

Entering Lessons from the Distance Learning Tracking Forms

Use these forms with the virtual lessons that have a pre-determined lesson time. If the extender is teaching the lesson in full without the use or aid of the virtual components then use the Program Activity Tracking Form to capture the number of lessons and the length of the lessons.

1. Choose the form based on the grade level of the audience and the Curriculum being taught
 - Pre-K
 - K-5
 - Middle and High School
 - After School
2. The forms can be emailed to the instructor and completed as an Adobe Form
3. The teacher will only enter in the number of lesson taught from the virtual lessons located on the Google Drive.
4. When the teacher returns the form the educator will enter the Program Activity Sessions (Lessons) into the Program Activity using the **Lesson Time – Guide below**.
 - a. For each lesson enter the average minutes based on the guide for the grade and curriculum
 - b. **CATCH Activities Box** lessons must be at least **One Warm Up + One Go Fitness + One Go Activity + One Cool Down** to be considered a 20 minute lesson

Pre – K Curriculum

| CURRICULUM | NUMBER OF LESSONS | AVG. MINUTES / LESSON |
|---|-------------------|-----------------------|
| CATCH ECE (Pre-K) - Activity Box | MULTIPLE | 20 |
| CATCH ECE (Pre-K) - Nutrition Curricula | 10 | 20 |
| Go, Glow, Grow | 6 | 75 |
| Happy Healthy Me | 9 | 75 |

K-5 Curriculum

| CURRICULUM | NUMBER OF LESSONS | AVG. MINUTES / LESSON |
|------------------------------------|-------------------|-----------------------|
| CATCH (3-5) - Activity Box | MULTIPLE | 20 |
| CATCH (K-2) - Nutrition Curricula | 10 | 25 |
| CATCH (3 -5) - Nutrition Curricula | 12+ | 40 |
| CATCH (K-2) - Activity Box | MULTIPLE | 20 |
| Discovering Healthy Choices (4-6) | 8 | 30 |
| Eat & Play Together! (1-3) | 4 | 50 |



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| CURRICULUM | NUMBER OF LESSONS | AVG. MINUTES / LESSON |
|--|-------------------|-----------------------|
| Good for Me and You (2) | 5 | 60 |
| Happy Healthy Me | 9 | 30 |
| It's My Choice....Eat Right! Be Active! (3) | 5 | 60 |
| Learn! Grow! Eat! Go! (2-5) | 10 | 40 |
| My Amazing Body (K-1) | 5 | 60 |
| Nutrition to Grow On (4-6) | 9 | 60 |
| Serving Up MyPlate: A Yummy Curriculum (1-6) | 9 | 45 |
| TWIGs: Teams With Inter-Generational Support (K-8) | 30 | 75 |
| Up4It! (4-5) | 14 | 30 |

Middle & High School Curriculum

| CURRICULUM | NUMBER OF LESSONS | AVG. MINUTES / LESSON |
|--|-------------------|-----------------------|
| CATCH (6-8) - Nutrition Curricula | 7+ | 40 |
| CATCH (6-8) -Activity Box | MULTIPLE | 20 |
| EatFit (6-8) | 9 | 50 |
| Serving Up MyPlate: A Yummy Curriculum (1-6) | 9 | 45 |
| TWIGs: Teams With Inter-Generational Support (K-8) | 30 | 75 |
| Up4It! (4-5) | 14 | 30 |
| Hunger Attacks/ Money Talks (9-12) | 12 | 45 |

After School Curriculum

| CURRICULUM | NUMBER OF LESSONS | AVG. MINUTES / LESSON |
|--|-------------------|-----------------------|
| CATCH (6-8) - Kids Club Manual and Activity Box | 30 | 20 |
| CATCH (K-5) - Kids Club Manual and Activity Box | 30 | 20 |
| Learn! Grow! Eat! Go! (2-5) | 10 | 40 |
| Nutrition to Grow On (4-6) | 9 | 60 |
| Serving Up MyPlate: A Yummy Curriculum (1-6) | 9 | 45 |
| TWIGs: Teams With Inter-Generational Support (K-8) | 30 | 75 |