

## 3<sup>rd</sup> Grade CATCH Aligned with PASS

Session/Activity	Priority Academic Student Skills (PASS)	Core Subject	Notes for Teachers/Handouts
<b>Session 1: Hi There, earthlings</b>			
<i>Activity 1</i> Introduction	<p><b>L.A. Oral Language/Listening and Speaking (1.0)</b> - <i>Listening</i>: The student will listen for information and for pleasure.</p> <p><b>L.A. Reading/Literature (2.0)</b> - <i>Vocabulary</i>- The student will develop and expand knowledge of words and word meanings to increase vocabulary.</p> <p><b>L.A. Reading/Literature (5.0)</b> - <i>Literature</i>- The student will read to construct meaning and respond to a wide variety of literary forms.</p>	Language Arts	The introductory story is essential to the entire program. Students learn who the characters are.
<i>Activity 2</i> Character Identification	<p><b>L.A. Reading/Literature (2.0)</b> - <i>Vocabulary</i>- The student will develop and expand knowledge of words and word meanings to increase vocabulary.</p>	Language Arts	Use a graphic organizer such as a web to discuss character traits.
<i>Activity 3</i> Letter Writing	<p><b>L.A. Writing/Grammar/Usage and Mechanics (2.0)</b> - <i>Modes and Forms of Writing</i>- the student will communicate through a variety of written forms and for various purposes and to a specific audience or person.</p>	Language Arts	Great opportunity to review the letter writing format.
<i>Activity 4</i> Session Summary	<p><b>L.A. Oral Language/Listening and Speaking (1.0)</b> - <i>Listening</i>: The student will listen for information and for pleasure.</p>	Language Arts	Each student will need a folder.

Session/Activity	Priority Academic Student Skills (PASS)	Core Subject	Notes for Teachers/Handouts
<b>Session 2: Hearty Goes on A Mission</b>			
<i>Activity 1</i> Review	<b>Health (1.5)</b> - Identify the major parts of the body and describe their functions.	Health	You will <b>need</b> a Circulatory System poster.
<i>Activity 2</i> Adventure Story	<b>L.A. Oral Language/Listening and Speaking (1.0)</b> - <i>Listening</i> : The student will listen for information and for pleasure. <b>L.A. Oral Language/Listening and Speaking (2.0)</b> - <i>Speaking</i> - The student will express ideas and opinions in group or individual situations.	Language Arts	T.V./monitor/DVD <b>needed</b> . Could use as a Reader's Theater instead of playing video.
<i>Activity 3</i> Draw & Label Pictures	<b>L.A. Writing/Grammar/Usage and Mechanics (2.0)</b> - <i>Modes and Forms of Writing</i> - the student will communicate through a variety of written forms and for various purposes and to a specific audience or person.	Language Arts	Students could make a collage of healthy eating and exercising using magazines.
<i>Activity 4</i> Session Summary	<b>L.A. Oral Language/Listening and Speaking (1.0)</b> - <i>Listening</i> : The student will listen for information and for pleasure.	Language Arts	

Session/Activity	Priority Academic Student Skills (PASS)	Core Subject	Notes for Teachers/Handouts
<b>Session 3: Breakfast of the Stars</b>			
<i>Activity 1</i> Review	<b>L.A. Oral Language/Listening and Speaking (1.0)</b> - <i>Listening</i> : The student will listen for information and for pleasure. <b>Health (3.0)</b> – The student will know health-enhancing behaviors and how to reduce health risks.	Language Arts/Health	Items needed: Shredded Wheat, low-fat milk, spoons and bowls. Review importance of washing hands.
<i>Activity 2</i> Breakfast Preparation			Teachable Moment: Measurement using cups and ounces Fractions example: 1 cup vs. $\frac{3}{4}$ cup
<i>Activity 3</i> Homework			Introduction of Home Team Scoreboard and Players Guide used throughout program. Agree upon a due date.
<i>Activity 4</i> Session Summary	<b>L.A. Oral Language/Listening and Speaking (1.0)</b> - <i>Listening</i> : The student will listen for information and for pleasure.	Language Arts	As a class create an “Instead of” list: example: Instead of a <u>Pop Tart</u> eat <u>Fresh fruit</u> .

Session/Activity	Priority Academic Student Skills (PASS)	Core Subject	Notes for Teachers/Handouts
<b>Session 4: Hearty and His Friends</b>			
<i>Activity 1</i> Review	<b>L.A. Oral Language/Listening and Speaking (1.0)</b> - <i>Listening</i> : The student will listen for information and for pleasure.	Language Arts	Review Circulatory System Poster.
<i>Activity 2</i> Adventure Story	<b>L.A. Oral Language/Listening and Speaking (1.0)</b> - <i>Listening</i> : The student will listen for information and for pleasure.	Language Arts	Give quick summary of the first video. Could use as a Reader's Theater instead of playing video.
<i>Activity 3</i> G-S-W Foods	<b>L.A. Oral Language/Listening and Speaking (1.0)</b> - <i>Listening</i> : The student will listen for information and for pleasure. <b>L.A. Oral Language/Listening and Speaking (2.1)</b> – Speak articulately and audibly using appropriate grammar, enunciation, and volume.	Language Arts	Coordinate as a grade level team to have real life examples. Such as real fruit and canned fruit or compare whole milk, 1%, soy, and skim.
<i>Activity 4</i> Session Summary	<b>Health (3.0)</b> – The student will know health-enhancing behaviors and how to reduce health risks.	Health	Remind the students that the Home Team Scorecard is due on chosen date.

Session/Activity	Priority Academic Student Skills (PASS)	Core Subject	Notes for Teachers/Handouts
<b>Session 5: Helping Hearty Identify GO, SLOW and WHOA Foods</b>			
<i>Activity 1</i> Comparison of G-S-W Foods	<b>L.A. Reading/Literature (2.0) - Vocabulary-</b> The student will develop and expand knowledge of words and word meanings to increase vocabulary. <b>Health (3.0)</b> – The student will know health-enhancing behaviors and how to reduce health risks.	Language Arts/Health	Explain to the students the differences between fresh, frozen, and fried/deep-fried. Help students understand the meaning of processed food.
<i>Activity 2</i> Identify G-S-W Foods	<b>Health (6.0)</b> - The student will demonstrate the ability to use goal setting and decision making skills to enhance health and safety.	Health	The students can keep their own Food Diary for 5 days.
<i>Activity 3</i> Homework	<b>L.A. Writing/Grammar/Usage and Mechanics (2.0) - Modes and Forms of Writing-</b> the student will communicate through a variety of written forms and for various purposes and to a specific audience or person. <b>Math (5.0)-</b> The student will demonstrate an understanding of collection, display, and interpretation of data and probability	Language Arts	Collect data on the classroom chart from the students' Home Team Players Guide 1 scoreboard.
<i>Activity 4</i> Session Summary	<b>L.A. Oral Language/Listening and Speaking (1.0) - Listening:</b> The student will listen for information and for pleasure.	Language Arts	Students should return their Players Guide 2 Scorecard by a chosen date.

Session/Activity	Priority Academic Student Skills (PASS)	Core Subject	Notes for Teachers/Handouts
<b>Session 6: Hearty and Flash Meet Sittin' Sam</b>			
<i>Activity 1</i> Adventure Story	<p><b>L.A. Oral Language/Listening and Speaking (2.0)</b> - <i>Speaking</i>- The student will express ideas and opinions in group or individual situations.</p> <p><b>L.A. Reading/Literature (2.0)</b> - <i>Vocabulary</i>- The student will develop and expand knowledge of words and word meanings to increase vocabulary.</p> <p><b>Health (3.0)</b> – The student will know health-enhancing behaviors and how to reduce health risks.</p>	Language Arts/Health	Could use as a Reader's Theater instead of playing video.
<i>Activity 2</i> Physical Activity	<p><b>L.A. Oral Language/Listening and Speaking (2.1)</b> – Speak articulately and audibly using appropriate grammar, enunciation, and volume.</p>	Language Arts	This activity can also be done outside.
<i>Activity 3</i> Goal Setting	<p><b>Health (6.0)</b> - The student will demonstrate the ability to use goal setting and decision making skills to enhance health and safety.</p>	Health	The students could play charades to demonstrate the physical activity they used to accomplish their goal.
<i>Activity 4</i> Homework	<p><b>Math (5.0)</b>- The student will demonstrate an understanding of collection, display, and interpretation of data and probability</p>	Math	Collect data on the classroom chart from the students' Home Team Players Guide 2 scoreboard.
<i>Activity 5</i> Session Summary	<p><b>Health (6.0)</b> - The student will demonstrate the ability to use goal setting and decision making skills to enhance health and safety.</p>	Health	Students should return their Players Guide 3 Scorecard by a chosen date.

Session/Activity	Priority Academic Student Skills (PASS)	Core Subject	Notes for Teachers/Handouts
<b>Session 7: Hearty and Dynamite Meet Food Fat</b>			
<i>Activity 1</i> Adventure Story	<p><b>L.A. Oral Language/Listening and Speaking (2.0) - <i>Speaking</i></b>- The student will express ideas and opinions in group or individual situations.</p> <p><b>L.A. Reading/Literature (2.0) - <i>Vocabulary</i></b>- The student will develop and expand knowledge of words and word meanings to increase vocabulary.</p> <p><b>Health (3.0)</b> – The student will know health-enhancing behaviors and how to reduce health risks.</p>	Language Arts/Health	Could use as a Reader’s Theater instead of playing video. Possibly a puppet show.
<i>Activity 2</i> Changing a Menu	<p><b>L.A. Oral Language/Listening and Speaking (2.1)</b> – Speak articulately and audibly using appropriate grammar, enunciation, and volume.</p> <p><b>Health (6.0)</b> - The student will demonstrate the ability to use goal setting and decision making skills to enhance health and safety.</p>	Language Arts/Health	Visit <a href="http://www.foodfacts.info">www.foodfacts.info</a> . Print out nutritional information to share.
<i>Activity 3</i> Reporting Menu Changes	<p><b>L.A. Oral Language/Listening and Speaking (2.0) - <i>Speaking</i></b>- The student will express ideas and opinions in group or individual situations.</p> <p><b>Health (6.0)</b> - The student will demonstrate the ability to use goal setting and decision making skills to enhance health and safety.</p>	Language Arts/Health	Pretend you’re classroom is a restaurant and have them order from the menus.
<i>Activity 4</i> Session Summary	<p><b>L.A. Oral Language/Listening and Speaking (1.0) - <i>Listening</i></b>: The student will listen for information and for pleasure.</p>	Language Arts	Remind students the Players Guide 3 will be due during the next session.

Session/Activity	Priority Academic Student Skills (PASS)	Core Subject	Notes for Teachers/Handouts
<b>Session 8: Hearty and Dynamite Meet Food Fat...Again</b>			
<i>Activity 1</i> Adventure Story	<p><b>L.A. Oral Language/Listening and Speaking (2.0) - <i>Speaking</i></b>- The student will express ideas and opinions in group or individual situations.</p> <p><b>L.A. Reading/Literature (2.0) - <i>Vocabulary</i></b>- The student will develop and expand knowledge of words and word meanings to increase vocabulary.</p> <p><b>Health (3.0)</b> – The student will know health-enhancing behaviors and how to reduce health risks.</p>	Language Arts/Health	Could use as a Reader’s Theater instead of playing video.
<i>Activity 2</i> Goal Setting	<p><b>L.A. Oral Language/Listening and Speaking (1.0) - <i>Listening</i></b>: The student will listen for information and for pleasure.</p> <p><b>Health (6.0)</b> - The student will demonstrate the ability to use goal setting and decision making skills to enhance health and safety.</p>	Language Arts/Health	They could answer this question in their Food Diary.
<i>Activity 3</i> Goal Check	<p><b>Health (6.0)</b> - The student will demonstrate the ability to use goal setting and decision making skills to enhance health and safety.</p>	Health	Add the physical activities to your Food Diary. Discuss how diet and exercise go hand in hand.
<i>Activity 4</i> Homework	<p><b>Math (5.0)</b>- The student will demonstrate an understanding of collection, display, and interpretation of data and probability</p>	Math	Collect data on the classroom chart from the students’ Home Team Players Guide 3.
<i>Activity 5</i> Session Summary	<p><b>L.A. Oral Language/Listening and Speaking (1.0) - <i>Listening</i></b>: The student will listen for information and for pleasure.</p>	Language Arts	Start collecting empty food packages that contain grains as a main ingredient.

Session/Activity	Priority Academic Student Skills (PASS)	Core Subject	Notes for Teachers/Handouts
<b>Session 9: Hearty Learns About Whole Grains</b>			
<i>Activity 1</i> Adventure Story	<p><b>L.A. Oral Language/Listening and Speaking (2.0) - <i>Speaking</i></b>- The student will express ideas and opinions in group or individual situations.</p> <p><b>L.A. Reading/Literature (2.0) - <i>Vocabulary</i></b>- The student will develop and expand knowledge of words and word meanings to increase vocabulary.</p> <p><b>Health (3.0)</b> – The student will know health-enhancing behaviors and how to reduce health risks.</p>	Language Arts/Health	Could use as a Reader’s Theater instead of playing video.
<i>Activity 2</i> G-S-W Foods	<p><b>L.A. Reading/Literature (2.0) - <i>Vocabulary</i></b>- The student will develop and expand knowledge of words and word meanings to increase vocabulary.</p>	Language Arts	Teachable moment: Whole grains vs. Refined grains
<i>Activity 3</i> Label Reading	<p><b>L.A. Reading/Literature (5.0) - <i>Literature</i></b>- The student will read to construct meaning and respond to a wide variety of literary forms.</p> <p><b>Health (3.0)</b> – The student will know health-enhancing behaviors and how to reduce health risks.</p>	Language Arts/Health	Mystery Food Table – Teacher can set up a table and have students bring in foods from home. They can practice being like Sally Sleuth and look for fiber.
<i>Activity 4</i> Goal Setting	<p><b>L.A. Oral Language/Listening and Speaking (1.0) - <i>Listening</i></b>: The student will listen for information and for pleasure.</p> <p><b>Health (6.0)</b> - The student will demonstrate the ability to use goal setting and decision making skills to enhance health and safety.</p>	Language Arts/Health	Remember to record on goal sheet. The class could take a field trip to grocery store ... classroom visitor such as cafeteria manager or dietician.

<i>Activity 5</i> Session Summary	<b>L.A. Oral Language/Listening and Speaking (1.0)</b> - <i>Listening</i> : The student will listen for information and for pleasure.	Language Arts	Remind students that the scorecard for Players Guide 4 is due on chosen date. Read ahead to prepare for the next session's activity.
---	---	---------------	--

Session/Activity	Priority Academic Student Skills (PASS)	Core Subject	Notes for Teachers/Handouts
<b>Session 10: Flash's Favorite Fast Food</b>			
<i>Activity 1</i> Goal Check	<b>Health (6.0)</b> - The student will demonstrate the ability to use goal setting and decision making skills to enhance health and safety.	Health	Remind the students that the goal sheet for eating whole grain food is due on the chosen date.
<i>Activity 2</i> Review	<b>L.A. Oral Language/Listening and Speaking (1.0)</b> - <i>Listening</i> : The student will listen for information and for pleasure.	Language Arts	Create a classroom/ cafeteria/hallway picture chart on butcher paper of GO snacks.
<i>Activity 3</i> Snack Preparation	<b>L.A. Oral Language/Listening and Speaking (2.1)</b> – Speak articulately and audibly using appropriate grammar, enunciation, and volume. <b>L.A. Writing/Grammar/Usage and Mechanics (2.0)</b> - <i>Modes and Forms of Writing</i> - the student will communicate through a variety of written forms and for various purposes and to a specific audience or person.	Language Arts	Have the students write their own heart healthy recipe. Teachable moment: tablespoon vs. teaspoon
<i>Activity 4</i> Homework	<b>Math (5.0)</b> - The student will demonstrate an understanding of collection, display, and interpretation of data and probability	Math	Collect data on the classroom chart from the students' Home Team Players Guide 4
<i>Activity 5</i> Session	<b>L.A. Oral Language/Listening and Speaking (1.0)</b> - <i>Listening</i> : The student	Language Arts	Remind students that the scorecard for Players Guide 5 is

Summary	will listen for information and for pleasure.		due on chosen date.
---------	---	--	---------------------

Session/Activity	Priority Academic Student Skills (PASS)	Core Subject	Notes for Teachers/Handouts
<b>Session 11: Hearty Learns About GO Beverages</b>			
<i>Activity 1</i> Adventure Story	<p><b>L.A. Oral Language/Listening and Speaking (2.0) - <i>Speaking</i></b>- The student will express ideas and opinions in group or individual situations.</p> <p><b>L.A. Reading/Literature (2.0) - <i>Vocabulary</i></b>- The student will develop and expand knowledge of words and word meanings to increase vocabulary.</p> <p><b>Health (3.0)</b> – The student will know health-enhancing behaviors and how to reduce health risks.</p>	Language Arts/Health	Could use as a Reader’s Theater instead of playing video. Give Pre/Post Test on GO beverages.
<i>Activity 2</i> Identify GO Beverages	<p><b>Health (3.0)</b> – The student will know health-enhancing behaviors and how to reduce health risks.</p>	Health	In Food Diary write down some GO beverages.
<i>Activity 3</i> Goal Check	<p><b>L.A. Oral Language/Listening and Speaking (2.0) - <i>Speaking</i></b>- The student will express ideas and opinions in group or individual situations.</p> <p><b>Health (6.0)</b> - The student will demonstrate the ability to use goal setting and decision making skills to enhance health and safety.</p>	Language Arts/Health	
<i>Activity 4</i> Session Summary	<p><b>L.A. Oral Language/Listening and Speaking (1.0) - <i>Listening</i></b>: The student will listen for information and for pleasure.</p>	Language Arts	Mystery Beverage Table: students bring in labels of a variety of drinks to compare labels like Sally Sleuth.

Session/Activity	Priority Academic Student Skills (PASS)	Core Subject	Notes for Teachers/Handouts
<b>Session 12: Taking Off</b>			
<i>Activity 1</i> Label Reading	<b>L.A. Reading/Literature (5.0) - Literature-</b> The student will read to construct meaning and respond to a wide variety of literary forms.	Language Arts	Organize Mystery beverage Table into GO, SLOW, and WHOA drinks. Record thoughts in Food/Beverage diary.
<i>Activity 2</i> Goal Setting	<b>L.A. Reading/Literature (5.0) - Literature-</b> The student will read to construct meaning and respond to a wide variety of literary forms. <b>Health (6.0) -</b> The student will demonstrate the ability to use goal setting and decision making skills to enhance health and safety.	Language Arts/Health	Provide images of an unhealthy heart vs. a healthy heart and have students write a response.
<i>Activity 3</i> Planning & Reporting Favorite GO Meals	<b>L.A. Reading/Literature (5.0) - Literature-</b> The student will read to construct meaning and respond to a wide variety of literary forms. <b>Health (3.0) –</b> The student will know health-enhancing behaviors and how to reduce health risks. <b>Health (6.0) -</b> The student will demonstrate the ability to use goal setting and decision making skills to enhance health and safety.	Language Arts/Health	This activity can be done individually, in pairs, or in small group. Use activity sheets 3,4,6,8 and 14 to assist in meal planning.
<i>Activity 4</i> Session Summary	<b>L.A. Oral Language/Listening and Speaking (1.0) - Listening:</b> The student will listen for information and for pleasure.	Language Arts	Plan a raw foods meal to serve to your family.

Session/Activity	Priority Academic Student Skills (PASS)	Core Subject	Notes for Teachers/Handouts
<b>Session 13: Hearty Learns About Hear Health Around the World and Leaves Earth</b>			
<i>Activity 1</i> Adventure Story	<b>L.A. Reading/Literature (2.0)</b> - <i>Vocabulary</i> - The student will develop and expand knowledge of words and word meanings to increase vocabulary. <b>Health (3.0)</b> – The student will know health-enhancing behaviors and how to reduce health risks.	Language Arts/Health	Could use as a Reader’s Theater instead of playing video.
<i>Activity 2</i> Goal Setting	<b>Health (6.0)</b> - The student will demonstrate the ability to use goal setting and decision making skills to enhance health and safety.	Health	
<i>Activity 3</i> Homework	<b>Math (5.0)</b> - The student will demonstrate an understanding of collection, display, and interpretation of data and probability	Math	Collect data on the classroom chart from the students’ Home Team Players Guide 5 Remind students that the scorecard for Players Guide 6 is due on chosen date.
<i>Activity 4</i> Session Summary	<b>L.A. Oral Language/Listening and Speaking (1.0)</b> - <i>Listening</i> : The student will listen for information and for pleasure.	Language Arts	Prep for the next session: purchase popcorn, sparkling water, fruit juice, cups, and bowls etc.

Session/Activity	Priority Academic Student Skills (PASS)	Core Subject	Notes for Teachers/Handouts
<b>Session 14: Supersonic Soda and Popcorn Party</b>			
<i>Activity 1</i> Goal Check	<b>Health (6.0)</b> - The student will demonstrate the ability to use goal setting and decision making skills to enhance health and safety.	Health	Make invitations to invite parents to the popcorn/soda party and awards ceremony.
<i>Activity 2</i> Review Importance of GO Snacks			Remind students to wash hands before preparing recipe.
<i>Activity 3</i> Snack Preparation	<b>Science (3.3)</b> - Employ simple equipment and tools such as magnifiers, thermometers, and rulers to gather data.	Science	Encourage students to drink Supersonic soda instead of regular soft drinks.
<i>Activity 4</i> Session Summary	<b>L.A. Oral Language/Listening and Speaking (1.0)</b> - <i>Listening</i> : The student will listen for information and for pleasure.	Language Arts	Write Thank You notes to Cafeteria Staff, P.E. Teacher, or anyone else who helped with the Hearty Heart program. Visit/finalize scoreboard totals. Teacher plans an awards assembly to present awards certificate.