
CATCH Kids Club Box

Designed for After-school, summer, and community recreation settings/programs, (K-5)

- Designed to promote behaviors that assist in developing and maintaining health in school-aged children
- Primary goal: promote Physical Activity (PA) behaviors
- Cards are organized and written in a simple and clear format to make planning/implementing quick and easy
- Cards list developmentally appropriate activities (progression from fundamental skills to complex movement skills/sports)

Physical Activity Benefits:

- More physically fit, lowers blood pressure, increases HDL (“good”) cholesterol levels, improves psychological well-being, and lowers risk for cardiovascular disease

4 Main Objectives:

1. Involve students in at least 30 minutes of daily PA
2. Involve students in at least 40% of moderate-to-vigorous PA of daily PA time (a brisk walk or above ~12 minutes)
3. Provide students with many opportunities to participate and practice skills
4. Provide students with a variety of enjoyable activities

Use CATCH PE Basics to increase activity time within PA lesson:

- B:** Boundaries and routines
- A:** Activity from the get-go
- S:** Stop & Start Signals
- I:** Involvement by all
- C:** Concise Instructional Cues
- S:** Supervision

Equipment:

- We can support, but cannot provide all (limited resources)
 - Bean bags, Jump ropes, plastic hoops, chalk, flying discs, cones, scarves, balls: football, soccer, 4-square, volleyball, basketball, and music