



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
- » Scope and sequence aids in lesson planning
- » Over 500 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

CATCH EARLY CHILDHOOD KIT INCLUDES:

- » 9 nutrition-based and 10 gardening-based classroom lessons to encourage healthy eating behaviors
- » Over 500 activity cards with music aimed at promoting physical activity
- » Parent Tip Sheets that provide a coloring activity, additional nutrition and physical activity information, and recipe ideas for parents
- » Extension Activities aimed at promoting repetition of nutrition messages
- » Curriculum Connectors to extend lessons into other learning centers such as language, math, and science
- » An adaptive learning component to meet the needs of children with physical or learning disabilities
- » A list of Spanish and French translations of “key words” from lesson plans to expand children’s knowledge and facilitate instruction in bilingual classrooms



**FREE CATCH SAMPLE
LESSONS ON**

CATCH.ORG



CATCH EARLY CHILDHOOD “IT’S FUN TO BE HEALTHY” MANUAL & ACTIVITY BOX

A fully comprehensive curriculum that features “It’s Fun to Be Healthy” Teacher’s manual, Parent Tip Sheets, and an Activity Box with all of the supporting instructional lessons you need for over 400 activities to get little ones up and moving (includes music CD).

Ask about our curriculum and equipment set options.

CEC EQUIPMENT:

- » Custom packages available
- » Accommodates groups of 20 children or more
- » CATCH logos and colors help manage your groups
- » Visit FlagHouse.com/CEC for equipment options

“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

**VISIT CATCHinfo.org OR CALL 800.793.7900
AND SPEAK TO A CATCH TEAM MEMBER TODAY!**