

2-Hour Training Outline

CATCH Kids Club

1. (5 minutes) Welcome to Training! Optional: Do a quick game as they are arriving – Aerobic Tic Tac Toe (#43)*, playground obstacle course (make one based on venue), high roller (#34), etc...
2. (5 minutes) Introductions - overview of agenda. Optional: What's in a name? (#409)
3. (5 minutes) Overview of CKC – why we use this obesity prevention curriculum.
4. (5 minutes) Toe to Toe (describe family & favorite activities, first kiss, what currently doing to create healthy environment, what you want to do in the future to create healthy environment) Complete “am do, can do, will do” handout.

15 minutes

5. (10 minutes) Group Share: Basic Assumption – “Behavior is influenced by the environment” (Use powerpoint slides if able to do so in your location)
 - What can we do to encourage a healthy environment at our school / camp?
 - Discuss the Obesity Epidemic
 - In 30 years how we've gone from 5% to 20/30% - Slides of the USA
 - What are kids today eating? (fries, ketchup/spag sauce)
 - What changed in the past 30 years?
 1. Screens: video games, TV, Multimedia
 2. Portion sizes (soup study),
 3. Families eating out (sodium, fat),
 4. Sugar sweetened beverages (increase 41%),
 5. Physical inactivity (not walking to school, gaming)
 - What's the answer to the obesity problem? (Environmental change!)
 - While working at our program, what part of the class environment do you have **control** over changing / influencing? (brainstorm with the group)
6. (5 minutes) CKC Objectives
 1. Have fun!
 2. MVPA 50% of the time
 3. Participate and Practice
 4. Take it home

30 minutes

7. (30 minutes) CKC Physical Activity Demo Session 1 (name / grade level / card #):
 - Hit the Track (walk the boundaries)
 - 2x2 fitness card
 - Mingle Mingle / People Dodge / K-5 / #156
 - Glue and Stretch / 1-5 / #167
 - Dragon's Tail / K-5 / #18)
 - Triangle Tag (CATCH Middle School box game) (I traded this out for Elbow Tag because I like it better, and it gets us into groups of 4 for the next 2 games) watch a video: <http://youtu.be/SZIL5s0uksM>
 - Bean Bag Bucket Brigade / 1-3 / #133)
 - S-train / K-2 / #392)

1 Hour

8. (5 minutes) Water Break

9. (5 minutes) Re-group to discuss teaching / class management strategies

- Emphasize the **When** before the **What**
- Review the **BASICS**
- Language of CATCH
- Traditional vs. MVPA games

11. (Optional – if time) Review Additional Handouts

- Minimize off-task behavior
- Routine Planning (this is a great handout to incorporate more movement – complete in pairs or groupings by staff, and do a lap or “re-entry task” between completing each question)
- Establishing Routines

12. (40 - 50 minutes) Meet the Yellow Box

- Show them the inside of the curriculum box
 - Making It Happen – already-made lessons by age and equipment
 - Categories of games
 - Green: game cards
 - Salmon: task cards
- Break into groups of 3-4 and have each group rummage through the box and choose a game to teach to the group. Decide who will be the main teacher, who will set up the game. Give them 5 minutes to prepare, then depending on how much time is left, divide the time into how much time they have to present their game. You can stop the games short if need be.
- After each group presentation, ask for feedback, and give compliments based on what you saw. *Keep feedback positive!*
- Group Teaching game suggestions (name / grade level / card #):

1. Bean Bag Tag / K-2 / #126
2. Hospital Tag / 1-3 / #164
3. Blob Tag / 1-3 / #163
4. See ya Later Alligator! / K-5 / #15
5. Fitness Football / 3-5 / #25
6. Double Tag / 3-5 / #176
7. Villa in the Mountains / 3-5 / #234
8. All Run Soccer / 3-5 / #374
9. Mini Kickball / 4-5 / #30
10. Kickoff Return / 5 / #32

14. (5 minutes) Wright Family Activity OR How Good is Good Enough? (Appendix in CKC Training Academy binder)

*Game numbers given are for new box

OPTIONAL 30 -60 minute Add-ons:

1. Lesson Planning
 - Have them plan their first lesson with their kids – pair up with others teaching same age range.
 - Use “Making It Happen” section of the box for already made lessons categorized by equipment and age range.
 - Have them complete the handout titled “CATCH Kids Club Planning Tool” so they have one week of lessons planned.
 - Optional – can photocopy each group’s created lessons to share with other groups.

2. CKC Physical Activity Demonstration #2 (name / grade level / card #)
Begin by reviewing the checklist handout titled “Watch for the Following”
 - Automobile / K-2 / #225
 - Hoop Stations / K-4 / #228
 - Musical Hoops / K-5 / #223
 - See Ya Later Alligator / K-5 / #15
 - Hoop Go Round / 1-2 / #227Finish the activity block by going through the checklist again with them having them review what you just demonstrated.

3. CATCH-ify Traditional Games
 - Explain how to CATCH-ify Capture the flag, kickball, dodgeball... ask them for suggestions.
 - Keep kids moving, use re-entry tasks, eliminate children as targets
 - Break into groups of 4-5 and give each “team” a game to CATCH-ify. Have each team teach their game to the rest of the group.

4. Nutrition Curriculum

5. Equipment-specific games: ie. Basketball, small-space games, soccer, etc.