



# CATCH Health at Home Distance Learning Resources for Educators

As America and the world faces the enormous challenges of the Coronavirus pandemic, teachers are answering the call to meet the needs of their students in new and creative ways with very little time to prepare. CATCH Global Foundation assembled these lessons and resources to help teachers continue to provide health education, nutrition education and physical activity instruction to their students remotely. First, let's go over some basics.

## How do I access CATCH Health at Home Distance Learning Resources?

- **New to CATCH.org or don't have a license:** Health at Home Distance Learning Resources are available free to anyone who creates an account on CATCH.org. Once you create your account, simply click on the "Let's Go" button to view resources. Click on lessons or resources in the menu on the left hand side of your screen to view. Teacher and student resources needed to complete the lesson are hyperlinked within the lesson overview.
- **Existing CATCH.org users:** CATCH.org users will have the Health at Home Distance Learning Resources added to your dashboard automatically, but you can also use any of the CATCH.org lessons or resources that you have access to in a remote format following the guidance below.

## What is included?

- **Nutrition and Health Education:** Selected health and nutrition lessons at each grade level, PK-eighth grade.
  - Each lesson (except for PK) has powerpoint presentations to deliver instruction.

- Some lessons have a short companion audio story you can have your students listen to as part of the lesson (embedded in the powerpoint).
- Each lesson has accompanying downloadable student resources such as stories, worksheets or other tools.
- **Physical Activity Instruction:** Selected games and activities that are applicable to individual, partner or small group instruction that do not require a lot of space or equipment. The games and activities can be adapted to meet the needs of students across the grade span. Several activities have demonstration videos.
- **Health Promotion Supplemental Assignments and Activity Breaks:** Selected CATCH resources that students can use with their family members that reinforce academic content and promote healthy behavior at home. A variety of Activity Breaks are included and can be recommended for the whole family.

## How do I use CATCH at Home resources remotely?

- **Choose a sharing platform:** First and foremost, follow the guidance of your district or school when choosing a platform or format for delivering instruction. Many schools already have a preferred Learning Management System in place. There are several tools for distance learning available to schools including Google Classroom, Zoom, or other products which are available for free to educators at this time. Ideally, you would use one that your students and families are already familiar with. If you can, use a platform which enables you to broadcast to your students and share your screen.
  - Keep in mind student equity and access to technology in your community. Do all of your students have access to devices and the internet? If not, you will have to consider how those students will receive instructional materials.
- **Choose live vs. recorded format:** You can deliver CATCH instruction live or recorded. You can also share powerpoints and/or student handouts directly with students for them to access and go through independently. If you are using a

screen sharing platform such as zoom, please consider the following.

- Whether live or recorded, when you are presenting the **CATCH Health and Nutrition lessons** to your students, you will share your computer screen with your students and go through the powerpoint instruction as you normally would.
- Whether live or recorded, when you are presenting a **CATCH Physical Activity**, use a webcam or other video recording device to demonstrate the activity and share teaching tips with your students.
  - Model correct form for any fitness activities and emphasize safety.
  - Make sure to let students know about any space requirements as well as if they will need any specific equipment and give suggestions for items they can use if they do not have PE equipment at home.
  - Encourage your students to engage with the activities. Provide incentives if possible to students who are completing daily Physical Activities.
  - Assign challenges that students can work on individually or with their family such as keeping a physical activity log or eating GO foods with every meal. You will find several resources in **Health Promotion Supplemental Assignments** that you can use for this purpose.
- **Stay connected to your students:** Communicate with students every day if possible! Create a way for students to check in with you either via email, a website such as Seesaw or Weebly, social media or through a Learning Management System. Students can share pictures or videos of themselves engaging in activities that you assign them with just you or with a class group.
- **Student handouts, resources and assignments:** Student resources are linked within each **CATCH Health lesson**. Teachers can either:

1. Choose not to use handouts and do the activities as a group via the power points
2. Upload student resources and assignments through a Learning Management System or website
3. Print the resource out and make it available to students as a part of a distance learning packet prepared by the school that they can pick up
4. Click the link, download the resources as a PDF or other file and send to students electronically in advance of the lesson
5. Send the link to students directly so they can download it at home. Here is an example of a link to a student resource:  
[https://digitalcatchdev.s3.amazonaws.com/uploads/attachment/production/file/140/LESSON\\_1\\_Story.pdf](https://digitalcatchdev.s3.amazonaws.com/uploads/attachment/production/file/140/LESSON_1_Story.pdf).

**Please note:** Do not send a link to CATCH.org to your students since they will not be able to access it without an account.

- If a lesson contains a student activity, you can assign it to them and send it as stated above in advance of the lesson. If using handouts, CATCH recommends pulling up the activity sheet on your computer, sharing your screen and walking students through the instructions for completing the activity.
- Alternatively, if you are doing a live broadcast, you can have students respond to the activity as a group through a poll function or group chat within your presentation format.
- You can create a system to collect student work and provide feedback if possible. If you are using a Learning Management System such as Google Classroom, students will be able to upload assignments through those kinds of platforms. If not, you can create a different way to provide feedback to students. Please follow your district or school's policy on grading and assessment during this time, but CATCH does not recommend providing summative assessment or grades in this format.