CATHOLIC FIT™

3rd Grade Version
Grade School Program
Student & Family Worksheet

Name: _____

Parent Initial: _____

Week 6: I Am What I Focus On

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: Overhead Reach, Hanging & Pulling Strength



Reaching overhead with straight elbows is a natural ability we lose as we age (but we don't have to!)

Hanging from a pull up bar, monkey bars, or a tree branch is a great way to test this ability, while also improving your grip strength.



Doing a pull up or pull up hang also improves your vertical pulling strength. Students, practice hanging for 10-30 sec.

Pictured below is a "row" that will improve your horizontal pulling strength, for everyday moves like pulling a heavy mall door open or starting a lawn mower.



Reflection Questions & Goals

One "Focus" Goal this Week



God has given us the gifts of power, love and self-control to help us focus on what is important.

Name a time, or something with which you struggle with your self-control?_____

_____

What is something you could focus on instead that could help you be healthier?

_____



Fifth Principle: Self Control

This principle is not just about giving things up, as we often do during Lent. It is about staying focused on what is important.

The world promises you comfort, but you were not made for comfort. You were made for greatness.

- Pope Benedict XVI

Making healthy decisions like eating green beans instead of potato chips, or supporting a classmate when someone else teases them, is not always easy.

God helps us when we struggle to make the better decision.

God has NOT given us a spirit of cowardice, but of power, love and self-control.

- 2 Timothy 1:7

Praying and asking God for help with self-control allows us to make better decisions when we are tempted to make unhealthy ones.

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CATHOLIC FIT™

6th Grade Version
Grade School Program
Student & Family Worksheet

Name: _____

Parent Initial: _____

WEEK 6: I AM WHAT I FOCUS ON

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: OVERHEAD REACH, HANGING & PULLING STRENGTH



Reaching overhead with straight elbows is a natural ability we lose as we age (but we don't have to!)

Hanging from a pull up bar, monkey bars, or a tree branch is a great way to test this ability, while also improving your grip strength.



Performing a pull up or pull up hang also improves your vertical pulling strength. Students, practice hanging for 10-30 sec.

Pictured below is a "row" that will improve your horizontal pulling strength, for everyday moves like pulling a heavy mall door open or starting a lawn mower.



REFLECTION QUESTIONS & GOALS ONE "FOCUS" GOAL THIS WEEK

God has given us the gifts of power, love and self-control to help us focus on what is important.

Name a time, or something that you struggle with your self-control? _____

_____

What is something you could focus on instead that could help you be healthier.

_____



FIFTH PRINCIPLE SELF CONTROL

This principle is not just about giving things up, as we often do during Lent. It is about staying focused on what is important.

The world promises you comfort, but you were not made for comfort. You were made for greatness.

- POPE BENEDICT XVI

Making healthy decisions (eating green beans instead of potato chips) is not always easy. Making faith-based decisions is not always easy either, such as getting to Mass on Sunday morning. This week, think about which decisions you make that will help your brain, body and spirit get healthy and strong.

God has NOT given us a spirit of cowardice, but of power, love and self-control.

- 2 TIMOTHY 1:7

St. Paul teaches us to be strict in our training if we want to win the *ultimate prize* (heaven). He encourages us to do as he does. Paul disciplines his body so that he can endure the rigors of being a follower of Christ. He doesn't want to be disqualified.

- 1 Corinthians 9:24-27

Self-control allows us to lead by example and live with integrity.

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