CATCH Lesson Demo Video Development
Sign-Up Sheet

• Lessons and single lessons
  • Demonstration vs full lessons
• Activity cards provided

CATCH Video Sign Up Sheet
CATCH Video Development Guidance

- Equipment/Setup
- Required Elements
- Suggested Sequence
- Review and Approval Process
Review and Approval Process

Use the **CATCH Video Review Checklist**

2 types of approvals:
1) Individual recorded activity
2) Full lesson video (warm-up, activities, cool-down)
CATCH Lesson Demo Videos

• Intended for trained teacher extenders in order to assist them in providing CATCH lessons (DE).
• They are not to be used as PA breaks.
Questions?
CFHL, UC Discussion
This material was funded by USDA’s Supplemental Nutrition Program - SNAP, known in California as CalFresh (formerly food stamps). These institutions are equal opportunity providers and employers. CalFresh provides assistance to low-income households and can help buy nutritious foods for better health. For CalFresh information, call 1-877-847-3663.