LESSON PLANNING - WEEK 5 (FAMILY & COMMUNITY)

LEARNING OBJECTIVES

- discuss ways they can support friends and family with completing tasks like homework or achieving goals.
- understand importance of performing strong planks for core and posture muscle strength
- understand modifications for push ups appropriate for their level of strength
- understand the importance of family (and our Church supernatural family) for becoming a good person and Christian

ACTIVITY

Exercise - Planks & Pressing Strength

Ask students what the word "posture" means - and note that it comes from the word "position." To have a strong, healthy body, we want to sit, stand and move in good positions, and one way we practice this is to do planks. **The video and posters show many different kinds.*

Have them either hold for a certain number of seconds, or to count deep breaths. As with other core and total body exercises, people have a tendency to hold their breath - so make sure they are breathing (deeply) during all of their planks. With their push ups, encourage them to touch their chest to the floor and come back up.

45 Minute Lesson Plan

- Warm Up - walk laps upon arrival; agility moves & jogging (5-6 min)
- Intro Chat - (4-5 min) *Welcome to Week 5* - Planks, Push Ups, Family & Community! **Ask difference between natural and supernatural family? More reflection questions on page 2.*
- Watch both videos (6 min total) - "important for core strength, posture and upper body."
- Activity #1 - Practice all planks (6 min) - elbows & toes for 60 sec; plank rows for 30 sec; tripod planks - holding one foot or arm in the air, other variations. **Stand tall before doing these, same posture when planking as when standing tall and straight; remember to breath.*
- Activity #2 Squats + Agility + Push Ups (6 min) 10 air squats (pause, double), side shuffle 1st time (grapevine 2nd time, skipping 3rd time) then do 10 push ups, turn around and return to first line, **As drill or class relay. Focus push ups on chest going to the floor and then back up.*
- Activity #3 Agility + Curl Up Relay, (6 min) evenly divided 5-6 single file lines at one end, first student (side shuffles) down and back, performs 7 curl ups, tags next in line, until last student.
- Deep Squat Chat (4 min.) Perform 10 more toe touches, 10 more push ups, then drop into a deep squat stretch, and review *Family & Community. *Ask them if they have someone they can talk to when they are having a bad day - then say a prayer for that person. Ask them about what it means to be on a team - family, protection, love, support, cheering, encouraging, etc. Hand out worksheets and review briefly before leaving.*

EXTRA NOTES & THOUGHTS

Identity Statement - "I Am Who I Surround Myself With"

Motivational coach, author and speaker Jim Rohn was famous for saying "you are the average of the 5 people you spend the most time with." Author David Burkus, in his new book, "*Friend of a Friend: Understanding the Hidden Networks That Can Transform Your Life and Your Career*" claims that a person's circle of influence is MUCH bigger than that. He cites research pointing that a person's chances to become obese, start smoking, and simply be happy may be influenced by not only your friends but the friends of your friends.

Combining these ideas with how we are influenced by what we consume on TV, radio and the Internet can have profound impact on how we and our students develop, learn and grow.

Principle - Family & Community

Aside from what is stated on the handouts and posters, focus on two central points:

1. Before focusing on the people you are surrounded by, focus on becoming a person others seek out for support and help. Focus on being the type of person others's want to surround themselves by. This may create in you a magnet for attracting good people into your life.

2. Secondly, not everyone, especially our young students have someone in their life to lean on. Be careful not to push this question too much, asking the students who that person is in their life because he or she may not exist. Focus on God always being their for them, and to find people who represent God and Love in their life. God can be a little abstract and non-accessible, but to find people who represent God and Love could be a goal.

Reinforce the idea that the Catholic Church and Christian Community is a place where we find family and supernatural family - we find support and challenges, awaiting to help us become saints.

Reflection & Goals

Share with your students who supports you? Who challenges you? Relationships are best when we find a balance of both - we don't want to "win" arguments against our best friend or spouse, because there is a winner and a loser in that scenario, we want to be challenged to think, to create, to listen, to empathize. Some more questions to ask during activity breaks:

- Ask your students when they go to Church, who brings them? Do not push this question as many may not attend Mass, but ask them who helps them or prays with them? If they say no one, ask if they pray by themselves or if they ask others to pray.
- Ask your students who they support? Who have they helped? Who have they served? Ask them about the sports teams they play on, and about cheering for one another.
- Ask your students who their "natural" versus "supernatural" family is and explain to them the difference.

These are all great reflection questions for Family & Community.