



## Early Care and Education (ECE) Physical Activity Curricula and Kits

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	Overview	Materials Available
CATCH (Coordinated Approach to Child Health)	The goal of the CATCH Program is healthy kids in a healthy school. The CATCH Coordination Kit is organized around six bimonthly themes that promote physical activity and healthy eating. A major principle of the program is that it takes everyone working together to promote healthy living among children by providing an environment that makes the healthy choice the easy choice.	<ul style="list-style-type: none"> <li>• Classroom lessons</li> <li>• Over 400 activity cards</li> <li>• Parent Tip Sheets</li> <li>• Extension Ideas</li> <li>• Curriculum Connectors</li> <li>• An adaptive learning component</li> </ul>
Training	Onsite training is available but not required. <a href="https://catchinfo.org/programs/training/">https://catchinfo.org/programs/training/</a>	
Age	2-5 years	
Cost	Materials range from \$50 - \$250. Some components are available to download at no charge.	
Website	<a href="https://catchinfo.org/programs/pre-k/">https://catchinfo.org/programs/pre-k/</a>	
SPARK: Early Childhood	SPARK Early Childhood curriculum is designed to prepare children for school and is researched-backed with effective, specific tools and lesson plans for instructors that address the learnings for ages 3 to 5 in an engaging environment. Over 300 activities are designed for quick implementation and participation, and all activities include academic components, inclusion ideas, and adaptations for space limitations. Choose all resources digitally or in combination with printed materials.	<ul style="list-style-type: none"> <li>• E-manual and/or printed manual</li> <li>• Assessment tools</li> <li>• Music CD</li> <li>• Laminated activity cards</li> </ul>
Training	Onsite training is available but not required. Training information available on the website.	
Age	3 to 5 years	
Cost	\$100-\$400 depending on options desired.	
Website	<a href="https://sparkpe.org/curriculum/early-childhood">https://sparkpe.org/curriculum/early-childhood</a>	
Color Me Healthy: Preschoolers Moving and Eating	Color Me Healthy is a program developed to reach children with fun, interactive learning opportunities on physical activity and healthy eating.	<ul style="list-style-type: none"> <li>• Teacher guide with 12 lessons and extension ideas</li> <li>• 4 picture card sets</li> </ul>



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	It is designed to stimulate all of the senses of young children: touch, smell, sight, sound, and, of course, taste. Through the use of color, music, and exploration of the senses, Color Me Healthy teaches children that healthy food and physical activity are fun. It is designed for use in preschools, head start classrooms, family child care homes and child care settings. A version for use with SNAP-ED is available.	<ul style="list-style-type: none"> <li>• Posters</li> <li>• Music CD</li> <li>• Handstamp</li> <li>• 14 parent newsletters</li> </ul>
Training	Training is available in North Carolina through local Cooperative Extension Family & Consumer Science Agents. Training is not required for curriculum use.	
Age	4 and 5 years	
Cost	\$70-\$100 for full kit; Recipes, videos, music and newsletters are available to download at no charge.	
Website	<a href="http://www.colormehealthy.com/">http://www.colormehealthy.com/</a>	
Move and Learn with Choosy	The Move and Learn curriculum enhancement kit is designed to use music and lyrics to promote healthy habits, quality instruction, family partnership and staff wellness. The contents are aligned with 12 music tracks and support ECE professionals in the classroom to share movement and language development through a variety of activities. Multiple extension ideas are presented.	<ul style="list-style-type: none"> <li>• Curriculum</li> <li>• CDs</li> <li>• Posters</li> <li>• Family and Education Activities</li> <li>• Videos</li> <li>• Podcasts</li> </ul>
Training	Onsite training is available but not required. <a href="https://choosykids.com/pages/training">https://choosykids.com/pages/training</a>	
Age	2-5 years	
Cost	\$15 (CDs)-\$129 (full kit); Several resources are available for parents and teachers to download at no charge.	
Website	<a href="https://choosykids.com/">https://choosykids.com/</a>	
OPEN EC program (Online Physical Education Early Childhood)	OPEN EC has three main goals <ol style="list-style-type: none"> <li>1. Provide developmentally appropriate physical activity experiences, allowing children an opportunity to accumulate 60 minutes of daily physical activity.</li> <li>2. Provide instructional content designed to foster the development of knowledge and skill in six main movement exploration categories (Movement Concepts, Balance, Locomotor, Manipulative, Health &amp; Nutrition, and Social &amp; Emotional Development).</li> </ol>	<ul style="list-style-type: none"> <li>• Full Program e-Book</li> <li>• Activity Management Tips</li> <li>• Physical Activity Rules Poster</li> <li>• Movement Concept Cards</li> </ul>



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	3. Provide early childhood teachers and program providers with movement-based activities that work toward developmental outcomes and indicators defined within the Head Start Early Learning Outcomes Framework.	
Training	Onsite training is available but is not required. <a href="https://openphysed.org/earlychildhood-workshops">https://openphysed.org/earlychildhood-workshops</a>	
Age	3-5 years	
Cost	Materials available to download at no charge.	
Website	<a href="https://openphysed.org/movement/ec">https://openphysed.org/movement/ec</a>	
Active Early: Resource Kit	The Active Early Resource Kit was developed by the Wisconsin Department of Health Services to support a healthier environment for children in early care and education settings. Its contents primarily focus on physical activity and includes physical activity recommendations, information on young children's physical development, how to incorporate assessment into your program, tips and strategies for setting up daily routines, business practices, and much more.	Classroom activities Policy Guidelines Quick tips Daily Routine ideas
Training	Training is not available.	
Age	Birth to school age	
Cost	Materials available to download at no charge	
Website	<a href="https://www.dhs.wisconsin.gov/publications/p0/p00280.pdf">https://www.dhs.wisconsin.gov/publications/p0/p00280.pdf</a>	
Growing Moving Learning Infant Toddler Toolkit	The Toolkit was developed to provide opportunities for early care and education providers to practice and teach healthy patterns of physical activity and nutrition with the youngest children in their care. The Toolkit provides developmentally appropriate activities by age group birth to 12 months, 12-24 months and 24-36 months. Relevant background information is included to support the activities.	<ul style="list-style-type: none"> <li>● Classroom Activities</li> <li>● Activities to Do at Home</li> <li>● Healthy Home Connection</li> <li>● Adaptations suggestions</li> <li>● Extension activities</li> </ul>
Training	Training is not available.	
Age	Birth-36 months	



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Cost	Materials available to download at no charge.	
Website	<a href="http://www.delawarestars.udel.edu/wp-content/uploads/2014/11/Infant-Toddler-Toolkit-Complete-Vols-1-2-3.pdf">http://www.delawarestars.udel.edu/wp-content/uploads/2014/11/Infant-Toddler-Toolkit-Complete-Vols-1-2-3.pdf</a>	
Move for Thought Pre-K and K	The Move for Thought kit is a resource to increase physical activity opportunities for pre-K and Kindergarten. The strategies can be used to meet physical activity needs, improve physical literacy and fundamental gross motor skills, and develop physical, cognitive, social and emotional skills.	<ul style="list-style-type: none"> <li>• Kit</li> <li>• Music</li> <li>• Activity cards and Instructions</li> <li>• Training resources</li> </ul>
Training	Onsite training is available in Iowa through Iowa State University Extension Specialists. Training is not required for use.	
Age	3-6 Years	
Cost	Materials available to download at no charge	
Website	<a href="https://www.educateiowa.gov/pk-12/nutrition-programs/quick-links-nutrition/learning-tools-nutrition/move-thought-pre-k-k">https://www.educateiowa.gov/pk-12/nutrition-programs/quick-links-nutrition/learning-tools-nutrition/move-thought-pre-k-k</a>	
Physical Activity Kit (PAK:) Staying on the Active Path in Native Communities	The goal of the PAK is to increase the time American Indians and Alaskan Natives spend in medium to high physical activity for all ages across the lifespan. While the activities have been field tested to be culturally appropriate for Native communities, others might find PAK useful in their community.	<ul style="list-style-type: none"> <li>• Traditional games</li> <li>• Traditional dances</li> <li>• Traditional music</li> <li>• Best practices</li> <li>• Tips</li> <li>• Ideas for active families</li> </ul>
Training	Training is not available.	
Age	Eight books address physical activity across the lifespan. Book five is focused on early childhood.	
Cost	Materials available to download at no charge.	
Website	<a href="https://www.ihs.gov/hpd/pak/">https://www.ihs.gov/hpd/pak/</a>	