



Activity Breaks (ABs) & Classroom Curriculum (CC)

Many teachers want to incorporate activity breaks and the CATCH lessons into their teaching time, but don't know how or when. Here are some ideas from other grade level teachers who have integrated health in their classrooms.

Incorporating Activity Breaks (ABs) into the classroom

ABs can be used in all classes:

- As a transition between topics;
- To review a recent lesson;
- At the beginning of class to introduce a new unit;
- Or during the middle of class to re-energize students.

Ways to share ABs with faculty and staff:

- Put the AB documents on the shared drive for easy access.
- Teach ABs at faculty and departmental meetings.
- Incorporate ABs into Professional Development to re-energize faculty.

Take a campus-wide approach:

- Ask principal to designate *Take a Break Tuesdays* on the calendar for one month (ex. have teachers implement an AB on Tuesdays for four consecutive weeks).
- Designate Afternoon Fit Breaks (have teachers volunteer to lead an AB for the entire campus, over the loud speaker, once a week, for at least 1 minute).
- Begin the class with a science/math/language arts AB in PE as a warm-up.
- Infuse ABs during standardized testing breaks to re-energize students.

Incorporating the CATCH Curriculum into the classroom

The Classroom Curriculum (CC) is designed to provide health lessons that build on skills and concepts already being taught at the 6th, 7th and 8th grade level. Lessons can be taught in all classes:

- Math
- Health
- Advisory/Homeroom
- Science
- PE
- Electives

Ideas to get multiple lessons taught each year:

- Diversify where the lessons are taught in each grade level. An example for one 6th grade year would be to designate that science teach 2 lessons to 6 graders, 3 lesson be taught in Advisory/Homeroom, and 3 lessons be taught in Health. This example is a great demonstration of coordinated school health, where all 8 lessons were taught, by multiple teachers.
- Teach two lessons in Advisory/Homeroom or Health, every six weeks, campus-wide. The lessons have been broken down into two 20-minute segments, and fit well into the advisory timeframe or allotted class time.
- Review the curriculum and allow a Student CATCH Team (8th graders trained to teach the lessons) to teach certain lessons to 6th or 7th graders during Advisory or Health for a grade.

