



CURRICULUM OVERVIEW

Pre-K	Curriculum Overview	Major Components/Highlights (of actual lesson plan)	Resources
<p>Classroom Education Curriculum Pre-K GO for Health: <i>It's Fun To Be Healthy</i></p>	<p>A classroom curriculum aimed at promoting healthy eating behaviors and increasing children's preferences for fruits, vegetables, whole grains, and low-fat dairy products.</p>	<p>Identify health eating behaviors, GO-SLOW-WHOA foods/snacks/drinks, fruits and vegetables, milk and dairy foods, plant based foods, gardening concepts and strategies, photosynthesis, helpful garden bugs and worms, compost guidelines,</p>	<ul style="list-style-type: none"> • 9 nutrition-based lesson plans (Good Food Kids) • 10 gardening-based lesson plans (Garden Kids) • 9 Parent Tip Sheet* • Snack Preparation and Taste-Testing activities • 144 pages • CD is included that contains electronic versions of handouts and other support materials, which can be reproduced as needed.
<p>Physical Activity Box Pre-K</p>	<p>Activities aimed at promoting physical activity.</p>	<p>Aimed at promoting physical activity so that children can meet the recommended 60 minutes per day of moderate-to-vigorous physical activity.</p> <p>Includes scope and sequence</p>	<ul style="list-style-type: none"> • 500 activity, task and formation cards

*available in English and Spanish

Classroom Kindergarten – 8 th Grade	Curriculum Overview	Major Components/Highlights (of actual lesson plan)	Resources
Classroom Education Curriculum Kindergarten GO for Health: <i>Jump Into Health</i>	A classroom curriculum introduces students to eating and physical activity habits that promote health.	Physical activity and health eating as behaviors that promote health, identify and distinguish between GO-SLOW-WHOA foods, fruits and vegetables, parts of plants, healthy snacks and beverages, role of lungs and heart during physical activity, GO activities	<ul style="list-style-type: none"> • 10 nutrition and physical activity lessons, 144 pages • 4 Family Tip Sheets* • Completion Certificate • Teacher Resource Manual (FYI) • Snack Preparation and Taste-Testing activities • Grade K CD is included that contains electronic versions of handouts and other support materials which can be reproduced as needed.
Classroom Education Curriculum 1st GO for Health: <i>Everyday Foods for Health</i>	A classroom curriculum focused on eating and physical activity habits that promote health.	Identify and distinguish between GO and WHOA foods, identify fruits and vegetables, healthy snacks, goal setting, identify WHOA beverages, GO activities, screen time consequences, importance of breakfast	<ul style="list-style-type: none"> • 10 nutrition and physical activity lessons, 136 pages • 4 Family Tip Sheets* • Completion Certificate • Teacher Resource Manual • Snack Preparation and Taste-Testing activities • Grade 1 CD is included that contains electronic versions of handouts and other support materials which can be reproduced as needed.
Classroom Education Curriculum 2nd GO for Health: <i>Celebrate Health</i>	A classroom curriculum focused on eating and physical activity habits that promote health.	Identify healthy eating and physical activity as important health behaviors, distinguish between GO and WHOA foods, GO snacks, distinguish between healthy and unhealthy fats, read nutrition labels, added sugars, distinguish between whole and processed foods, sodium, fiber, GO activities, muscles and bones, goal setting,	<ul style="list-style-type: none"> • 10 nutrition and physical activity lessons , 140 pages • 6 Homework assignments • Family Tip Sheet* • Completion Certificate • Grade 2 CD is included that contains electronic versions of handouts and other support materials which can be reproduced as needed. •

<p>Classroom Education Curriculum 3rd GO for Health: <i>Hearty Heart and Friends</i></p>	<p>A classroom curriculum based on the adventures of Hearty Heart and his friends. Children learn how to prepare healthy snacks, set physical activity and healthy eating goals, and are introduced to GO, SLOW, and WHOA foods.</p>	<p>Identify healthful eating, exercise and food label, heart healthy foods, importance of breakfast, identify/distinguish/compare GO-SLOW-WHOA foods, physical activity, goal-setting, fat-consumption, high fat foods, food advertisement, whole grains, snacks, GO beverages.</p>	<ul style="list-style-type: none"> • 14 nutrition and physical activity lessons, 240 pages • Hearty Heart and Friends DVD: 8 episodes • Hearty Heart Home Team Players Guides: 6 Homework assignments • Family Tip Sheet* • Grade 3 CD is included that contains electronic versions of handouts snack prep, and homework sheets which can be reproduced as needed.
<p>Classroom Education Curriculum 4th GO for Health: <i>Taking Off!</i></p>	<p>A classroom curriculum based that introduces topics such as energy balance, types of fats, added sugars in food, and food advertising.</p>	<p>Recognize GO-SLOW-WHOA foods and their meanings, GO activities, healthy vs. unhealthy fats, added sugars, sodium, whole vs. processed foods, energy balance, goal-setting, food advertisement, snacks.</p>	<ul style="list-style-type: none"> • 13 nutrition and physical activity lessons, 325 pages • 6 abbreviated homework assignments • 6 optional extended homework assignments • Grade 4 CD is included that contains electronic versions of handouts snack prep, and homework sheets which can be reproduced as needed.
<p>Classroom Education Curriculum 4th P.A.S.T. Diabetes: Putting A Stop to Diabetes</p>	<p>A classroom curriculum focusing on introductory information about the two types of diabetes.</p>	<p>General diabetes information, risk factors for the disease, and ways to prevent and treat diabetes.</p>	<p>5 lessons, 25 pages</p>
<p>Classroom Education Curriculum 5th GO for Health: <i>Breaking Through Barriers</i></p>	<p>A classroom curriculum in which students apply their knowledge of healthy eating and physical activity to help them overcome barriers to a healthier lifestyle.</p>	<p>Overcoming barriers to healthy behaviors, energy balance, reinforcement of GO-SLOW-WHOA foods, physical activity, finding pulse, My Plate, breakfast importance, GO for Health Options, problem-solving activities.</p>	<ul style="list-style-type: none"> • 12 nutrition and physical activity lessons, 225 pages • 6 homework assignments • Grade 5 CD is included that contains electronic versions of handouts snack prep, and homework sheets which can be reproduced as needed.
<p>Classroom Education Curriculum 5th F.A.C.T.S.: Facts and Activities About Chewing Tobacco and Smoking</p>	<p>A classroom curriculum focusing on tobacco use and its negative consequences.</p>	<p>Negatives of tobacco usage, how to resist pressures to use tobacco, and the effects of passive smoking.</p>	<p>4 lessons, 82 pages</p>

<p>Classroom Education Curriculum 6th GO for Health: Life In The Balance</p>	<p>A classroom curriculum that focuses on nutrition and physical activity.</p>	<p>GO-SLOW-WHOA concepts identify and understand nutrition information on food labels, calories, sodium, and saturated fat, sugar sweetened beverages, calculation of nutrition information, applying GO-SLOW-WHOA message to meal planning, heart rate, My Plate, breakfast, Screen-time, fast foods. Group work is emphasized.</p>	<ul style="list-style-type: none"> • 8 lessons • Activity Breaks • Family Activities • Teacher 411s-background information about lessons for teachers
<p>Classroom Education Curriculum 7th GO for Health: Life In The Balance</p>	<p>A classroom curriculum that focuses on nutrition and physical activity.</p>	<p>Physical activity benefits, barriers and opportunities, calcium consumption, fast food portion sizes, strategies for making healthier fast food choices, sugar sweetened beverages, fruit and vegetable consumption, screen-time, Energy balance. Students apply classroom-acquired knowledge and skills outside the school setting.</p>	<ul style="list-style-type: none"> • 8 Lessons • Activity Breaks • Family Activities • Teacher 411s-background information about lessons for teachers
<p>Classroom Education Curriculum 8th GO for Health: Life In The Balance</p>	<p>A classroom curriculum that focuses on nutrition and physical activity.</p>	<p>Water consumption, media advertising techniques, soft drink consumption, food labels, physical activities, weight-bearing activities, snack foods, meal analysis. Students apply classroom-acquired knowledge and skills outside the school setting.</p>	<ul style="list-style-type: none"> • 7 Lessons • Activity Breaks • Family Activities • Teacher 411s-background information about lessons for teachers

*available in English and Spanish

PE K-8th Grade	Curriculum Overview	Major Components/ Highlights (of actual lesson plan)	Resources
Physical Education Curriculum (K-2) CATCH	<p>Physical Education Guidebook- The Guidebook provides direction for implementing CATCH PE.</p> <p>Physical Education Activity Box-These portable boxes contain recommended physical activities on index cards, arranged in four major lesson components.</p>	<ul style="list-style-type: none"> • The guidebook specifies the goals and objectives of CATCH PE, contains recommendations for class structure, safety, management, and lesson planning. • The Activity Box focuses on four lesson components: Warm-Up, Go Fitness, Go Activity, Cool-Down 	<ul style="list-style-type: none"> • 405 activity, task, formation and teaching children with disabilities cards. • Blank cards for teachers to add more activities that meet CATCH PE objectives.
Physical Education Curriculum (3-5) CATCH	<p>Physical Education Guidebook- The Guidebook provides direction for implementing CATCH PE. The Guidebook specifies the goals and objectives of CATCH PE and contains recommendations for class structure, safety, management, and lesson planning.</p> <p>Physical Education Activity Box-These portable boxes contain recommended physical activities on index cards, arranged in four major lesson components.</p>	<ul style="list-style-type: none"> • The guidebook specifies the goals and objectives of CATCH PE, contains recommendations for class structure, safety, management, and lesson planning. • The Activity Box focuses on four lesson components: Warm-Up, Go Fitness, Go Activity, and Cool-Down. 	<ul style="list-style-type: none"> • 626 activity, task, formation and teaching children with disabilities cards. • Blank cards for teachers to add more activities that meet CATCH PE objectives.
Physical Education Curriculum (6-8) CATCH	<p>Physical Education Guidebook- The Guidebook provides direction for implementation of CATCH PE. The Guidebook specifies the goals and objectives of CATCH PE and contains recommendations for class structure, safety, management, and lesson planning.</p> <p>Physical Education Activity Box-These portable boxes contain recommended physical activities on index cards, arranged in four major lesson components.</p>	<ul style="list-style-type: none"> • The guidebook specifies the goals and objectives of CATCH PE, contains recommendations for class structure, safety, management, and lesson planning. • The Activity Box focuses on four lesson components: Warm-Up, Go Fitness, Go Activity, and Cool-Down. 	<ul style="list-style-type: none"> • 500 activity, task, formation and teaching children with disabilities cards. • Blank cards for teachers to add more activities that meet CATCH PE objectives.

After School K-8th Grade	Curriculum Overview	Major Components/ Highlights (of actual lesson plan)	Resources
Nutrition Education Curriculum After School (K-5) CATCH	CATCH Kids Club Healthy Habits and Nutrition Manuals -Health education lessons organized into seven themes.	<ul style="list-style-type: none"> The manuals are organized seven themes related to physical activity, nutrition, and screen-time reduction. Divided into separate k-2 and 3-5 lessons. 	<ul style="list-style-type: none"> 37 Health Education lessons 7 Family tip sheets* CD is included that contains electronic versions of handouts which can be reproduced as needed.
Nutrition Education Curriculum After School (5-8) CATCH	CATCH Kids Club Healthy Habits and Nutrition Manuals -Health education lessons organized into seven themes.	<ul style="list-style-type: none"> The manuals are organized seven themes related to physical activity, nutrition, and screen-time reduction. 	<ul style="list-style-type: none"> 36 Health Education lessons 7 Family tip sheets* CD is included that contains electronic versions of handouts which can be reproduced as needed.
Physical Activity Box K-5	CATCH Kids Club Activity Boxes - These boxes include activity cards that detail instructions for fun activities that keep kids moving.	<ul style="list-style-type: none"> The Activity Box contains activity cards for activities that keep students moving. Large Groups Mixed Age Groups 	<ul style="list-style-type: none"> Over 400 activity cards Aerobic games, limited space, parachute, rhythms, and more Includes activity modifications for working with students with special needs
Physical Activity Box 5-8	CATCH Kids Club Activity Boxes - These boxes include activity cards that detail instructions for fun activities that keep kids moving. All games are non-elimination.	<ul style="list-style-type: none"> The Activity Box contains activity cards for activities that keep students moving. Large Groups Mixed Age Groups 	<ul style="list-style-type: none"> Over 600 activity cards Muscular strength, flexibility, cooperative games, and more Includes activity modifications for working with students with special needs