Lesson Planning - Week 1

LEARNING OBJECTIVES

- To have a basic understanding of 3 keys to movement: mobility + stability + motor control
- Assess core strength and joint mobility performing the curl up and deep squat test
- Understand 3 pillars, know that faith without works is dead (James 2:14-18) and fitness without movement is just not possible. If you believe, you must act on this belief.
- To describe global and universally accepted definitions, plus personal, healthier ideas of faith, Catholicism, and fitness. To begin thinking personally and individually about what faith and fitness means to each.

ACTIVITY

CatholicFIT is a complementary and supplementary curriculum running alongside your regularly scheduled lessons. If you plan to run CatholicFIT lessons for the entirety of your class, example and sample lessons will be provided each week. (See below.)

Similar to most fitness/P.E. Programming, the following considerations are taken into account when planning CatholicFIT lessons, beyond the worksheet lessons. :

- Body Awareness
- Coordination
- Rhythm
- Reaction Time
- Static & Dynamic Balance
- Spatial Awareness
- Object Manipulation
- Cooperation
- Play
- Teamwork & Strategy
- All fitness skills/domains:
- Speed, power, strength
- Cardiovascular endurance
- Muscle endurance
- Flexibility & Mobility

A 40 minute lesson includes 6-10 minute games or play-like activities based on 4 or more of the categories bulleted above, with a short introduction and lesson closure. This week, we are focusing on assessing the Curl Up and Deep Squat. As the videos demonstrate, there are many variations to practice during class.

45 Minute Lesson Plan

- Warm Up - walk, jog (2-4 min) - get them moving so they can listen for a few minutes
- Intro - *Welcome to CatholicFIT* - get fit to serve - watch video - review worksheet & questions
- Watch video(s) (7 min) - understand instructions for both tests, perform tests:
  - Deep Squat - do 10 squats, then hold tenth rep in bottom position
  - Curl Up - 60 sec time, honors system or count for partner
- Activity #1 (Skills Practice, Body Awareness, 5-6 min) Walk/jog 2 laps - 10 squats, 30 sec squat hold, 10 curl ups
- Extra time? (Practice body awareness, reaction time & balance, 5-6 min) Students lie on their backs, and on whistle or command, pop up and stand on one foot, then back to back, repeat.

*Otherwise have fun, equate effort to success, use primarily outcome-based teaching, (let them teach themselves these moves, do not cue them too much), their bodies remember.

EXTRA NOTES & THOUGHTS

Identity Statement - "I am fit to serve"

These statements are key: those acting congruently with their self-identity perceive challenges as purposeful, and therefore work through them more persistently and successfully. Perfect in both faith and fitness, please emphasize each weekly ID proclamation. (Or add your own - "I am strong, I am fit, …"

3 Pillars (*Faith Fitness Service*)

"*Faith* gives us purpose, our *fitness* allows us to live our purpose. Our purpose is *service*."Faith requires action, as does fitness. Christians are intentional, acting with purpose. The key is also action, living a "movement lifestyle." Purpose bridges faith and fitness.

Reflection & Goals

Students admire their teachers. Therefore, they are often best taught with stories, personal testimony & movement/involvement. You can effectively teach them about their own faith and fitness when you share your own personal faith and fitness testimony.

Personally answering these questions below and on the worksheet for your students not only get's their minds thinking about them, but allows them to see you as the faith and fitness ambassador St. Paul calls us to be. (1 Corinthians 9:24)

Below are a sample of (Dave's) answers:

What does it mean to me to be Catholic? Why do I choose, every day, to be Catholic?

It means I have an extended, superficial family who supports and challenges me to be the best version of myself. It means I have a school and community of uber-smart and holy people who can help me understand God and my spirituality. It means I have a moral compass to guide my decisions and actions. It means I am a disciple, a student, someone who is continually learning and growing in my relationship with God and Jesus Christ. It means I am a part of an idea, a religion, that is Christianity, that is most attuned to human flourishing on Earth. The Christian faith makes the most sense of life, promotes the dignity of the person, fosters just societies, and encourages virtuous conduct, generosity and kindness.

What does it mean to me to be fit? Why do I choose, every day, to be fit?

Being fit means I can adapt to life's fitness-related, everyday challenges - opening a jar lid, walking steps, getting up from the floor, or increasing my heart rate significantly. Being fit, I can enjoy playing basketball, actively coaching basketball, or help a friend move a couch - it means I am durable. I can bounce back from an injury or sickness. Being fit means I meet the required prerequisite of health (the ability to heal.) Being fit means I can be a positive role model and ambassador to my children and students, living by example. Being fit allows me to be a better husband and father. Understanding my health and fitness empowers me to be an advocate of my personal health care. Physical training allows me to thank and honor God for my physical gifts.