

# CATCHing Up With Childhood Obesity



## 21st CCLC Best Practice

Presented By:

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**FOCUS**  
Hispanic Center for Community Development, Inc.

**The FOCUS Academy of Learners Afterschool Program is Funded by 21<sup>st</sup> CCLC and services 210 students in 4 different school sites. We are committed to providing a balanced curriculum of academics, enrichment, character education and fitness/nutrition. The FOCUS Academy of Learners Afterschool program keeps kids safe from 3p to 6p, the hours where kids are most susceptible to negative influences**

**Partnerships** which are all Located in the City of Newark:

**Luis Marin Munoz Elementary School – Formerly known as - Broadway Elementary School –  
Maria L. Varisco Rogers Charter School  
Sussex Ave. School of Art & Science  
Thirteenth Avenue School**





# FOCUS

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**CATCH** Activities are facilitated daily within the FOCUS Academy of Learners Afterschool program either before or after Academic enrichment activities. During the CATCH time frame a physical activity or nutritional activity is conducted by program staff.

**CATCH** activities in collaboration with our newly implemented Career Exploration and Awareness component, students learn about the various professions in which the activities entail. Students will be learning and participating in activities that will benefit them with respect to health and nutrition. Students will also have the opportunity to learn about different career paths in which to take if a student in fact, wants to continue to influence their community with respect to health and nutrition on a professional level.





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## IMPACTS

Catch-Up with Childhood Obesity (Health and Nutrition)  
Impacts of one of our Best Practices, “Catching up to Childhood Obesity” has proven to show that students have increased knowledge about healthy eating habits and fitness activities. The influences of this Best Practice is evident to see - not just through observations of the students but also through their pre and post tests which evaluate the students knowledge about living a healthy lifestyle. Using student journals to track their daily routine showed that students had a vast increase in their motivation to participate in physical activities, as well a significant improvement in their Academic performance and behavior during the day-time and afterschool classes. The Best Practice of “Catching up to Childhood Obesity” proves that students can educate themselves and their families to significantly improve their well – being, social skills and create a team atmosphere to positively promote and impact their communities with respect to Obesity.

# New Jersey Core Content Curriculum Standards

## Comprehensive Health and Physical Education

2.1A; 2.1B; 2.1C; 2.1E  
2.1F; 2.2A; 2.2B; 2.2C  
2.2D; 2.2F; 2.5A; 2.5B  
2.5C; 2.5D; 2.6A; 2.6B  
2.6C



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## Career Education and Consumer, Family and Life Skills

9.1.4A; 9.1.4B; 9.1.8A; 9.1.8B  
9.2.4E; 9.2.4F; 9.2.8A  
9.2.8B; 9.2.8C; 9.2.8D  
9.2.8E; 9.2.8F

## Language Arts Literacy

3.3A; 3.3B; 3.4A

## Mathematics

4.1.5A

## World Languages

7.1A; 7.1B



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# Childhood Obesity Statistics According to [Stop-Childhood-Obesity.com](http://Stop-Childhood-Obesity.com)

- 16 – 33 percent of children and adolescents are obese
- Unhealthy weight gain due to poor eating habits and lack of exercise is responsible for over 300,000 deaths/ a year
- Annual cost of obesity to society estimates at \$100 billion dollars

# Childhood Obesity has...

- More than doubled in the past two years for preschool children 2 – 5 years and 12 – 19 years
- More than tripled for ages 6 – 11 years
- Been a dramatic increase in childhood obesity in the last 20 years by an average of twenty percent



**Name of activity:** Pass the Hat

**Grade level:** K – 8

**Equipment:** 6-10 items to pass (e.g. beanbag, flying disc, tennis ball, scarf), on 1/8 mile course, 6 cones

**Skills Emphasized:** Jogging

**Organization:**

File Lines with 4-5 students per line, Each with 1 item to pass

Stagger the files around a marked course

**Description:**

Each file begins with the last student in line holding an item to pass. On signal, this student sprints to the front.

The object is passed back down the line until it reaches the last person. This person then sprints to the front and the process continues.

Challenge students to set a goal as to how long they can jog or how many laps they can complete without dropping “the hat”

# Snackin' Time on The Trail



# Fitness Leader

**Name of Activity:** Fitness Leader

**Grade Level:** K – 8

**Equipment:** Several exercise task cards per team, 1 shoebox per team, 1 cone per team

**Skills Emphasized:** Walking, Hopping, exercises

## **Organization:**

Divide students into 5 (or more) players.

Line teams up in single files.

Place a shoebox containing several task cards (face down) about 10ft. In front of each team

Place a cone in front of each team (to designate the starting point). Designate a locomotor movement



## **Description:**

On a signal, the first student in line moves to the shoebox using the designated locomotor movement, and draws a task card (e.g. walking, hopping) from the shoebox.

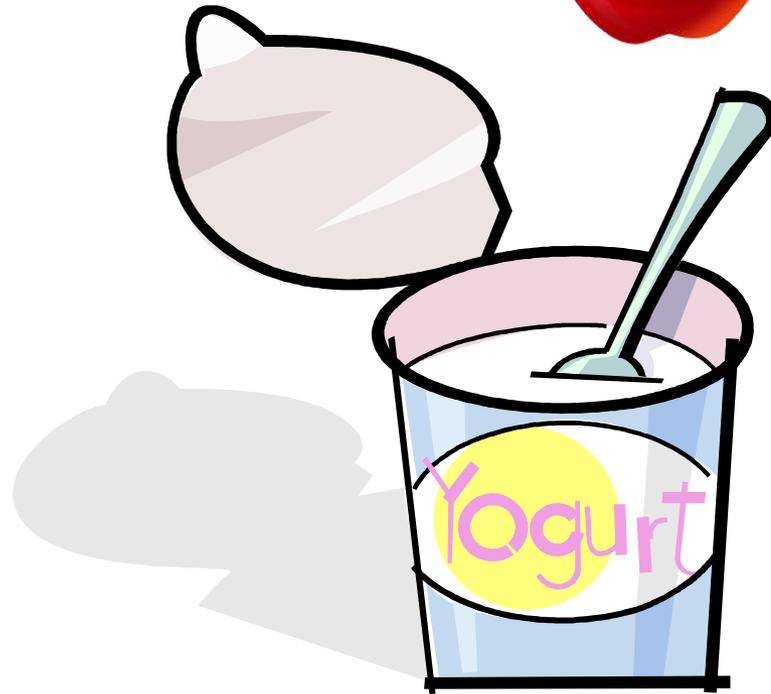
After replacing the card face down and announcing the exercise, the student and all teammates must perform the exercise 10- times in unison and counting together out loud together.

The player returns to the end of the team's line.

Repeat the process

The first team to have all of its players back in their original positions earns a point.

# Apples 'N' Yogurt



# Sit Down All – Class Volleyball

**Name of Activity:** Sit down All-class volleyball

**Grade Level:** K – 8

**Equipment:** 2-8 beach balls or balloons, 4-6 cones (optional)

**Skills Emphasized:** upper body exercise, volleyball progression

**Organization:**

Set up playing area. Cones may be used to outline the playing area.

The class spreads out evenly in the playing area and sits down on the floor

Leave enough room between players for them to freely swing their arms

Announce a “goal time” (how long the balls must stay in play)

**Description:**

The balls are tossed into play by the teacher. The clock starts when the first ball is out into play.

Players attempt to keep the ball in play by hitting the balls with their hands to keep all balls from touching the ground or going out of bounds until the “goal time” is reached

Players must remain completely seated at all times.

The games stop when (a) the “goal” time is reached, (b) a ball touches the ground or gets out of bounds, or (c) a player arises from sitting position

If the “goal” time is reached, the class win (or scores a point). The game may be repeated until a desired number of points or wins has been scored.

# Elephants' Favorites



# **Inquiries about CATCH Kids Club Nutrition....**

- Flaghouse, Inc.  
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New Jersey 07604  
800.793.7900  
201.288.7600  
Flaghouse.com
- [CATCHINFO.org](http://CATCHINFO.org)

# Works Cited

Graham, M.Ed., Pamela; Luton, M.A., Susan; Walker, M.P.H., Joey L.; Pedersen, M.P.H., C.H.E.S., Sheryl; Thomas, B.S., R.D., L.D., Haley D. *CATCH Kids Club Nutrition*. The Regents of the University of California, Flaghouse, Inc. 2005.

Childhood Obesity: Statistics and Trends. 23 April 2012. StopChildhoodObesity.com <<http://www.stop-childhood-obesity.com/child-obesity-statistics/statistics-and-trends>>.