

## CATCH PE Pacing Guide

### Best Practices for CalFresh Healthy Living, UC Educators

As Educators, it is our goal to motivate and assist teachers in obtaining the 200-minute requirement for physical education per 10 school days. We know this can be challenging, but this guide is here to help! By following the recommendations below, your teachers will be able to:

- Feel more confident in teaching lessons
- Reduce challenges with equipment
- Spend less time prepping and lesson planning

This guide contains 10 lessons that are individually constructed. Feel free to use the lessons in any order. Each county is unique and this kit may be modified to fit different timelines or equipment needs. Remember, this is a starting point! Once your teachers feel confident in teaching CATCH, offer additional resources like the CATCH Teacher's Guidebook or the CATCH activity box.

After research and interviews with multiple counties, we highly encourage the following recommendations during the implementation of the Pacing Guide:

- Ensure teachers are trained in CATCH prior to implementing the Pacing Guide.
- CalFresh Healthy Living, UC Educators visit each teacher **once a month** to demonstrate the lesson and provide equipment if needed.
- If necessary, Educators may leave equipment with the teachers until the next lesson. Remember to take record of where you lend out equipment!
- Teachers will facilitate the same lesson to their students for up to one month. Additional cards can be provided to the teacher based on the students' skills and abilities.
- If short on time, encourage teachers to teach either a Go Fitness or Go Activity card. Both Go Fitness & Go Activity cards should be taught throughout the month in order to practice a variety of skills. Go Fitness cards include activities for cardiovascular efficiency, flexibility, and muscular strength. Go Activity cards focus on practicing particular skills through various activities.