



Watch for the Following Checklist

Please use this checklist as a tool to assess how well CATCH Kids Club is being implemented in your after school program. Circle "Yes" or "No" for each item. Comments for discussion purposes may be written on the back..

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| 1. Were children active right from the start? | YES | NO |
| 2. Did the activity session include a warm-up activity? | YES | NO |
| 3. Were the boundaries well established? | YES | NO |
| 4. Was the stop/start signal clear? | YES | NO |
| 5. Were the instructions clear and concise? | YES | NO |
| 6. Was equipment distributed efficiently? | YES | NO |
| 7. Were management and transition times minimal? | YES | NO |
| 8. Did group sizes maximize participation and practice opportunities? | YES | NO |
| 9. Were all children involved? | YES | NO |
| 10. Was the child:equipment ratio adequate? | YES | NO |
| 11. Were activities conducted in a safe manner? | YES | NO |
| 12. Was the staff enthusiastic about the activities? | YES | NO |
| 13. Did most of the children appear to be enjoying the activities? | YES | NO |
| 14. Were children praised/rewarded for being physically active during class? | YES | NO |
| 15. Were children prompted/rewarded for their out-of-class physical activity? | YES | NO |
| 16. Did the activity session include a cool-down activity? | YES | NO |