



CATCH® Reporting Form CFHL-UC Educator Instructions

Note: PDF can be completed on smartphone or tablet with the FREE Adobe Reader App

1. Send email to extender with the following suggested text *“Included in this email is a fillable PDF document (or print form) to record time spent delivering CATCH® lessons.”*
2. Open the PDF on a computer, tablet, or mobile device.
3. Complete all fillable sections.
 - a. *Note: “For Office Use Only” section will auto-calculate, so you will not need to fill in this section.*
4. Include teacher/extender name, school or site name, and grade. *Note: Educators may complete header components in advance (FFY and County Name).*
5. By month, record the number of times you taught **CATCH® lessons**.★
6. Enter the total time in hours spent teaching CATCH® lessons that month.
 - a. Enter time in fractions of an hour for minutes; for example:
15 minutes = .25 hours
30 minutes = .50 hours
45 minutes = .75 hours
60 minutes = 1 hour
7. Continue recording number of times teaching and total time teaching CATCH® for additional months.
8. Once the PDF is completed, click the **“Submit Form”** button in the lower left-hand corner.
 - a. It should prompt you to proceed with sending the form as an email to the UCCE Educator.
 - b. The form does not need to be saved prior to submitting/emailing to the UCCE Educator.

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★ What counts as a CATCH® lesson?

A CATCH® lesson includes a Warm-Up, Go Fitness card, Go Activity card, and a Cool Down. If short on time or targeting youth with limited attention spans (e.g. Pre-K), teachers/extenders may adapt this lesson format by delivering at least one Go Fitness OR Go Activity card with a Warm-Up and Cool Down. Both Go Fitness and Go Activity cards should be taught throughout the month in order to build cardiovascular fitness and practice a variety of skills.



What is the difference between the Go Fitness cards and the Go Activity cards?

Go Fitness cards include activities for cardiovascular efficiency, flexibility, and muscular strength. Go Activity cards focus on practicing particular skills through various activities.

How do I report a brain break or energizer?

A brain break in the classroom is a great way to incorporate more physical activity, help students focus, and connect and reinforce healthy behaviors. This would be indicated on the Youth Program Activity Reporting Form (PARF), with other CalFresh Healthy Living, UC curricula, by selecting the “yes” checkbox that a Physical Activity Break (PA Break) took place during any of the months being reported on. [A list of classroom physical activity break resources can be found on the CalFresh Healthy Living, UC website.](#)