

## Alternative HCAT Activities

Categories	HCAT Alternative Programming Ideas	Link
<b>Physical Activity</b>	<p><b>Physical Activity Lesson Plans</b> - A grantee in the Central region developed a series of “Move and Learn at Home” activities by grade level that were shared with teachers to post in a distance learning portal. These activities are embedded in core curriculum content areas such as math, language arts, science and social studies.</p>	
	<p><b>Virtual 5K</b> - A grantee in the Central region held a community-wide 5K race. Runners were encouraged to participate by running the “5k their way.” The participants had the entire weekend from Friday at 8am-Sunday at 6pm to run/walk their race and submit results. Online registration can be done using the RunSignup website (link provided). Although an official result tracking system was not used for the virtual race, RunSignup has that option. Participants were encouraged to post their race results in a Facebook group for the event or email pictures and results. Race organizers made sure to keep their social media pages updated all weekend so everyone could follow along with the race. A key component of success was ongoing promotion of the virtual piece of it before the event and encouraging families to participate together to stay active.</p>	<a href="#">Link</a>
	<p><b>Digital Video Series</b> - Rescue Agency worked with Special Olympics, which has a long-standing partnership with World Wrestling Entertainment (WWE), to build the digital video series "School of Strength" that promotes regular physical activity to athletes at home. These easy-to-follow videos, featuring WWE superstar Becky Lynch, are making movement and physical activity accessible to everyone, regardless of fitness level.</p>	<a href="#">Link</a>
<b>Nutrition</b>	<p><b>RevYourBev</b> - Check out RevYourBev for the latest and greatest water related activities for early childhood education and K-12.</p>	<a href="#">Link</a>
	<p><b>Community Garden Video Series</b> - A grantee in the Central region adapted their garden-based education to a virtual format to give k-12 students fun outdoor activities that also comply with social distancing recommendations. They launched a video series that shares what’s happening on their learning farm and in their gardens and invited students to participate online and in their own backyards. Activity sets are also available for students online to correspond with the video content.</p>	<a href="#">Link</a>
	<p><b>Online Workshops</b> - A grantee in the North region partnered with Virginia Cooperative Extension to conduct various online workshops.</p>	<a href="#">Link</a>
	<p><b>Garden To-Go</b> - A grantee in the Southeast region established a "garden to go" program which included backyard container garden activities. The program provided 'garden to go' kits, along with technical assistance from the grantee’s garden coordinator, teachers, Master Gardeners, and the Cooperative Extension. Communication was maintained through phone and email. Materials were distributed at a curbside pickup to ensure social distancing.</p>	
	<p><b>School-based Food Pantry</b> – A grantee with two school-based food pantries in the Southwest region assisted 58 families in their community with hunger relief efforts. They worked in coordination with school administration, their local food bank, food wholesalers, area restaurants and churches to increase their supplies as the need for food among school families increased. Food pantries are located at a middle school and a high school.</p>	

<b>Nutrition</b>	<b>Farmer's Market Incentives</b> - A grantee in the Southwest region increased market incentives for Head Start parents for fresh produce that was delivered through a local mobile market, LEAP, Local Environmental Agriculture Project. Weekly produce packs were also distributed to other community partners that served families with children (Boys and Girls Club, CHIP) during the spring months.	
	<b>Free Videos</b> - Penn State Extension Office offers free videos on health and nutrition topics.	<a href="#">Link</a>
<b>Curricula</b>	<b>CATCH Health at Home</b> – provides at-home and distance learning health resources for parents and educators	<a href="#">Link</a>
	<b>Health Smart VA</b> – (Virginia Department of Education) portal for curriculum and instructional resources for social, emotional, physical, and environmental health for K-12.	<a href="#">Link</a>