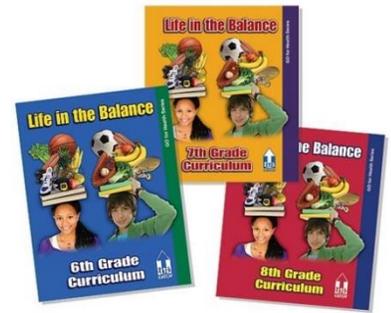


Curriculum Overview

CATCH Middle School - Grades 6-8



Core Components

Objectives

The Coordinated Approach to Child Health (CATCH) Program 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 were 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 middle school lessons target 6th through 8th grade students and their families. The lessons have been designed to provide opportunities for hands-on learning either individually, in small groups, or as a class in a classroom setting.

Number and duration of lessons

The curriculum is divided into individual nutrition and physical activity lessons. Each lesson consists of two, 20-minute parts. Best practice is to teach the parts separately, however, the two parts can be taught together if a 40-minute instruction period is available. There are two exceptions: Due to the nature of the segments, "The Color Power of Fruits and Veggies" lesson from the 7th grade curriculum and "Power Snacking" from the 8th grade curriculum must be taught in two, separate segments.

Recommended pacing

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

Instructional order & strategies

The lessons were designed to be taught independently with exceptions listed below. The Table of Contents in the curriculum serves as a suggested sequential guide.

- 6th Grade Curriculum:
 - “Food Fights” lesson must be taught before “Build-A-Meal” lesson
 - “MyPlate” lesson must be taught before “GO for Breakfast” lesson
- 7th and 8th Grade Curricula:
 - Project lessons should only be taught in conjunction with the lesson that directly precedes it (e.g., “A Balanced Life” lesson must be taught prior to teaching “Project Lesson: A Balanced Life”)

6th Grade Curriculum:

Lesson	Title	Duration
1	Food Fights	40 minutes total
2	Build-A-Meal	40 minutes total
3	How Much Sugar is in Your Favorite Drinks?	40 minutes total
4	Choose It or Lose It	40 minutes total
5	The Heart Muscle	40 minutes total
6	MyPlate	40 minutes total
7	GO For Breakfast	40 minutes total
8	There’s More to Life Than Screens	40 minutes total

7th Grade Curriculum:

Lesson	Title	Duration
1	A Balanced Life	40 minutes total
2	Project Lesson: A Balanced Life	40 minutes total
3	The Reason for Those Milk Mustaches	40 minutes total
4	Portion Distortion	40 minutes total
5	Project Lesson: Portion Distortion	40 minutes total
6	Empty Liquid Calories	40 minutes total
7	The Color Power of Fruits and Veggies	40 minutes total
8	Screen-Time and Its Consequences	40 minutes total
9	Project Lesson: Screen-Time and Its Consequences	40 minutes total

8th Grade Curriculum:

Lesson	Title	Duration
1	Water, Pure and Simple	40 minutes total
2	We Won’t Get Fooled Again	40 minutes total
3	Project Lesson: We Won’t Get Fooled Again	40 minutes total
4	Breakfast: More Is Less	40 minutes total
5	Weight-Bearing Activities	40 minutes total
6	Project Lesson: Weight-Bearing Activities	40 minutes total
7	Power Snacking	40 minutes total

Core Activities

All core activities are required for each lesson.

Optional Activities

Optional extension activities can found at the end of each lesson.

Materials

Materials needed are listed at the start of each lesson. Handouts, transparencies, worksheets, and additional information (called teacher 411'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 411s, 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.¹
- Provide students with coaching, ongoing support, and individual instruction when needed.
- Adjust group size.
- Increase opportunity for students to engage and ask questions, and provide answers.

¹ 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.

Evaluation

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

Link to the CATCH Foundation and description of curriculum:

- <https://catch.org/>

Link to Flaghouse for ordering CATCH curriculum:

- <https://www.flaghouse.com/General-Education/CATCH/>