



1st Grade

CATCH Alignment Guide to
Texas Essential Knowledge
and Skills (TEKS)

CATCH Classroom Curriculum

CATCH Alignment Guide to Texas Essential Knowledge and Skills (TEKS)[©]

Acknowledgements

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Explanation and Key of Alignment Table

Heading and Title Row. Titles each column explaining what will be in the cells below them.

Session/ Activity	Texas Essential Knowledge and Skill (TEKS)	Core Subject	Notes for Teachers/ Handouts
Session 1: GO Foods, GO Activities			
Ses.1/Act.1 Story & Discussion	<p>L.A. (5.2) Listening Speaking/Critical Listening. The student listens critically to analyze and evaluate a speaker's message.</p> <p>L.A. (5.10) Reading/Comprehension. The student comprehends selections using a variety of strategies.</p>	Language Arts/ Reading	(Story) Can be done during guided reading.

The title of each session is placed in its own row and shaded to make it easier to find and read.

Labels the session and activity number found in the curriculum guide.

Suggests to teachers, which subject areas they can integrate the health lesson into other subject areas.

Ideas of ways to deliver the information to students, or any needed information for that particular lesson or future lesson.

Lists the overall TEKS that can be linked to this lesson activity. They include Language Arts, Science, Math, Social Studies and Health. Makes it easy to match it with the TEKS a teacher is teaching during the week.

1st Grade CATCH Aligned with TEKS/TAKS

Session/ Activity	Texas Essential Knowledge and Skill (TEKS)	Core Subject	Notes for Teachers/ Handouts
Session 1: GO Foods, GO Activities			
Act. 1 Story and Discussion	L.A. 14 Reading/Comprehension of informational Text/ Expository Text 14.b- Identify important facts or details in text, heard or read. H.E. 1 Health Behaviors 1.A – Describe and practice activities that enhance individual health.	L.A. Health Education	
Act. 2 Activity Sheet	Math 8 Data Analysis 8.a- Collect, sort, and organize data in up to 3 categories using models/representations such as, tally marks or T Charts. L.A. 27 Listening and Speaking/Listening 27.b Follow, restate, and give oral instructions that involve a short related sequence of actions. * This TEK can be applied to every session.	Math L.A.	
Session 2: A Rainbow of Fruits and Vegetables			
Act. 1 Discussion	L.A. 6 Reading/Vocabulary Development 6.d- Identify and sort words into conceptual categories (e.g., opposites and living things). H.E. 1 Health Behaviors 1.A – Describe and practice activities that enhance individual health. H.E. 4 Health Information 4.B – Identify major body structures and organs and describe their basic functions.	L.A. Health Education	Sorting categories= Go and Whoa, Fruits and Vegetables and Colors. Students will be working in small groups of 2-3
Act. 2 Game	L.A. 29 Listening and Speaking/Teamwork – Students work productively with others in teams. Students continue to apply earlier standards with greater complexity. Students are expected to follow agreed upon rules for discussion, including listening to others, speaking when recognized and making appropriate contributions.	L.A.	

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Session/ Activity	Texas Essential Knowledge and Skill (TEKS)	Core Subject	Notes for Teachers/ Handouts
Session 3: What's Missing?			
Act. 1 Riddles	L.A. 11 Reading/Comprehension of Literary Text/ Sensory Language- Students understand, make inferences and draw conclusions about how an author's sensory language creates imagery in literacy text and provide evidence from text to support their understanding.	L.A.	
Act. 2 Meal Planning	L.A. 15 Reading/Comprehension of Informational Text/Procedural Text 15.a- Follow written multi-step directions with picture cues to assist with understanding. S.S. 18 Social Studies Skills 18.a- Express ideas orally based on knowledge and experiences. H.E. 1 Health Behaviors 1.A – Describe and practice activities that enhance individual health.	L.A. Social Studies Health Education	
Act. 3 Homework	H.E. 3 Health Behaviors 3.C – Explain the importance of goal setting and task completion.	Health Education	
Session 4: Let's Eat Some Fruits and Vegetables!			
Act. 1 Snack Preparation	L.A. 15 Reading/Comprehension of Informational Text/Procedural Text 15.a- Follow written multi-step directions with picture cues to assist with understanding.	L.A.	*Add picture cues to the recipe page or create an anchor chart rebus (Picture) recipe
Act. 2 Goal Setting	S.S. 19 Social Studies Skills 19.b- Use a discussion-making process to identify a situation that requires a decision, gather information, generate options, predict outcomes, take action to implement a decision, and reflect on the effectiveness of that decision. H.E. 3 Health Behaviors 3.C – Explain the importance of goal setting and task completion.	Social Studies Health Education	
Act. 3 Summary	H.E. 1 Health Behaviors 1.A – Describe and practice activities that enhance individual health.		

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Session/ Activity	Texas Essential Knowledge and Skill (TEKS)	Core Subject	Notes for Teachers/ Handouts
Session 5: Sugary WHOA Beverages			
Act.1 Discussion and Demonstration	L.A. 6 Reading/Vocabulary Development 6.c- Determine what words mean from how they are used in a sentence, either heard or read. Math 2 Number and operations 2.e- Use place value to compare whole numbers up to 120 using comparative language.	L.A. Math	*Need sugar
Act. 2 Meal Planning	L.A. 4 Reading/ Beginning Reading/ Strategies 4.b- Ask relevant questions, seek clarification, and locate facts and details about stories and other text. H.E. 1 Health Behaviors 1.A – Describe and practice activities that enhance individual health.	L.A. Health Education	
Act. 3 Homework	Science 2 Scientific investigation and reasoning 2.d- Record and organize data using pictures, numbers, and words. H.E. 8 Influencing Factors 8.A – Name various members of his/her family who help them to promote and practice health habits.	Science Health Education	
Session 6: Let's GO!			
Act 1 Discussion	Math 7 Geometry and Measurement 7. D Describe a length to the nearest whole unit using a number and a unit H.E. 1 Health Behaviors 1.A – Describe and practice activities that enhance individual health. H.E. 4 Health Information 4.B – Identify major body structures and organs and describe their basic functions.	Math Health Education	** 60 minutes is the ideal unit of length
Act 2 Game	L.A. 3 Reading/Beginning Reading skills/Phonics 3.a Decode words in context and in isolation by applying common letter-sound correspondence, including; 3.a.i single letter consonants	L.A.	

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Act 3 Summary	H.E. 2 Health Behaviors 2.B – Name safe play environments.	Health Education	
Session/Activity	Texas Essential Knowledge and Skill (TEKS)	Core Subject	Notes for Teachers/Handouts
Session 7: Move Instead of Sit!			
Act 1 Discussion and Song	<p>S.S 14 Social Studies Skills 14.a :Obtain information about a topic using a variety of valid oral sources such as conversations, songs, interviews, and music</p> <p>L.A B Knowledge and skills b.1.a Recognize that spoken words are represented in written English by specific sequences of letters</p> <p>H.E. 1 Health Behaviors 1.A – Describe and practice activities that enhance individual health. H.E. 6 Health Information 6.B – Cite examples of how media and technology can affect behaviors such as television, computers, and video games.</p>	<p>Social Studies</p> <p>L.A.</p> <p>Health Education</p>	<ul style="list-style-type: none"> • Create anchor chart of song
Act 2 Exercise	Science 3 Scientific investigation and reasoning 3.a identify and explain a problem such as finding a home for a classroom pet and propose a solution in his/her own words.	Science	
Session 8: How GO Can Become WHOA			
Act 1 Story and Discussion	L.A 9 Reading/Comprehension of Literary Text/Fiction 9.b describe characters in a story and the reasons for their actions and feelings	L.A	
Act 2 Game	S.S. 19 Social Studies Skills 19.b- Use a discussion-making process to identify a situation that requires a decision, gather information, generate options, predict outcomes, take action to implement a decision, and reflect on the effectiveness of that decision.	Social Studies	

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	<p>L.A. 29 Listening and Speaking/Teamwork – Students work productively with others in teams. Students continue to apply earlier standards with greater complexity. Students are expected to follow agreed upon rules for discussion, including listening to others, speaking when recognized and making appropriate contributions.</p> <p>H.E. 1 Health Behaviors 1.A – Describe and practice activities that enhance individual health.</p> <p>H.E. 8 Influencing Factors 8.A – Name various members of his/her family who help them to promote and practice health habits.</p>	<p>L.A.</p> <p>Health Education</p>	
Session/ Activity	Texas Essential Knowledge and Skill (TEKS)	Core Subject	Notes for Teachers/ Handouts
Session 9: Let's Eat a GO Breakfast!			
Act 1 Breakfast Preparation	<p>L.A. 15 Reading/Comprehension of Informational Text/Procedural Text 15.a- Follow written multi-step directions with picture cues to assist with understanding.</p>	L.A.	
Act 2 Goal Setting	<p>S.S. 19 Social Studies Skills 19.b- Use a discussion-making process to identify a situation that requires a decision, gather information, generate options, predict outcomes, take action to implement a decision, and reflect on the effectiveness of that decision.</p>	Social Studies	
Summary	<p>H.E. 3 Health Behaviors 3.C – Explain the importance of goal setting and task completion.</p> <p>H.E. 1 Health Behaviors 1.A – Describe and practice activities that enhance individual health.</p>	Health Education	

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Session/ Activity	Texas Essential Knowledge and Skill (TEKS)	Core Subject	Notes for Teachers/ Handouts
Session 10: Into the Future			
Act 1 Program Review	<p>L.A. 28 Listening and Speaking/Speaking 28 Students speak clearly and to the point, using the conventions of language. Students continue to apply earlier standards with greater complexity. Student are expected to share information, and ideas about the topic under discussion, speaking, clearly at an appropriate pace, using the conventions of language.</p>	L.A.	
	<p>H.E. 1 Health Behaviors 1.A – Describe and practice activities that enhance individual health.</p>	Health Education	
Act 2 Game	<p>S.S. 18 Social Studies skills 18.A express ideas orally based on knowledge and experience</p>	Social Studies	
	<p>H.E. 3 Health Behaviors 3.C – Explain the importance of goal setting and task completion.</p>	Health Education	