

CATCH Early Childhood Overview

What is CATCH?:

CATCH (Coordinated Approach to Child Health) is designed to promote physical activity, and healthy food choices and prevent tobacco use in preschool-, elementary-, and middle school-aged children. The goal of CATCH is to positively impact children's health behaviors, improve the school/center environment, and change practices in order to reduce and eliminate health risk-factors and risk-related behaviors of children.

CATCH Early Childhood:

1. Classroom Nutrition Curriculum- *It's Fun to Be Healthy!*
Nutrition lessons aim to promote healthy eating behaviors and increase children's preferences for fruits, vegetables, whole-grains and low-fat dairy products.
2. Physical Education (PE) Activities
More than 150 activities from the activity box to choose from, all promoting moderate-to-vigorous physical activity.
3. Bilingual Parent Tip Sheets
Tip sheets in English and Spanish completed the lesson plans and connect what is being done at the center to the home environment.

CATCH Early Childhood Nutrition Curriculum: It's Fun to Be Healthy!

Goal:

To promote healthy eating behaviors by increasing children's preferences for healthy foods such as fruits and vegetables. In each lesson, fun themes and activities introduce children to nutrition concepts enabling them to make healthy food choices. The curriculum is based on the idea that health behaviors are social behaviors, learned in a social context. *It's Fun to Be Healthy!* encourages changes in behavioral factors that support healthful eating by teaching children skills to select healthy foods, and by providing them with social reinforcement for making actual changes in eating behaviors, and participating in this program.

It's Fun to Be Healthy! is divided into two sections:

1. *Good Food Kids*- Gus Goodfood and Jumping Jacki take the kids on an adventure of learning about nutrition and healthy foods.
2. *Garden Kids*- Tom the Tomato teaches children about gardening and how fruits and vegetables grow.

Lesson Plans:

- Are approximately 20 minutes long
- Include individual practice, large-group discussions, educational games, goal setting, hands-on gardening and taste-testing activities.
- Include teacher planning notes, behavioral objectives, and materials needed providing helpful hints for implementation.

Family Component:

An integral component of *It's Fun to Be Healthy!* is parent involvement, which contributes to the effectiveness of positive changes in eating and physical activity behaviors. Extension activities are included in several lessons, involving parents in various program activities. Additionally the parent tip sheets aim to improve the home nutrition and physical activity environment.

For Your Information (FYI) Reference Pages

FYI pages are included to provide the teacher with additional background and additional information on the major themes within the curriculum.

CATCH Early Childhood Physical Activity

Vision:

To provide children with a variety of physical activity experiences which nurture their love of movement. This is done by:

- Offering a wide variety of movement experiences and opportunities
- Providing children a safe place to be themselves and develop skills at their own pace
- Promoting physical activity by giving children opportunities to practice and refine their motor skills
- Developing fitness by engaging children in moderate-to-vigorous physical activity

CATCH Physical Activity does not require certain activities to be taught on specific days. It provides resources and materials to successfully develop and implement a fun and meaningful physical education program within the childcare center.

The 4 "E's"- Essential Instructional Extras:

Emphasize-

- The fun in physical activity
- The benefits and rewards of physical activity
- Doing your best

Encourage

- Cooperation with classmates and the teacher
- Participation by all
- Activity at other times during the school day and at home

Equity

- Focus on all children and their ability levels, not just the "naturals"
- Allow all the children the opportunity to demonstrate
- Eliminate elimination

Enjoy

- Make everyone a winner
- Reduce the potential of emotional and social injury
- Have fun!

*Above information from the CATCH Early Childhood Activity Box and *It's Fun to Be Healthy!* teacher manual.