

# Curriculum Overview

## CATCH Kids Club 5-8 - Activities for After-School and Community Recreation Settings

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### Core Components

#### Objectives

The Coordinated Approach to Child Health (CATCH) is a curriculum based on the Center for Disease Control and Prevention's Coordinated School Health model. This model uses eight interactive components to educate young people about (and provide support for) a healthful lifestyle. The overall purpose of the CATCH curriculum is to encourage students to practice healthful eating and physical activity patterns. All materials are designed to complement and integrate with one another, and when implemented, the entire school environment is affected.

#### Theoretical framework

Social Cognitive Theory and social ecological models of health behavior form the theoretical foundation of the CATCH Program. This curriculum targets change in several environmental, personal, and behavior factors that influence children's health behavior.

#### Setting & target audience

The CATCH Kids Club program targets 5<sup>th</sup> through 8<sup>th</sup> grade students in after school and community recreation settings.

#### Number and duration of lessons

The number of lessons per theme varies with each theme and individual lessons take approximately 20 minutes to teach.

#### Recommended pacing

Not Specified. Best practice is to teach lessons one week apart.

#### Instructional order & strategies

All of the lessons in the **Theme: Basic Concepts** are designed to be implemented first and in sequential order. Once these 4 basic, 20 minute lessons are completed, any of the remaining themes and/or lessons can be taught in any order; unless otherwise specified in the curriculum.



## Kids Club K-5 – Required Basic/Core Lessons

Theme	Lesson Title	Duration
Basic Concepts	Physical Activity	Approx. 20 min
Basic Concepts	GO, SLOW, and WHOA Foods	Approx. 20 min
Basic Concepts	Energy Balance	Approx. 20 min
Basic Concepts	Snack Preparation	Approx. 20 min

### Core Activities

- ✓ All Basic Concepts lessons are to be taught first and in sequential order.
- ✓ All lesson activities are required for basic concept lesson.
- ✓ Family Tip Sheets are an integral component for parent involvement throughout the lessons. They are intended to be sent home, at the conclusion of each theme, and are designed for families to read and complete together.

### Optional Activities

Once the 4 Basic Concept lessons are taught, all of the following themes and lessons can be taught in any order.

Theme	Lesson	Duration
Snacks	Low-Salt Snacking	Approx. 20 minutes
Snacks	Snacking on Fruits and Veggies	Approx. 20 minutes
Snacks	An Amazing Substance Called Fiber	Approx. 20 minutes
Snacks	Food Labels	Approx. 20 minutes
Snacks	GO, SLOW, and WHOA Snacks	Approx. 20 minutes
Snacks	Snack Preparation	Approx. 20 minutes
Beverages	Lots of Sugar, Calories, and Money	Approx. 20 minutes
Beverages	How Many Servings?	Approx. 20 minutes
Beverages	Caffeine	Approx. 20 minutes
Beverages	GO, SLOW, and WHOA Beverages	Approx. 20 minutes
Beverages	Snack Preparation	Approx. 20 minutes
Fast Foods	That Sat Fat	Approx. 20 minutes
Fast Foods	Salt Galore!	Approx. 20 minutes
Fast Foods	GO, SLOW, and WHOA Fast Foods	Approx. 20 minutes
Fast Foods	Fast Food Strategies	Approx. 20 minutes
Fast Foods	Snack Preparation	Approx. 20 minutes
Screen-Time	Why Limit Screen-Time?	Approx. 20 minutes
Screen-Time	Screen-Time and Other Barriers	Approx. 20 minutes
Screen-Time	WHOA Foods and Screen-Time	Approx. 20 minutes
Screen-Time	Move-Time	Approx. 20 minutes
Breakfast	Cereal and Added Sugars	Approx. 20 minutes
Breakfast	A Great Time to Eat Fruit	Approx. 20 minutes
Breakfast	Milk: Sugar and Saturated Fat	Approx. 20 minutes
Breakfast	Servings and Portions	Approx. 20 minutes

Breakfast	Whole Grains and Fiber	Approx. 20 minutes
Breakfast	Breakfast Preparation	Approx. 20 minutes
Bone Health	WBA's	Approx. 20 minutes
Bone Health	Calcium: Dairy and Non-Dairy Foods	Approx. 20 minutes
Bone Health	Calcium: GO, SLOW, and WHOA	Approx. 20 minutes
Bone Health	Barriers to Getting Enough Calcium	Approx. 20 minutes
Bone Health	Snack Preparation	Approx. 20 minutes

Optional homework and extension activities can be found throughout the curricula. Ensure that all core components are completed prior to engaging in these additional activities.

## Materials

Materials needed are listed at the start of each lesson. Handouts, transparencies, worksheets, and additional information (called FYI's) are located within the curriculum. A few activities require materials not contained in the lesson, however these are usually items accessible to teachers and/or students, or they can be purchased at low cost.

## Training

- ✓ REQUIRED--Attend a CATCH training. Please contact a member of the curriculum team if you are interested in attending.
- ✓ Review curriculum overview.
- ✓ Review teachers guide, teacher FYI's and lesson materials
- ✓ Practice or talk through at least one lesson with another educator or your supervisor
- ✓ Observe another educator teach a CATCH lesson (if possible)

## Fidelity is...

The extent to which a curriculum or program is delivered in accordance with the intended (and tested) design. This means:

- Using program materials
- Adhering to recommended pacing
- Keeping the program's instructional order
- Utilizing the program 'routines'
- All teachers using the same materials to equalize student learning opportunities and meet instructional objectives

## Making adjustments while delivering with fidelity

You can make some adjustments to the curriculum without impacting fidelity. Examples include:

- Supplement core lessons with appropriate additional activities.<sup>1</sup>
- Provide students with coaching, ongoing support, and individual instruction when needed.
- Adjust group size.

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<sup>1</sup> Many curricula have several options for activities. Choose from these options first. If you plan to use additional activities, outside of the written curricula, please review with your supervisor to ensure they meet Snap-Ed guidance.

- Select different recipe (recipe should support lesson core content)
- Increase opportunity for students to engage and ask questions, and provide answers.

### **Evaluation**

Check with your supervisor for required evaluation tool and current evaluation protocol.

### **Link to curriculum:**

- CATCH Website: <https://catch.org/>
- Materials and Ordering: <https://www.flaghouse.com/General-Education/CATCH/>: