

FLAGHOUSE® Presents

CATCH®

COORDINATED APPROACH TO CHILD HEALTH

Product Catalog

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



Early Childhood Programs



School Programs



After-School Programs



Equipment For Staying Active

Welcome to the **CATCH**® Programs

COORDINATED APPROACH TO CHILD HEALTH

Inside these pages you will find the resources you need to get started now:

CATCH Early Childhood	p 4-5
CATCH Elementary School	p 7-9
CATCH Middle School	p 10-11
CATCH After-School (Kids Club)	p 12-13
CATCH Professional Training	p 14
CATCH Equipment	p 15-19

“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)

In school and after-school, CATCH teaches children how to be healthy for a lifetime.

CATCH stands for Coordinated Approach To Child Health. It is an evidence-based, coordinated health program that promotes physical activity and healthy food choices, and prevents tobacco use, for children from preschool through 8th grade. Thousands of schools and after-school organizations across the United States and Canada are enjoying the benefits of CATCH today.

Kids everywhere love CATCH. They see that learning about healthy eating and being physically active every day is not only good for you, it's FUN! What they learn as children can build healthy habits that last a lifetime.

Over 25 years of research has proven that CATCH works. It has the right approach, structure and content. And, it works not only for the children – it will have a lasting and powerful effect on the entire staff, the families and the community.



To learn more and for program support, call the CATCH team at 800-793-7900, or visit www.CATCHusa.org today!

The most cost-effective program proven to prevent childhood obesity.

Your Guide to the CATCH Programs

CATCH Early Childhood

CATCH Early Childhood (CEC) nurtures a love of physical activity and introduces children ages 3-5 to healthy eating and classroom-based gardening activities.

CATCH School

Elementary Classroom – Go For Health is a cartoon-and peer-based curriculum teaching healthy eating habits, daily physical activity, and tobacco avoidance—habits that prevent chronic disease, for grades K-5.

Middle School Classroom – Life in the Balance is a 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.

School Nutrition Services – Eat Smart guides food service staff in their efforts to promote healthier foods and enhance the school wellness environment. School cafeterias become part of the learning process for children throughout the day.

Family – Home Team reinforces the healthy messages children learn in school with interactive and enjoyable Home Team activities. The school community is brought together through school-hosted CATCH events.

CATCH Coordination Kits – Provide all the instructions and resources needed to put CATCH into action at your elementary or middle school.

CATCH After School

CATCH Kids Club (CKC) was designed with after-school settings in mind. CKC is a physical activity and nutrition education program designed for school-aged children (grades K-8) in an after-school, summer or recreational setting.

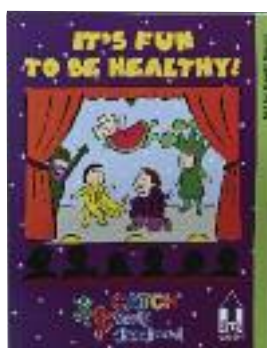




CATCH Early Childhood (CEC) is designed to nurture a love of physical activity, provide an introduction to classroom-based gardening and nutrition, and encourage healthy eating in children ages 3-5. Modeled after the nationally recognized CATCH program, CEC provides an environment where physical activity, 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.



D17631

It's Fun To Be Healthy Teacher's Manual + Hand Puppets **Item D17631**

Features:

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



Additional CATCH Hand Puppets **Item D17599**

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



D17632

CEC Physical Activity Box **Item D17632**

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 D17653**

Buy Together & Save!

Features:

- Teacher's Manual and Hand Puppets (D17631)
- Activity Box (D17632)



CEC Equipment Set + Teacher's Manual + Hand Puppets + Physical Activity Box Item D17887

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 Includes:

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

CEC Equipment Set Only (equipment shown above) Item D17885

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

CATCH[®] For Schools – Four Coordinated Pillars

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 Elementary School Curriculum

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 D12216

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 D12221

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 D12227

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 D11434

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 D17714

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 D17717

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 D11470

Focuses on the negative consequences of tobacco and how to resist pressures to use it. 82 pages.



P.A.S.T. Diabetes Item D11454

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 D11466

Provides nutritional service staff with information in planning and promotion of healthy foods, and linking classroom messages to the cafeteria.



CATCH K-5 Classroom Curriculum Set Item D12537

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 D18049

Instructions with resources to successfully put CATCH into action. A comprehensive coordination 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

**Everything
you need to
implement
CATCH!**



Buy Together & Save!

K-5 Classroom Curriculum Set + Elementary Coordination Kit + K-2 and 3-5 Physical Education Kits Item D18820

CATCH K-5 Classroom Curriculum Set includes all *Go For Health* Teacher Guides, CDs and 1 DVD plus the Elementary Coordination Kit, K-2 and 3-5 Physical Education Kits with PE Guidebook.

CATCH® Elementary 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 D11587

Over 400 activity cards!

CATCH 3-5 Physical Education Kit Item D11591

Over 500 activity cards!



Designed to promote MVPA!

CATCH K-5 Equipment Set + K-2 and 3-5 Physical Education Kits Item D11357

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 two Physical Education Kits (K-2 and 3-5) with the PE Teacher's Guidebook.

Equipment Set 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-5 Classroom Curriculum Set + K-2 and 3-5 Physical Education Kits Item D12612

Includes curricula (D12537 on page 7) plus PE Kits (D11587 and D11591)

Best Seller!

CATCH K-5 Classroom Curriculum, Physical Education Kits and Equipment Set Item D11381

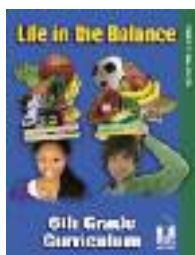
Set includes K-5 classroom curricula (D12537 on page 7) plus K-2 & 3-5 PE Kits and all equipment (D11357).

CATCH[®] For Middle School

CATCH Middle School Curriculum

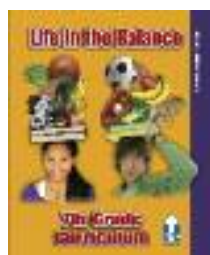
The CATCH *GO For Health* Curriculum for Grades 6-8 teaches students how to identify, practice and adopt healthy eating and physical activity habits. The activities reinforce skills needed to select and prepare healthful meals and snacks, guide physical activity patterns, and foster an environment of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

Curriculum



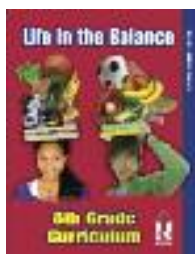
6th Grade ***Life in the Balance*** **Item D17881**

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 D17882**

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 D17883**

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 Curriculum Set** **Item D18222**

Includes curriculum listed for Grades 6 thru 8 (3 Manuals total).

**Get
all three
and save!**

Middle School Coordination Kit **Item D18091**

NEW!



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

**Everything you
need to implement
CATCH!**

6-8 Classroom Curriculum Set + Middle School Coordination Kit + 6-8 Physical Education Kit + *Eat Smart* Manual **Item D18822**

CATCH 6-8 Classroom Curriculum Set includes all three *Life in the Balance* manuals, Middle School Coordination Kit, 6-8 Physical Education Box with PE Guidebook and *Eat Smart* nutrition manual.

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® For Middle School PE

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 D11595

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 D15019

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

Equipment Set Includes:

- 1-24' CATCH Parachute
- 16-CATCH 9" Cones
- 24-Orange 8" Cones
- 36-CATCH Jump Ropes (12 each of 7', 8' and 9')
- 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
- 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





After-School Program K-5

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!



CKC K-5 Nutrition Manual Item D12870

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 D11483

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 Physical Activity Box Set Item D12931

CKC K-5 Nutrition Manual, Physical Activity Box + Equipment Set Item D11397

Includes K-5 Physical Activity Box and Nutrition Manual with Resource CD-Rom. Kit includes all of the following to get children in Grades K-5 up and moving.

Equipment Set Includes:

- 1 K-5 Nutrition Manual with Resource CD-ROM
- 1 K-5 Activity Box
- 20-CATCH Playground Balls
- 36-CATCH Jump Ropes (12 each of 7', 8' and 9')
- 12-CATCH Footballs
- 2-CATCH Base Sets (8 pieces total)
- 2-CATCH Batting Tees
- 16-Plastic Softballs
- 16-CATCH Foam Softballs
- 2-Foam Bats and Balls
- 2-Fat Bats
- 16-CATCH Beanbags
- 16-CATCH Cones
- 32-CATCH Pinnies
- 3-Music CDs
- 12-CATCH Spot Markers
- 1-Communication Drum
- 1-CATCH Parachute
- 32-CATCH Flying Discs
- 12-CATCH Floater Volleyballs
- 24-Hoops
- 24-Scarves
- 6-Mesh Storage Bags



Best Seller!



CKC 5-8 Nutrition Manual Item D18315

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 D18318

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 Physical Activity Box Set Item D18320

Features:

- Nutrition Manual + Activity Box

CKC 5-8 Equipment Set Item D18648

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

Includes:

- 32-CATCH 9" Cones
- 12-Clear Sleeve Cone Collars
- 16-CATCH Pinnies
- 36-Scarves
- 24-Hoops
- 36-CATCH Jump Ropes (12 each of 7', 8' and 9')
- 20-CATCH Basketballs
- 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



- 2-Wide Body Foam Bats and balls
- 2-Softball Bats
- 2-CATCH Base Sets (8 pieces total)
- 24-CATCH Go, Slow, Whoa Beanbags
- 16-CATCH Beanbags
- 32-CATCH Flying Discs
- 19-Junior 24" Tennis Racquets
- 24-Colored Spot Markers
- 6-Z-Balls
- 4-Jumbo Reflex Balls
- 3-Pairs 6" Big Dice
- 1-Keeper!™ Bucket
- 1-Mesh Storage Bag

CATCH[®] Training

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

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 D15018

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 D14979

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 Physical 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 D17768

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.

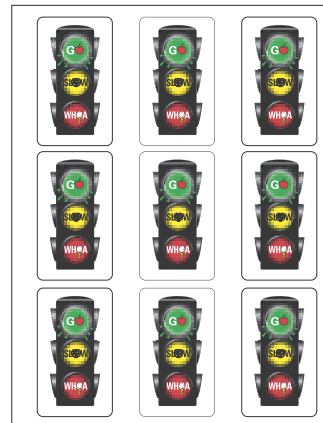
CATCH® Go, Slow, Whoa®

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 D1109

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 D18825

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



Go, Slow, Whoa Spots Set of 12 Item D11044

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 D11267

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 D17749

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.



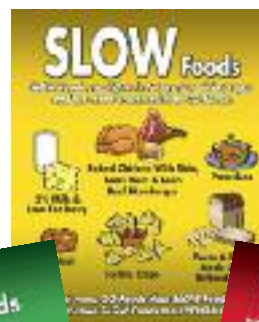
**Go, Slow, Whoa
Reusable Stickers
Item D17561**

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 D7704**

Great for use with activities featured in CATCH Physical 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 D17793**

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 D17820**

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



**Go, Slow, Whoa Parachute
Item D18090**

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[®] Equipment



CATCH Junior Footballs Set of 4 Item D11418

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 D11519

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 D7695

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 D11527

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 D8183

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 D11523

Perfect for large groups and CATCH grid games. Size 4. Includes 4 balls in each color shown.

CATCH[®] Equipment



CATCH Base Set of 4 **Item D12556**

Heavy-duty material ensures that bases hold securely to gym floors. Includes 4 bases in each color shown.



CATCH Beanbags Set of 16 **Item D7691**

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 D11374 – 7' Set of 12

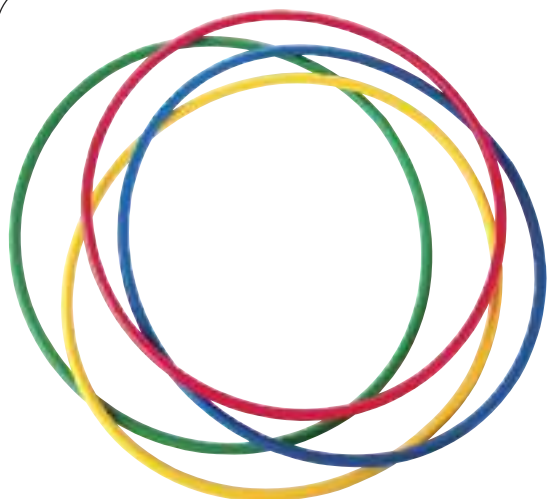
Item D11378 – 8' Set of 12

Item D11382 – 9' Set of 12



CATCH Pinnies Set of 16 **Item D7750**

Feature detachable touch fastener flags and attached elastic side straps. Youth size. Includes 4 in each color.



CATCH Hoops Set of 12 **Item D9895E**

These fun plastic hoops measure 30" dia. Includes 3 in each color shown (12 total).

SuperChute™ Parachute **Item D7311**

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.



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

or call us at

800-793-7900



FLAGHOUSE®



CATCH®
COORDINATED APPROACH TO CHILD HEALTH

FlagHouse – your source for CATCH materials & training

CATCH Price List 2014

CATCH® Early Childhood			
Page	Item	Description	Price
4	17631	It's Fun To Be Healthy Teacher's Manual + Hand Puppets	109.95
4	17599	Additional CATCH Hand Puppets	29.95
4	17632	CEC Physical Activity Box	225.00
4	17653	It's Fun to Be Healthy Teacher's Manual + Hand Puppets + CEC Physical Activity Box	275.00
5	17887	CEC Equipment Set + Teacher's Manual + Hand Puppets + Physical Activity Box	1025.00
5	17885	CEC Equipment Set Only	675.00

CATCH® for Elementary School			
Page	Item	Description	Price
7	12216	Kindergarten Jump into Health (includes resource CD)	34.95
7	12221	1st Grade Hooray for Health! (includes resource CD)	34.95
7	12227	2nd Grade Celebrate Health (includes resource CD)	34.95
7	11434	3rd Grade Hearty Heart & Friends (includes DVD & resource CD)	69.95
7	17714	4th Grade Taking Off (includes resource CD)	69.95
7	17717	5th Grade Breaking Through Barriers (includes resource CD)	69.95
7	11470	F.A.C.T.S.	24.95
7	11454	P.A.S.T. Diabetes	24.95
7	11466	Eat Smart School Nutrition Program Guide	24.95
7	12537	CATCH K-5 Curriculum Set	350.00
8	18049	Elementary Coordination Kit	225.00
8	18820	K-5 Classroom Curriculum Set + Elementary Coordination Kit + K-2 PE + 3-5 PE	975.00

CATCH® Elementary PE			
Page	Item	Description	Price
9	11587	CATCH K-2 Physical Education Kit	225.00
9	11591	CATCH 3-5 Physical Education Kit	225.00
9	11357	CATCH K-5 Equipment Set + K-2 PE Kit + 3-5 PE Kits	2795.00
9	12612	CATCH K-5 Classroom Curriculum Set + K-2 PE + 3-5 PE Kits	825.00
9	11381	CATCH K-5 Classroom Curriculum, K-8 PE Kits, and Equipment Set	3395.00

CATCH® for Middle School			
Page	Item	Description	Price
10	17881	6th Grade Life in the Balance	59.95
10	17882	7th Grade Life in the Balance	59.95
10	17883	8th Grade Life in the Balance	59.95
10	18222	CATCH Life in the Balance Classroom Set	149.95
10	18091	Middle School Coordination Kit	225.00
10	18822	6-8 Classroom Curriculum Set + Middle School Coordination Kit	325.00
CATCH® for Middle School PE			
11	11595	CATCH 6-8 PE Kit	225.00
11	15019	CATCH 6-8 PE Kit and Equipment Set	2395.00

CATCH® Kids Club			
Page	Item	Description	Price
12	12870	CKC K-5 Nutrition Manual	94.95
12	11483	CKC K-5 Physical Activity Box	225.00
12	12931	CKC K-5 Nutrition Manual and Activity Box Set	275.00
12	11397	CKC K-5 Manual, Physical Activity Box, and Equipment Set	1595.00
13	18315	CKC 5-8 Nutrition Manual	79.95
13	18318	CKC 5-8 Physical Activity Box	225.00
13	18320	CKC 5-8 Nutrition Manual and Activity Box Set	275.00
13	18648	CKC 5-8 Equipment Set	1995.00

CATCH® Equipment Sets			
Page	Item	Description	Price
15	15018	CATCH Starter Set	495.00
15	14979	CATCH Keepers!™ Limited Space Activity Set	215.00
15	17768	CATCH Welcome Banner	49.95

CATCH® Go, Slow, Whoa™			
Page	Item	Description	Price
16	11109	Go, Slow, Whoa Cones Set of 16	19.95
16	11044	Go, Slow, Whoa Spots Set of 12	49.95
16	11267	Go, Slow, Whoa Playground Balls Set of 4	27.95
16	18825	Go, Slow, Whoa Stickers	29.95
16	17749	Go, Slow, Whoa Healthy Foods Spots Set of 12	35.95
17	17561	Go, Slow, Whoa Reusable Stickers	17.95
17	7704	Go, Slow, Whoa Flying Disc Set of 16	33.95
17	17793	Go, Slow, Whoa Poster Set of 3	22.95
17	17820	Go, Slow, Whoa Beanbags Set of 24	41.95
17	18090	Go, Slow, Whoa Parachute	295.00

CATCH® Products			
Page	Item	Description	Price
18	11418	CATCH Junior Footballs Set of 4	39.95
18	11519	CATCH Basketballs Set of 4	39.95
18	7695	CATCH 10" Floater Volleyballs Set of 12	99.95
18	11527	CATCH Volleyballs Set of 4	59.95
18	8183	CATCH Foam Softballs Set of 16	29.95
18	11523	CATCH Soccer Balls Set of 4	34.95
19	12556	CATCH Base Set	29.95
19	7691	CATCH Beanbags Set of 16	24.95
19	11374	CATCH 7' Jump Rope Set of 12	20.95
19	11378	CATCH 8' Jump Rope Set of 12	23.95
19	11382	CATCH 9' Jump Rope Set of 12	26.95
19	7750	CATCH Pinnies Set of 16	56.95
19	9895E	CATCH Hoops Set of 12	59.95
19	7311	Superchute™ Parachute	179.95

*	19512	CATCH Tattoos	14.95
*	18828	CATCH Charcter Stickers	29.95