

CATCH Lesson Description

What counts as a CATCH® lesson?

A CATCH® lesson includes a Warm-Up, Go Fitness card, Go Activity card, and a Cool Down. If short on time or targeting youth with limited attention spans (e.g. Pre-K), teachers/extenders may adapt this lesson format by delivering at least one Go Fitness or Go Activity card with a Warm-Up and Cool Down. Both Go Fitness and Go Activity cards should be taught throughout the month in order to build cardiovascular fitness and practice a variety of skills.



What is the difference between the Go Fitness cards and the Go Activity cards?

Go Fitness cards include activities for cardiovascular efficiency, flexibility, and muscular strength. Go Activity cards focus on practicing particular skills through various activities.

How do I report a brain break or energizer?

A brain break in the classroom is a great way to incorporate more physical activity, help students focus, and connect and reinforce healthy behaviors. This would be indicated on the Youth PARF, with other CalFresh Healthy Living, UC curricula, by selecting the “yes” checkbox that a brain break or energizer took place during any of the months being reported on. [A list of classroom physical activity break resources can be found on the CalFresh Healthy Living, UC website.](#)