CATHOLIC FIT™

3rd Grade Version
Grade School Program
Student & Family Worksheet

Name: _____

Parent Initial: _____

Week 5: I Am Who I Surround Myself With

Parents & guardians, please review the lessons with your student(s), and also try the exercises, though stop if you feel pain.

Exercise of the Week: Push Up & Plank

Begin in the "push up plank" position and hold for 3 breaths. Then slowly lower your body from the top position down to the floor under control. Finally, push yourself back up to the starting position. Set a timer, practice planks and push ups for 5 minutes.

Push Up Plank



Push Up



Modified Plank



*If you cannot push yourself back up, that is OK. Just practice holding the plank and slowly lowering yourself down to the floor.

Below are some plank variations. See the videos for more.

Fit Ball Plank



Plank Row



Side Plank





Reflection Questions & Goals

One Goal This Week

Healthy habits begin in the home, especially with family. Start a healthy tradition at home.

Circle a few things you do or would like to do with your family at night or on the weekends:

Eat dinner together

Practice planks and push ups

Go to the local gym

Go to the park

Play a fitness game like the St. Cajetan dice game

Go for a walk around the block

Pick a recipe and make dinner together



Fourth Principle: Family & Community

If you want to achieve any goal, surround yourself with positive people who will support you.

Family & Community includes your friends, parents, siblings, school and parish community.

The family should teach us to care for the young, old, sick, the handicapped, and poor.
- CCC #2208

If you want to get fit and learn about fitness, you can join a sports team or dance class, listen and participate in P.E., go to a fitness camp, or talk to others who want to learn too.

The Catholic Church is just like this. If you want to understand God, be a holy person, and help others, you can do all of these things as a member of the Catholic family. The Church is our supernatural family who helps us to be the best version of ourselves.

The family is where children learn moral values and begin to honor God.
- CCC #2207

Available on the App Store

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CATHOLIC FIT™

6th Grade Version

Grade School Program
Student & Family Worksheet

Name: _____

Parent Initial: _____

WEEK 5: I AM WHO I SURROUND MYSELF WITH

Parents & guardians, please review the lessons with your student(s), and also try the exercises, though stop if you feel pain.

EXERCISE OF THE WEEK: PUSH UP & PLANK

Begin in the "push up plank" position and hold for 3 breaths. Then slowly lower your body from the top position down to the floor under control. Finally, push yourself back up to the starting position. Set a time, practice push ups and planks for 5 minutes.

Push Up Plank



Push Up



Modified Plank



*If you cannot push yourself back up, that is OK. Just practice holding the plank and slowly lowering yourself down to the floor.

Below are some plank variations. See the videos for more.

Fit Ball Plank



Plank Row



Side Plank



REFLECTION QUESTIONS & GOALS
ONE GOAL THIS WEEK

Healthy habits are strongly influenced by who you spend time with. Circle a few things you would like to do with your family and friends to stay strong in mind, body and spirit:

Pick a recipe and make dinner together

Go to the park

Go for a walk/run around the block

Practice planks and push ups

Visit the chapel for 15 minutes

Go to the local gym

Other:_____



FOURTH PRINCIPLE
FAMILY & COMMUNITY

Do you have a goal you want to achieve? Surround yourself with positive people who will support and challenge you.

Family & community includes your friends, siblings, parents, school, and parish community.

If you want to get fit, you can join a sports team, health club, or gym to find others doing the same. You can also talk to your parents or other family members about your goal.

The Catholic family is just like this. If you want to understand God, be a holy person, and help others, you can get support in the Church. The Church is our supernatural family who supports and challenges us to be the best version of ourselves.

The family is the community in which one can learn moral values and begin to honor God.
- CCC #2207

Remember this can include your friends. Are you hanging out with people who help you learn healthy values and honor God?

The family should live in such a way that its members learn to care and take responsibility for the young, old, sick, the handicapped, and poor.
- CCC #2208

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