

The Jared Foundation Endorses the CATCH® Program to Help Kids Lead Healthier, More Active Lives

"It's my passion to help educate and inspire every child to grow up healthy. There's no better program than CATCH to do just that."

Jared Fogle

Founder & President, The Jared Foundation
Subway Spokesperson

**Get Started
with CATCH!**

For Pre-K thru 8th grade

**Bring CATCH to your
school and community!**

LEARN HOW at:

www.CATCHusa.org

and

www.JaredFoundation.org



CATCH®

COORDINATED APPROACH TO CHILD HEALTH

**CATCH brings schools, families, and communities together
to teach children how to be healthy for a lifetime.**



CATCH®

COORDINATED APPROACH TO CHILD HEALTH

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“Based on the published literature, the most cost-effective way to prevent obesity in youth is the Coordinated Approach to Child Health (CATCH).”
 -Cawley, J., *The Economics of Child Obesity*, *Health Affairs* 29, No. 3 (2010)

CATCH research began in the late 1980s, funded by the National Heart, Lung, and Blood Institute through a collaborative effort by University of California at San Diego, University of Minnesota, Tulane University and The University of Texas-School of Public Health. CATCH research was aimed at developing an elementary school-based program to reduce the risk factors related to cardiovascular disease. Referred to as the Child and Adolescent Trial for Cardiovascular Health, CATCH was the largest school-based health promotion study ever conducted in the United States.

The CATCH study and subsequent trial involved over 5,000 ethnically diverse third graders from 96 elementary schools in Minneapolis, San Diego, Austin and New Orleans. CATCH was a multi-component, multi-year coordinated school health promotion program designed to increase physical activity and impact nutrition knowledge, food choice behavior, and tobacco prevention. CATCH also supported nutrition services by linking healthy messages from cafeteria to classroom with an included parent and family component.

CATCH research continues and is now known as Coordinated Approach To Child Health. The research has been translated into a well-renowned, successful program available to schools and community-based settings for early childhood through middle school ages.

The Coordinated Approach To Child Health (CATCH) program is based on the Centers for Disease Control and Prevention’s Coordinated School Health model in which 8 components work interactively to educate young people and provide support for a healthy lifestyle.

The 8 components include:

- Health education
- Physical education
- Health services
- Nutrition services
- Counseling and psychological services
- Healthy school environment
- Health promotion for staff
- Family/community involvement

The CATCH program provides in-depth materials for classroom teachers, Child Nutrition Services staff, physical educators, and families. All of the materials were designed to complement and integrate with one another, and when fully implemented, CATCH builds an alliance of staff working toward a common goal and value, improving children’s health behaviors and improving the school health environment.

Check out the pages that follow to see all the exciting curriculum, equipment, and resources that CATCH offers to get your program under way.

For program support and training, call the CATCH team at 800-793-7900 or visit www.CATCHusa.org today!

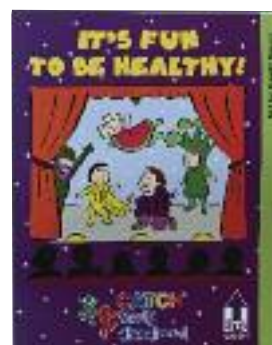




CATCH Early Childhood (CEC) is designed to nurture a love of physical activity, provide an introduction to classroom-based gardening and nutrition, and encourage healthy eating in children ages 3-5. Modeled after the nationally recognized CATCH program, CEC provides an environment where physical activity, 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 was successfully piloted in the Head Start Centers in Houston, Texas and have been implemented in early childhood centers nationwide.

The CEC program includes *It's Fun to be Healthy Curriculum* with hands-on activities designed to teach and encourage healthy eating habits, and a physical activity component aimed at increasing their moderate-to-vigorous activity while they are at pre-school.



17631

***It's Fun To Be Healthy* Teacher's Manual + Hand Puppets Item 17631**

Features:

- 9 nutrition-based lessons that help children identify healthy foods and prepare snacks
- 10 hands-on gardening lessons with engaging experiments and activities
- Parent Tip Sheets to take home that encourage family involvement

Additional CATCH Hand Puppets Item 17599

Set of 4 fleece hand puppets feature colorful CATCH characters. About 6" tall.

CEC Physical Activity Box Item 17632

Features:

- Over 500 activity/picture cards promoting moderate-to-vigorous physical activity (MVPA)
- Relaxation and stretching exercises to assist with cool-downs and transitions
- Two music CDs that energize and motivate children to get up and moving
- Activities and games that refine developing locomotor, non-locomotor, and manipulative skills, and foster a love of exercise

***It's Fun to Be Healthy* Teacher's Manual + Hand Puppets + CEC Physical Activity Box Item 17653**

Features:

- Teacher's Manual and Hand Puppets (17631)
- Activity Box (17632)

Buy Together & Save!



CEC Equipment Set + Teacher's Manual + Hand Puppets + Physical Activity Box Item 17887

Developmentally-appropriate equipment set coordinates with the *It's Fun to Be Healthy* Teacher's Manual with hand puppets, and CEC Physical Activity Box, to make it easy to organize groups and get everyone moving at once.

CEC Equipment Set Only (equipment shown above) Item 17885

CEC Equipment Set Includes:

- | | | |
|-----------------------------|----------------------|-----------------------|
| • 1-24" CATCH Parachute | • 24-20" Beach Balls | • 24-Hula Hoops |
| • 24-CATCH Playground Balls | • 24-Fleece Balls | • 3-Mesh Storage Bags |
| • 16-CATCH Beanbags | • 24-Scarves | |
| • 16-9" CATCH Cones | • 48-Spot Markers | |

Visit www.FlagHouse.com for additional CATCH equipment and early childhood products.

CATCH® Components

The 4 CATCH coordinated components –Classroom Curriculum, Physical Education, Eat Smart School Nutrition, and Home Team –work together to reinforce healthy habits throughout a child’s day. CATCH builds an alliance of staff who work towards a common goal and value: improving children’s health behaviors and improving the school health environment.



**CLASSROOM –
Go For Health & Life in the Balance**
Go For Health for grades K-5 is a cartoon and peer-based curriculum teaching healthy eating habits, daily physical activity, and tobacco avoidance—habits that prevent chronic disease. *Life in the Balance* is a CATCH classroom series for grades 6-8, covering topics such as energy balance, screen time, target heart rate, added sugars in foods, and hands-on breakfast activities.



PHYSICAL EDUCATION
CATCH PE provides physical education lessons to teach lifelong movement skills which blend fun and fitness. CATCH PE consists of an Activity Box with Teacher’s Guide, for hundreds of inclusive, non-elimination, exciting games that are designed to promote MVPA (moderate-to-vigorous physical activity).



SCHOOL NUTRITION SERVICES
The CATCH Eat Smart Guide helps food service staff in their efforts to promote healthier foods and enhance the school wellness environment. Includes strategies to reinforce nutrition and physical activity messages, and aides staff in planning and promotion of healthy foods and healthy messaging.



FAMILY – HOME TEAM
The healthy messages that children learn in school are reinforced with interactive and enjoyable Home Team activities. The school community is brought together through school-hosted events such as CATCH Family Fun Nights, Wellness Wednesdays, and CATCH Me Healthy promotions.

CATCH® For Elementary School

CATCH provides grades K-5 with an exciting *Go For Health* curriculum full of engaging lessons that encourage learning, and a developmentally-appropriate PE component with games that get kids moving, and enjoying physical activity.

Curriculum

**Kindergarten
Jump into Health
Item 12216
Includes Resource CD**
Cartoon characters introduce students to healthy eating and physical activity habits. Lessons include songs, stories, games, goal-setting, hands-on snack preparation, and tasting. 144 pages.



**1st Grade
Hooray for Health!
Item 12221
Includes Resource CD**
Students continue to learn about healthy eating and exercise. Group discussions, along with songs, stories, and healthy snack preparation are incorporated into the lessons. 136 pages.



**2nd Grade
Celebrate Health
Item 12227
Includes Resource CD**
Reinforces healthy food choices and physical activity. Nutritional facts are introduced with a focus on fiber, sugars, and sodium intake. 140 pages.



**3rd Grade
Hearty Heart & Friends
Item 11434
Includes DVD & Resource CD**
Hearty Heart & Friends teach how to set healthy activity and eating goals with snack preparation and the GO, SLOW, and WHOA foods concept. 240 pages.



**4th Grade
Taking Off
Item 17714
Includes Resource CD**
Energy balance, types of fats, added sugars, and food advertising are covered using activities promoting physical activity, healthy eating patterns, and peer support. 325 pages.



**5th Grade
Breaking Through Barriers
Item 17717
Includes Resource CD**
Students participate in problem-solving activities. Topics include MyPlate, pulse taking, and body cues for physical activity. 225 pages.



**F.A.C.T.S.
Item 11470**
Focuses on the negative consequences of tobacco and how to resist pressures to use it. 82 pages.



**P.A.S.T. Diabetes
Item 11454**
Discusses the 2 types of diabetes, risk factors, and ways to prevent and treat the disease. 25 pages.

**Eat Smart School
Nutrition Program Guide
Item 11466**
Provides nutritional service staff with information in planning and promotion of healthy foods, and linking classroom messages to the cafeteria.



**CATCH K-5 Curriculum Set
Item 12537**
Includes all 9 Manuals shown above with the accompanying CDs and DVD.

CATCH® For Elementary School

The key to coordinating your CATCH Program



Elementary Coordination Kit Item 18049

Instructions with resources to successfully put CATCH into action. A comprehensive plan for administration, teachers, cafeteria staff, PE, specialized support, and parents.

CATCH K-5 Online Campus Subscriptions



You get password-protected online access to the entire classroom curriculum for Grades K-5. Includes all lesson plans, easy projection of materials on smartboards, videos and handouts, plus curriculum updates and the CATCH newsletter.

Call for Pricing



Buy Together & Save!

K-5 Classroom Curriculum Set + Elementary Coordination Kit Item 18820

CATCH K-5 Classroom Curriculum Set includes all Go For Health Teacher Guides, CDs and 1 DVD plus the Elementary Coordination Kit.

Sold Separately

CATCH K-5 Curriculum Set Item 12537

Includes all 9 Go For Health Teacher Guides, CDs and 1 DVD.

CATCH® PE

Designed to promote MVPA!

CATCH Elementary Physical Education Kits

Each kit includes an Activity Box full of cards organized into color-coded tabbed sections such as Warm-Ups, Cool-Downs, Muscular Strength, Aerobic Games, Limited Space Activities, and more. Cards feature detailed instructions for fun, age-appropriate games. NEW adapted activity section provides instructors with tools and tips for getting those students with special needs active and involved in the fun. Plus, a PE Teacher's Guidebook provides additional resources, class management techniques, and information on safety and equipment.

CATCH K-2 Physical Education Kit Item 11587

Over 400 activity cards!

CATCH 3-5 Physical Education Kit Item 11591

Over 500 activity cards!



Designed to promote MVPA!

CATCH K-5 Equipment Set Item 11373

Implement CATCH for each grade level with enough developmentally appropriate equipment for a class of up to 20 children! Comes in the signature CATCH colors.

Includes:

- 20-CATCH Playground Balls
- 24-CATCH Jump Ropes (12 each of 7' and 8')
- 12-CATCH Footballs
- 20-CATCH Basketballs
- 20-CATCH Soccer Balls
- 2-CATCH Base Sets (8 pieces total)
- 2-CATCH Batting Tees
- 32-Plastic Softballs
- 32-CATCH Foam Softballs
- 2-Foam Bats
- 2-Fat Bats & Balls
- 16-CATCH Beanbags
- 16-CATCH Cones
- 32-CATCH Pinnies
- 3-Music CDs
- 12-CATCH Spot Markers
- 1-Communication Drum
- 32-CATCH Flying Discs
- 1-24' CATCH Parachute
- 24-CATCH Floater Volleyballs
- 8-CATCH Volleyballs
- 20-Aerobic Steps
- 24-Hoops
- 24-Scarves
- 20-Lollipop Paddles
- 12-Shuttlecocks
- 24-Fleece Balls
- 144-9" Balloons
- 12-16" Beach Balls
- 16-Mesh Storage Bags



CATCH K-8 Classroom Curriculum, Physical Activity Kit and Equipment Set Item 11381

Set includes K thru 8 classroom curricula plus physical activity components and all equipment.

Best Seller!

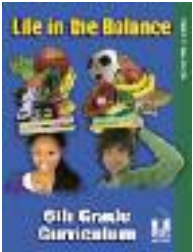
CATCH K-5 Classroom Curriculum, Physical Activity Kit and Equipment Set Item 11357

Set includes K thru 5 classroom curricula plus physical activity components and all equipment.

CATCH® For Middle School

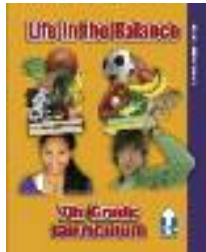
CATCH Middle School Curriculum

The CATCH *GO For Health* Curriculum for Grades 6-8 teaches students how to identify, practice and adopt healthy eating and physical activity habits. The activities reinforce skills needed to select and prepare healthful meals and snacks, guide physical activity patterns, and foster an environment of family support.



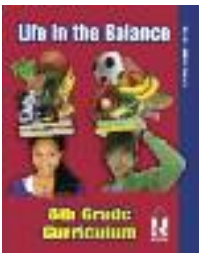
6th Grade *Life in the Balance* Item 17881

Students explore healthful behaviors related to screen-time, fast foods, and sugar-sweetened beverages. Group work is emphasized. 118 pages.



7th Grade *Life in the Balance* Item 17882

Topics such as energy balance, fast food portion sizes, and calcium consumption are covered. Students apply classroom-acquired knowledge and skills outside the school setting. 99 pages.



8th Grade *Life in the Balance* Item 17883

Students learn about healthy snack foods and breakfast options, weight bearing activities (WBAs), and the importance of water consumption. 93 pages.

CATCH *Life in the Balance* Classroom Set Item 18222

Includes Teacher's Manuals listed for Grades 6 thru 8 (3 Manuals total).

Get
all three
and save!

Middle School Coordination Kit Item 18091

NEW!



Instructions and resources you need to put CATCH successfully into action at your middle school. Includes a specific and comprehensive plan for administration, teachers, cafeteria staff, PE, specialized support, and parents.

Buy Together & Save!

6-8 Classroom Curriculum Set + Middle School Coordination Kit Item 18822

CATCH 6-8 Classroom Curriculum Set includes all *Life in the Balance* and the Middle School Coordination Kit.

Middle School Online Campus Subscriptions



You get password-protected online access to the entire classroom curriculum for Grades 6-8. Includes all lesson plans, easy projection of materials on smartboards, videos and handouts, plus curriculum updates and the CATCH newsletter.

Call for Pricing

CATCH Middle School Physical Education Kit

Designed to promote MVPA!

Kit includes an Activity Box full of cards organized into color-coded tabbed sections such as Jump Rope, Flexibility, Cooperative Games, Partner Challenges, and more. Cards feature detailed instructions for fun, age-appropriate middle school games. A NEW adapted activity section provides instructors with tools and tips for getting those students with special needs active and involved in the fun. Plus, a PE Teacher's Guidebook provides additional resources, class management techniques, and information on safety and equipment.



CATCH 6-8 Physical Education Kit Item 11595

Over 500 activity cards!

Visit www.FlagHouse.com
for additional sets
and kits

Ask us about
Middle School Training

CATCH 6-8 Physical Education Kit and Equipment Set Item 15019

Includes colorful, developmentally-appropriate equipment that coordinates with the CATCH 6-8 Physical Activity Kit (also included). Allows you to easily implement CATCH for your middle school— enough equipment for a class of up to 20 students!

Includes:

- 1-CATCH 6-8 Activity Box
- 1 PE Guidebook
- 1-24' CATCH Parachute
- 16-CATCH 9" Cones
- 24-Orange 8" Cones
- 36-CATCH Jump Ropes (12 each of 7' and 8')
- 12-30" Hoops
- 20-CATCH Basketballs
- 24-CATCH Soccer Balls
- 16-CATCH Foam Softballs
- 16-CATCH Beanbags
- 16-CATCH Flying Discs



- 12-CATCH Footballs
- 12-CATCH Volleyballs
- 20-CATCH Playground Balls
- 6-Thera-Band® Rolls (light to super-heavy)
- 24-Badminton Rackets
- 2-Badminton Nets
- 24-Shuttlecocks
- 24-Hockey Sticks
- 36-No-Bounce Balls
- 30-Colored Pucks
- 12-Colored Plastic Baseballs
- 9-Numbered Spot Markers
- 10-Z-Balls
- 8-Colored Fleece Balls
- 1-Keepers!™ Bucket
- 6-Mesh Storage Bags

CATCH® Training & Equipment

CATCH Training - The Key to Success!

Training helps you maximize the benefits of the CATCH program in your school or community. Planning and supporting training is the first step in changing your school's environment. Through training, your faculty and staff become more aware of what coordinated school health is and how CATCH is used as a resource to meet their wellness policy goals.



On-Site Training

Training can range from full-day sessions to 3-day Train the Trainer workshops. Our certified CATCH trainers teach your school, after-school and pre-selected personnel about coordinated health programming, expand awareness of healthy eating and physical behaviors, and offer guidance in utilizing the CATCH resources that are available. We offer a variety of on-site trainings.

Including:

- CATCH School Implementation Training
- CATCH After-School Training
- CATCH Early Childhood Training
- CATCH Booster Training
- Component Specific Training
- CATCH Train-the-Trainer Academy

Call for Pricing

Online Training

Perfect to enhance CATCH in-person trainings, revisit CATCH implementation strategies, or to just get new staff up to speed, the CATCH Online Training Campus provides step by step review of CATCH implementation strategies through trainer-guided presentations and hours of video demonstrations. One-year, password-protected subscriptions for individuals or groups

These online training modules:

- Orient participants to the program
- Use a variety of interactive techniques to teach and demonstrate strategies for effective implementation
- Identify specific campus and after-school program needs, and facilitate solutions toward guiding communities in their efforts to help children be healthy

Call for Pricing



CATCH Equipment Sets

In addition to our grade-specific equipment sets, CATCH also offers other sets to accommodate your large and small groups. Select the set that best fits your needs and children will be on their way to hours of fun and healthy activity.



CATCH Starter Set Item 15018

This set contains the basic CATCH equipment to get you started on some of the activities in the CATCH Physical Activity Kits for a class size of 20.

Includes:

- 4-16" Beach Balls
- 16-CATCH Cones
- 16-Fleece Balls
- 16-Beanbags
- 16-CATCH Foam Softballs
- 2-CATCH Jump Ropes
- 1-Z-Ball
- 144-Balloons
- 12-Scarves
- 3-Music CDs

CATCH Keepers!™ Limited Space Activity Set Item 14979

This easy-to-store Keepers! Bucket is full of wonderful things and is perfect to use when space is an issue or weather is bad. This set is coordinated to use with the Limited Space Activity Cards in the CATCH Activity Boxes, but can also be used in your own activities.

Includes:

- 4-16" Beach Balls
- 16-CATCH Cones
- 16-Fleece Balls
- 16-Beanbags
- 16-CATCH Foam Softballs
- 2-CATCH Jump Ropes
- 1-Z-Ball
- 144-Balloons
- 12-Scarves
- 3-Music CDs



Spread the
CATCH Message!

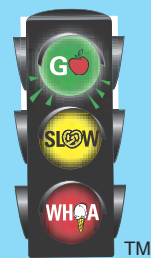


CATCH Welcome Banner Item 17768

Show pride in your CATCH program with this ready-to-hang banner. Measures 5'H x 3'W with 2 grommet hang-holes. Made of durable, 18-ounce reinforced vinyl.

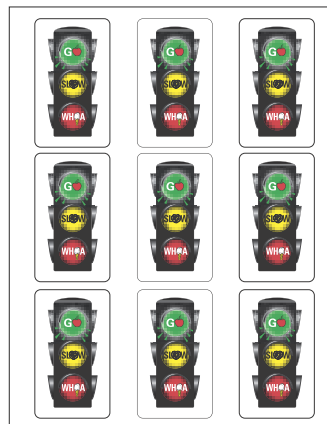
CATCH® Go, Slow, Whoa™

CATCH colors and logo products help organize and manage your classes and reinforce the CATCH message. The Go, Slow and Whoa concept helps children identify and choose foods based on their nutritional value. These CATCH items are great for student incentives, family fun nights, and health fair giveaways.



Go, Slow, Whoa Cones Set of 16 Item 11109

Get your class organized the "CATCH way" with these sturdy 9" cones. Set includes 9" plastic cones, 4 in each color shown (16 total).



Go, Slow, Whoa Stickers Item 18825

Perfect for classroom use. 250 sticker sheets 9 stickers on each sheet.



Go, Slow, Whoa Spots Set of 12 Item 11044

Reinforce healthy eating messages with fun games using these vinyl spots. Includes 4 each in each color shown.



Go, Slow, Whoa Playground Balls Set of 4 Item 11267

These unique, versatile 7"-dia. balls bounce more like a basketball—and kick more like a soccer ball. Thick, extra-heavy-duty cover with dimpled cover for exceptional grip. Includes 4 balls in the CATCH colors.



Go, Slow, Whoa Healthy Foods Spots Set of 12 Item 17749

Use for all kinds of movement activities—relays, stations, and more. Feature nylon covers with raised 3-dimensional fruits and veggies image, along with the name of the food. Non-skid backs stay put on gym floors. 9" dia.



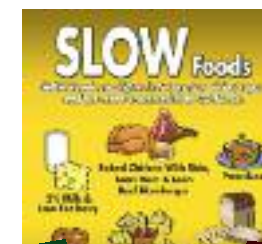
Go, Slow, Whoa Reusable Stickers Item 17561

Decorate your cafeteria! These 4"-square static stickers adhere on and off smooth, glass-type surfaces easily. Includes 24 stickers, 8 of each color/message.



Go, Slow, Whoa Flying Disc Set of 16 Item 7704

Great for use with activities featured in CATCH Activity Boxes that encourage proper throwing and catching techniques. Includes 4 of each color shown (16 total).



Go, Slow, Whoa Poster Set of 3 Item 17793

Spread the CATCH message in your classroom, lunchroom, and gymnasium! Includes three 20" x 25" posters emphasizing CATCH healthy eating concepts.



Go, Slow, Whoa Beanbags Set of 24 Item 17820

Includes 5" nylon beanbags, 8 in each color shown (24 total).



Go, Slow, Whoa Parachute Item 18090

This colorful, 19'-dia. nylon parachute features illustrations of various foods and has netted targets for catching balls, beanbags, and more. Web handles make it easy to distribute students around the parachute. Includes storage bag and activity guide.

CATCH® Products



**CATCH Junior Footballs Set of 4
Item 11418**
Tacky fun gripper cover makes these balls easier to hold on to. Slight cushioning makes them non-threatening. Includes 4 balls in each color shown.



**CATCH Basketballs Set of 4
Item 11519**
These Intermediate Size 6 basketballs are great for all your games and practices. Includes 4 balls in each color shown.



**CATCH 10" Floater Volleyballs Set of 12
Item 7695**
These 7" balls are safer, lighter and less intimidating for younger students or beginners. Includes 12 balls, 3 in each color shown.



**CATCH Volleyballs Set of 4
Item 11527**
These balls combine durability with the play and look of real leather. Official size and weight. Includes 4 balls in each color shown.



**CATCH Foam Softballs Set of 16
Item 8183**
With a firm core and durable cover, these softballs can be thrown and hit like the "real" thing. Includes 4 of each color shown.



**CATCH Soccer Balls Set of 4
Item 11523**
Perfect for large groups and CATCH grid games. Size 4. Includes 4 balls in each color shown.

CATCH® Products



**CATCH Base Set
Item 12556**
Heavy-duty material ensures that bases hold securely to gym floors. Includes 4 bases in each color shown.



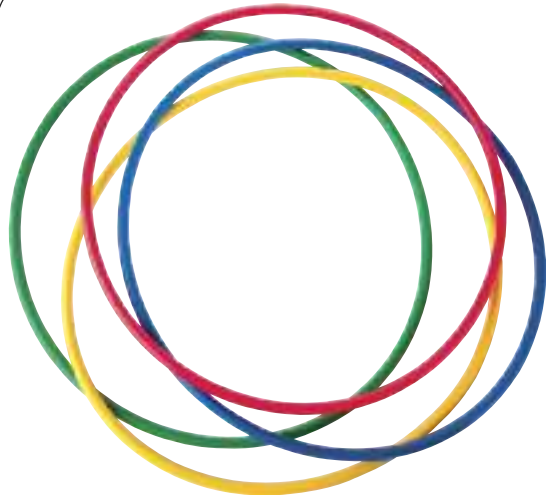
**CATCH Beanbags Set of 16
Item 7691**
These nylon, 5" beanbags are great for class organization and all kinds of games. Includes 4 in each color shown.



CATCH Jump Ropes
Get their hearts pumping! Jumping rope is a terrific cardiovascular activity. These color-coded ropes are packed by the dozen, 3 of each color.
Item 11374 – 7' Set of 12
Item 11378 – 8' Set of 12
Item 11382 – 9' Set of 12



**CATCH Pinnies Set of 16
Item 7750**
Feature detachable touch fastener flags and attached elastic side straps. Youth size. Includes 4 in each color.



**CATCH Hoops Set of 12
Item 9895E**
These fun plastic hoops measure 30" dia. Includes 3 in each color shown (12 total).



**SuperChute™ Parachute
Item 7311**
Colorful 24'-dia. parachute features an easy-to-hold 1" foam grip. Center air-release hole covered with mesh fabric. Includes oversized nylon storage bag.



Millions of children attend after-school and summer programs in YMCAs, Parks and Recs, and other community facilities. CATCH Kids Club (CKC) is specifically designed for these after-school and recreational environments with easy-to-use physical activity and nutrition components that children, staff and families enjoy. Similar to the CATCH school-based program, CKC provides children with the knowledge and skills to make healthy food choices and be physically active—in a format that is fun and engaging for all!

Grades K-5



CKC K-5 Nutrition Manual Item 12870

Features 425 pages with lessons organized into 7 themes related to physical activity, nutrition, and screen-time reduction. Movement activities, individual practice, educational stories and games, goal setting, and hands-on snack preparation are part of the learning. Family Tip Sheets reinforce learning through parental participation. Comes with a Resource CD-ROM with teaching materials and handouts for easy duplication and classroom distribution.



CKC K-5 Physical Activity Box Item 11483

Over 400 activity cards with detailed instructions for age-appropriate games that get children moving and having a blast while increasing their MVPA (moderate-to-vigorous physical activity). Fully organized tabbed sections include activities for Aerobic Games; Limited Space; Parachutes; Rhythms; Hoops; and more! Also included is a specially written group of cards with teaching techniques and ideas for adapting the activities for those with special needs.

CKC K-5 Nutrition Manual and Activity Box Set Item 12931

Features:

- Nutrition Manual + Activity Box

CKC K-5 Manual, Physical Activity Box, and Equipment Set Item 11397

Kit includes all of the following to get children in Grades K-5 up and moving.

Includes:

- | | | |
|---|--------------------------------|-----------------------|
| • 1 K-5 Nutrition Manual with Resource CD-ROM | • 2-Fat Bats and Balls | |
| • 1 K-5 Activity Box | • 2-Fat Bats | |
| • 20-CATCH Playground Balls | • 16-CATCH Beanbags | |
| • 36-CATCH Jump Ropes | • 16-CATCH Cones | |
| • 12-CATCH Footballs | • 32-CATCH Pinnies | |
| • 2-CATCH Base Sets (8 pieces total) | • 3-Music CDs | |
| • 2-CATCH Batting Tees | • 12-CATCH Spot Markers | |
| • 16-Plastic Softballs | • 1-Communication Drum | |
| • 16-CATCH Foam Softballs | • 1-CATCH Parachute | • 24-Hoops |
| | • 32-CATCH Flying Discs | • 24-Scarves |
| | • 12-CATCH Floater Volleyballs | • 6-Mesh Storage Bags |



Grades 5-8



CKC 5-8 Nutrition Manual Item 18315

Features 270 pages with lessons organized into 7 themes related to physical activity, nutrition, and screen-time reduction. Movement activities, individual practice, educational stories and games, goal setting, and hands-on snack preparation are part of the learning. Family Tip Sheets reinforce learning through parental participation. Comes with a Resource CD-ROM with teaching materials and handouts for easy duplication and classroom distribution.



CKC 5-8 Physical Activity Box Item 18318

Over 600 activity cards with detailed instructions for age-appropriate games that get children moving and having a blast while increasing their MVPA (moderate-to-vigorous physical activity). Fully organized tabbed sections include activities for Warm Up & Cool Downs; Muscular Strength and Endurance; Flexibility; Cooperative Games; Sports; and more! Also included is a specially written group of cards with teaching techniques and ideas for adapting the activities for those with special needs.

CKC 5-8 Nutrition Manual and Activity Box Set Item 18320

Features:

- Nutrition Manual + Activity Box

CKC 5-8 Equipment Set Item 18648

Kit includes all of the following to get children in Grades 5-8 up and moving.

Includes:

- | | | |
|---------------------------------|--------------------------------------|---------------------------------|
| • 32-CATCH 9" Cones | • 2-Fat Bats | • 19-Junior 24" Tennis Racquets |
| • 12-Clear Sleeve Cone Collars | • 2-Easton® Softball Bats | • 24-Colored Spot Markers |
| • 16-CATCH Pinnies | • 2-CATCH Base Sets (8 pieces total) | • 6-Z-Balls |
| • 36-Scarves | • 24-CATCH Go, Slow, Whoa Beanbags | • 4-Jumbo Reflex Balls |
| • 24-Hoops | • 16-CATCH Beanbags | • 3-Pairs 6" Big Dice |
| • 36-CATCH Jump Ropes | • 32-CATCH Flying Discs | • 1-Keepers!™ Bucket |
| • 20-CATCH Basketballs | | • 1-Mesh Storage Bag |
| • 12-CATCH Footballs | | |
| • 20-CATCH Rubber Soccer Balls | | |
| • 24-Flying Colors® Volleyballs | | |
| • 20-CATCH Playground Balls | | |
| • 48-Tennis Balls | | |
| • 32-CATCH Foam Softballs | | |
| • 16-Plastic Softballs | | |
| • 2-Foam Bat and Balls | | |

