

CATCH ECE Pacing Guide Best Practices for CFHL, UC Educators

As Educators, it is our goal to motivate and assist teachers in providing children with 60 minutes *structured* (adult-led) physical activity per day and encourage at least 60 minutes of *unstructured* physical activity per day (NASPE 2002). We know this can be challenging, but this Pacing Guide is here to help! By following the recommendations below, your teachers will be able to:

- Feel more confident in teaching lessons and reinforce appropriate classroom behavior
- Reduce challenges with equipment
- Spend less time prepping and lesson planning

The Pacing Guide contains 10 lessons that are individually constructed. The first two lessons focus on classroom management and should be taught first. After completing the first two lessons, feel free to use the remaining lessons in any order. Since each ECE site is unique, lessons may be repeated, modified or omitted to fit different timelines or equipment needs. Remember, this is a starting point! Once your teachers feel confident in teaching CATCH ECE, offer additional resources like the scope and sequence cards (#25-36) or the entire CATCH activity box.

After research and interviews with multiple counties, we highly encourage the following recommendations during the implementation of the Pacing Guide:

- Ensure teachers, volunteers or parents are trained in CATCH **prior** to implementing the Pacing Guide.
- CalFresh Healthy Living, UC Educators visit each teacher **once a month** to demonstrate the lesson and provide equipment if needed.
- If necessary, Educators may leave equipment with the teachers until the next lesson. Remember to take record of where you lend out equipment!
- Teachers will facilitate the same lesson to their students for up to one month. Additional cards can be provided to the teacher based on the students' skills and abilities.
- If short on time, encourage teachers to teach *either* a Go Fitness or Go Activity card. Both Go Fitness & Go Activity cards should be taught throughout the month in order to practice a variety of skills.

LESSON STRUCTURE

