



Staff Training Outline



Staff Training Outline

Training	Suggested time	Suggested time of year
<u>1</u>	6 hours	At the start of HOP'N
<u>2</u>	3 hours	2 months after start of HOP'N
<u>3</u>	3 hours	5 months after start of HOP'N

HOP'N Staff Training 1



Suggested time: 6 hours including a 30 minute lunch

Suggested time of year: At the start of HOP'N

Supplies suggestions:

Enough 8 oz containers for each attendee

4 Large serving spoons

4 Large bowls

Water

Table coverings

Pens and paper

Napkins

[Nametags](#)

Physical activity equipment

CATCH boxes

Food shopping list

Per attendee:

½ cup vanilla yogurt

2 tablespoons unsweetened strawberries (fresh or frozen)

2 tablespoons unsweetened blueberries (fresh or frozen)

¼ cup granola, round oat cereal, or other low-sugar, low-fat whole grain cereal

Handouts:

HOP'N CATCH Daily Physical Activity Routines

[Catch Game Scenarios](#)

[HOP'N Physical Activity Rubric](#)

HOP'N After School Staff Training



AGENDA

- | | |
|------------|---|
| 15 minutes | Welcome |
| 45 minutes | Introduction-HOP'N After School Overview |
| 75 minutes | Lets Play- Sample CATCH Lesson <ul style="list-style-type: none">• Catch Rules, Cleaning House, Simon Says, Practice Forming Groups, Cool Down |
| 15 minutes | Break
Yogurt Parfaits |
| 30 minutes | Implementing 30 minutes of Physical Activity Daily <ul style="list-style-type: none">• Management and Instructional Cues<ul style="list-style-type: none">○ HOP'N CATCH Daily Physical Activity Routine• Implementing CATCH |
| 30 minutes | Lunch |
| 60 minutes | Physical Activity Demonstrations <ul style="list-style-type: none">•Grids•Sit Down All Class Volleyball•Blob Tag |
| 10 minutes | Break |
| 60 minutes | Using the CATCH Box
Peer Activity Demonstrations |
| 20 minutes | Review |

HOP'N After School Staff Training



Key Points

15 minutes

Welcome

45 minutes

Introduction-HOP'N After School Overview

- HOP'N stands for Healthy Opportunities for Physical activity and Nutrition.
- HOP'N After School Project is a research study designed to understand how to deliver evidence-based programs through existing after school programs to promote healthful physical activity and nutrition and prevent obesity in youth.
- Eight elementary schools in Lawrence, Kansas participated in the original research study.
- The four HOP'N Goals are:
 - Be physical active every day
 - 30 minutes after school and 60 minutes daily
 - Eat fruits & vegetables at every meal or snack.
 - 2 1/2 cups vegetables, 1 1/2 cups fruits
 - My Pyramid 1,800 Calorie Pattern
 - Drink less soda & juice drinks
 - Drink water, No more than 1 can or small cup daily
 - Cut back on TV and video games
 - No more than 2 hours a day
 - Remove TV from bedroom
- The four elements of HOP'N are:
 - **Healthy Snack:**
 - Provide a healthy snack opportunity
 - Meet and exceed USDA requirements for snack reimbursement
 - USDA requirements must contain two of food components below
 - 1 cup fluid milk
 - 3/4 cup fruit or vegetable
 - 1 unit grain/bread
 - 1 ounce meat/meat alternative
 - HOP'N requirements
 - Goal is 3/4 cup fruit or vegetable
 - Encourage healthful eating during and outside of snack session.

- **Physical Activity:**
 - Provide a daily structured physical activity period of 30 minutes per day.
 - Engage all students in Moderate-To-Vigorous Physical Activity (MVPA) for at least 50% of class time.
 - Children are provided with many opportunities to participate and practice
 - Use appropriate and effective class management and instructional methods.
 - Encourage children to participate in physical activities during and outside of HOP'N physical activity sessions.
 - Adopt healthful personal behaviors to provide an active, enthusiastic role model for students.
- **Nutrition and Physical Activity Education:**
 - Offer a one-time weekly one-hour enrichment nutrition and physical activity curriculum activity.
- **Continuous Staff Training and Feedback:**
 - Workshops to build on the capacity of after school program staff to develop community and school opportunities for physical activity and nutrition and to implement evidence-based strategies through the HOP'N After School Program.

75 minutes

Lets Play- Sample CATCH Lesson

- Catch Rules
 - Children do not stand in line.
 - Every child or every other child gets a piece of equipment.
 - Game rules do not eliminate children. If children are out then they have to do another activity or they get to come back in right away.
 - Game rules do not allow one child to be the star athlete. For example, you have to pass the ball to score.
 - The goal is participation and fun rather than winning. Competition may be a part of the game, but not the only part.
- Cleaning House
 - CATCH Card #

- Focus on every child or every other child gets a piece of equipment.
- Simon Says
 - CATCH Card #
 - Focus on game rules does not eliminate children. If children are out then they have to do another activity or they get to come back in right away.
- Practice Forming Groups
 - Limit to 30 seconds.
 - Alphabetical order by first name, last name, last letter in first name, last letter in last name
 - Reverse alphabetical order
 - Height
 - Birthday month
 - Color of Clothing
 - Last two digits of telephone number
 - Pair off children as they walk around boundaries
 - Mingle, Mingle (CATCH Card #)
 - Be creative

15 minutes

Break

Yogurt Parfaits

Yogurt Parfait

Makes 1 Serving

½ cup vanilla yogurt

2 tablespoons unsweetened strawberries (fresh or frozen)

2 tablespoons unsweetened blueberries (fresh or frozen)

¼ cup granola, round oat cereal, or other low-sugar, low-fat whole grain cereal



In an 8 oz. clear cup or bowl, layer yogurt and fruit. Top with cereal and enjoy.

Nutrition Information per serving: Calories- 120; Fat-5g; Carbohydrate- 24g; Dietary Fiber-2g; Sodium-120mg

30 minutes

Implementing 30 minutes of Physical Activity Daily

- Management and Instructional Cues
 - HOP'N CATCH Daily Physical Activity Routine Handout

30 minutes

Lunch

60 minutes

Physical Activity Demonstrations

- Sit Down All Class Volleyball
 - CATCH Card #
 - Focus on grids. Start with a large all group game. Then break into smaller areas with fewer players to emphasize more participants being involved.
 - Focus on every child or every other child gets a piece of equipment. After first round add more volleyballs to increase participation.

- Blob Tag
 - CATCH Card #
 - Focus on grids. Start with a large all group game. Then break into smaller areas with fewer players to emphasize more participants being involved.

10 minutes

Break

60 minutes

Using the CATCH box/ Peer Activity Demonstrations

- Hand out scenarios to a group of participants
 - Participants will find a CATCH game that satisfies the situation.
 - Participants will use the information they have learned to teach the game to the group.

20 minutes

Review

HOP'N Staff Training 2



Suggested time: 3 hours

Suggested time of year: 2 months after start of HOP'N

Supplies suggestions:

Water

Table coverings

Pens and paper

Napkins

[Nametags](#)

Physical activity equipment

CATCH boxes

Bowls or plates for all participants

Food shopping list:

Salsa

Chips

Handouts:

[HOP'N Physical Activity Rubric](#)

Questionnaire

HOP'N After School Staff Training



AGENDA

30 minutes	Welcome
	Program Objectives Child Behavioral Goals/HOPN Quality Elements Responsibilities
	Site Implementation Questionnaire/Discussion Promoting healthy activity in and out of class Promoting healthy eating in and out of class
	Site Implementation Goal-Setting
30 minutes	Daily Physical Activity Implementation Review Review HOP'N/CATCH Daily Routine B.A.S.I.C.S. GRIDS Modifying games meet CATCH guidelines
10 minutes	Break Salsa and Chips
65 minutes	Lets Play - Playing Modified Games to Meet CATCH Guidelines
10 minutes	Site Demonstration 1
10 minutes	Site Demonstration 2
10 minutes	Site Demonstration 3
10 minutes	Site Demonstration 4
10 minutes	Wrap-Up

HOP'N After School Staff Training



Key Points

30 minutes

Welcome

Program Objectives

- The four HOP'N Goals are:
 - Be physical active every day
 - 30 minutes after school and 60 minutes daily
 - Eat fruits & vegetables at every meal or snack.
 - 2 1/2 cups vegetables, 1 1/2 cups fruits
 - My Pyramid 1,800 Calorie Pattern
 - Drink less soda & juice drinks
 - Drink water, No more than 1 can or small cup daily
 - Cut back on TV and video games
 - No more than 2 hours a day
 - Remove TV from bedroom
- The four elements of HOP'N are:
 - **Healthy Snack:**
 - Provide a healthy snack opportunity
 - Meet and exceed USDA requirements for snack reimbursement
 - USDA requirements must contain two of food components below
 - 1 cup fluid milk
 - 3/4 cup fruit or vegetable
 - 1 unit grain/bread
 - 1 ounce meat/meat alternative
 - HOP'N requirements
 - Goal is 3/4 cup fruit or vegetable
 - Encourage healthful eating during and outside of snack session.
 - **Physical Activity:**
 - Provide a daily structured physical activity period of 30 minutes per day.
 - Engage all students in Moderate-To-Vigorous Physical Activity (MVPA) for at least 50% of class time.
 - Child are Provided with Many Opportunities to Participate and Practice
 - Use appropriate and effective class management and instructional methods.

- Encourage children to participate in physical activities during and outside of HOP'N physical activity sessions.
 - Adopt healthful personal behaviors to provide an active, enthusiastic role model for students.
 -
 - **Nutrition and Physical Activity Education:**
 - Offer a one-time weekly one-hour enrichment nutrition and physical activity curriculum activity.
 - **Continuous Staff Training and Feedback:**
 - Workshops to build on the capacity of after school program staff to develop community and school opportunities for physical activity and nutrition and to implement evidence-based strategies through the HOP'N After School Program.
- Responsibilities
 - You can create an environment supportive of a healthy weight for children by providing healthy opportunities!
 - Provide a Healthy Environment (C.A.S.H.)
 - Connection
 - Autonomy
 - Skill Building Opportunities
 - Healthy Norms
 - Promote behavioral goals in and outside of program
 - Promote positive social behavior in and outside of program
 - Contribute to Implementing HOP'N Quality Elements

Site Implementation Questionnaire/Discussion

- Handout questionnaire and give participants time to fill out
- Discuss possible answers to the following:
 - Promoting healthy activity in and out of class
 - Promoting healthy eating in and out of class

Site Implementation Goal-Setting

30 minutes

Daily Physical Activity Implementation Review Review HOP'N/CATCH Daily Routine

B.A.S.I.C.S.

GRIDS

Modifying games meet CATCH guidelines

10 minutes

Break Salsa and Chips

65 minutes

Lets Play - Playing Modified Games to Meet CATCH

Guidelines

- Play a popular game that does NOT follow CATCH Guidelines
- Review CATCH Guidelines
 - Children do not stand in line.
 - Every child or every other child gets a piece of equipment.
 - Game rules do not eliminate children. If children are out then they have to do another activity or they get to come back in right away.
 - Game rules do not allow one child to be the star athlete. For example, you have to pass the ball to score.
 - The goal is participation and fun rather than winning. Competition may be a part of the game, but not the only part.
 - Activities have B.A.S.I.C.s
 - Boundaries and Routines
 - Activity from beginning to the end
 - Stop and start signal
 - Involvement by all
 - Clear instructions
- Use HOP'N Physical Activity Rubric to show how any game can be a CATCH game.
- Play the new HOP'N version of game

10 minutes

Demonstration 1

10 minutes

Demonstration 2

10 minutes

Demonstration 3

10 minutes

Demonstration 4

10 minutes

Wrap-Up

HOP'N Staff Training 3



Suggested time: 3 hours

Suggested time of year: 5 months after start of HOP'N

Supplies suggestions:

Enough 8 oz containers for each attendee

4 Large serving spoons

4 Large bowls

Water

Table coverings

Pens and paper

Napkins

[Nametags](#)

Physical activity equipment

CATCH boxes

Food shopping list

Per attendee:

Variety of dried fruit

Variety of nuts

1/4 cup granola, round oat cereal, or other low-sugar, low-fat whole grain cereal

Handouts:

HOP'N Planning Form

HOP'N After School Staff Training



AGENDA

- | | |
|------------|--|
| 5 minutes | Welcome |
| 20 minutes | Kid Created CATCH game |
| 15 minutes | Program Objectives
Child Behavioral Goals/HOPN Quality Elements
Societal Trends in Youth Obesity
-Class Pictures
Why BMI is a good indicator of health risk?
- |
| 20 minutes | HOPN Challenge
Program Managers/Group Leaders Responsibilities
Physical Activity Session Length
Physical Activity Session Quality
Snack Quality |
| 10 minutes | Break
Build your own Trail mix |
| 20 minutes | Physical Activity Implementation Plan
-Environmental scan
-List barriers
-Develop plan
-Plan implementation goal |
| 30 minutes | Snack Implementation Plan
-Environmental scan
-List barriers
-Develop plan
-Plan implementation goal |
| 50 minutes | Let's Play
Favorite games |
| 10 minutes | Changing Environments Outside of School |

HOP'N After School Staff Training



Key Points

5 minutes

Welcome

20 minutes

Kid Created CATCH game

- Pick a game created by students at HOP'N club to play

15 minutes

Program Objectives

- The four HOP'N Goals are:
 - Be physical active every day
 - 30 minutes after school and 60 minutes daily
 - Eat fruits & vegetables at every meal or snack.
 - 2 1/2 cups vegetables, 1 1/2 cups fruits
 - My Pyramid 1,800 Calorie Pattern
 - Drink less soda & juice drinks
 - Drink water, No more than 1 can or small cup daily
 - Cut back on TV and video games
 - No more than 2 hours a day
 - Remove TV from bedroom
- The four elements of HOP'N are:
 - **Healthy Snack:**
 - Provide a healthy snack opportunity
 - Meet and exceed USDA requirements for snack reimbursement
 - USDA requirements must contain two of food components below
 - 1 cup fluid milk
 - 3/4 cup fruit or vegetable
 - 1 unit grain/bread
 - 1 ounce meat/meat alternative
 - HOP'N requirements
 - Goal is 3/4 cup fruit or vegetable
 - Encourage healthful eating during and outside of snack session.
 - **Physical Activity:**
 - Provide a daily structured physical activity period of 30 minutes per day.
 - Engage all students in Moderate-To-Vigorous Physical Activity (MVPA) for at least 50% of class time.
 - Child are Provided with Many Opportunities to

- Participate and Practice
 - Use appropriate and effective class management and instructional methods.
 - Encourage children to participate in physical activities during and outside of HOP'N physical activity sessions.
 - Adopt healthful personal behaviors to provide an active, enthusiastic role model for students.
- **Nutrition and Physical Activity Education:**
 - Offer a one-time weekly one-hour enrichment nutrition and physical activity curriculum activity.
- **Continuous Staff Training and Feedback:**
 - Workshops to build on the capacity of after school program staff to develop community and school opportunities for physical activity and nutrition and to implement evidence-based strategies through the HOP'N After School Program.

20 minutes

HOPN Challenge

- You can create an environment supportive of a healthy weight for children by providing healthy opportunities!
- Physical Activity Session Length
 - At least 30 minutes of structured activity
 - Additional unstructured activity time
- Physical Activity Session Quality
 - Engage all students in Moderate-To-Vigorous Physical Activity (MVPA) for at least 50% of class time.
 - Child are Provided with Many Opportunities to Participate and Practice
 - Use appropriate and effective class management and instructional methods.
 - Encourage children to participate in physical activities during and outside of HOP'N physical activity sessions.
 - Adopt healthful personal behaviors to provide an active, enthusiastic role model for students.
- Snack Quality
 - 3/4 cup fruit or vegetable at every snack
 - Encourage healthful eating during and outside of snack session.

10 minutes

Break

Build your own Trail mix

20 minutes

Physical Activity Implementation Plan

Goal: Increase structured physical activity minutes and quality and promote physical activity.

- **Use planning worksheet**
 - Environmental scan
 - List barriers
 - Develop plan
 - Plan implementation goal

30 minutes

Snack Implementation Plan

Goal: Increase daily offering of fruits and vegetables, promote fruit and vegetable consumption and improve the quality of serving the snack and clean-up.

- **Use planning worksheet**
 - Environmental scan
 - List barriers
 - Develop plan
 - Plan implementation goal

50 minutes

Let's Play

- Play kids' and staff's favorite games

10 minutes

Changing Environments Outside of School

- Get staff excited about upcoming HOP'N Lessons and help with recruiting HOP'N Champs