

CATCH[®]

K-8 Health Education

100% TEKS Alignments for CATCH Health Education Programs



✓ = 100% coverage by '22-'23 school year

| Health Strands | Elem | Middle |
|---|------|--------|
| Physical Health & Hygiene | ✓ | ✓ |
| Healthy Eating and Physical Activity | ✓ | ✓ |
| Mental Health & Wellness | ✓ | ✓ |
| Alcohol, Tobacco, & Other Drugs | ✓ | ✓ |
| Injury & Violence Prevention and Safety | ✓ | ✓ |

Not included: Reproductive Health

Health Education Program Offerings:

- CATCH Classroom Health Education Program
(includes CATCH Classroom, CATCH Healthy Smiles, and Sunbeatables)
- CATCH SEL Journeys
- CATCH My Breath

Each of these programs may be used individually or in combination to address specific grade level focus areas. When combined with the CATCH Coordination Kit and the CATCH PE program, which is being offered in response to RFP #KH-206581, these programs constitute a full Coordinated School Health approach.

Quality Health Ed and Evidence-Based

Beyond “evidence informed,” CATCH is **truly evidence-based**, and has been proven in peer-reviewed studies to:

- Increase daily physical activity;
- Reduce daily energy intake from fat;
- Drive healthy behavior changes that persist 3 years post-implementation; and
- CATCH My Breath is the **only** evidence-based youth vaping prevention program

Program Characteristics



★ CATCH's Proven Formula for Effective Health & Physical Education



- Focus on student empowerment and intrinsic decision making
- Consistent approach across programs (Knowledge + Skill + Environment)
- Common “language of CATCH” across programs
- SEL anchor activities and prompts
- Integration of physical activity and health lessons
- Family components & resources

Setting CATCH Apart



Top Evidence Base
120+ Peer-reviewed studies



Track Record of Success
Health Ed. for 30+ Years



Widely Adopted
Used by Over 50% of TX K-8 Schools



TEA Approved
Coordinated School Health Program

Demos, videos, and more at catch.org/texas



90-Day Free Trial
catch.org/free-trial



What's Included with the CATCH Classroom Health Education Program

Addresses Physical Health & Hygiene, Healthy Eating and Physical Activity, and (in '22-'23) Alcohol, Tobacco, and Other Drugs

- Grade-by-grade lessons, aligned to TEKS standards
- PowerPoint slides with Teacher scripts
- Student handouts and worksheets (PDF)
- Video lessons for blended learning or virtual/hybrid settings
- Parent and family materials available in English and Spanish
- Environmental supports including intercom announcements and signage

What's Included with CATCH My Breath

Addresses Alcohol, Tobacco, and Other Drugs

The same types of resources listed above in the CATCH Classroom Health Education Program, plus:

- STEM, humanities, and physical education supplements
- Self-paced student modules
- Virtual field trips
- Service learning projects

What's Included with CATCH SEL Journeys

Addresses Mental Health and Wellness

- Dance- and movement-based lessons with high-quality, student-facing video instruction and teacher prompts for SEL
- Grade-by-grade lessons, aligned to TEKS and the CASEL framework for Social and Emotional Learning
- Scope and sequence, and sample lesson plans
- Inclusivity and special needs accommodations



CATCH.org Tech Specs

- Access via any Internet-capable device (HTML5 website)
 - Windows, Mac, Android, and iOS compatible
 - Chrome, Firefox, Safari, and Microsoft Edge browsers supported
- Single Sign-On (SSO) or direct user login available
 - Teachers access platform, not students
- Easy to navigate content
- Teacher and Campus usage reporting
- User support from CATCH Team
- Secure (HTTPS) and FERPA, COPPA, HIPAA, and CIPA compliant

Contact Us

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