implement and enjoyable for all. CATCH Kids Club Activity Box includes 325 activity cards. Each card gives detailed instruction for fun activities that keep kids moving. All games are non- elimination. CATCH Kids Club activity cards coordinates with equipment\*.

*\*Sports equipment (jump ropes, hula-hoops, basketballs, Frisbees, etc.) provided upon request.*

**Grants are available on the CATCH website:** <https://catchinfo.org/grant-finder/>