CATHOLIC FIT™

3rd Grade Version
Grade School Program
Student & Family Worksheet

Name: _____

Parent Initial: _____

Week 8: I Am How I Pray

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: Combination Moves, Get Ups (& Everything Else)

Jumping, Throwing, Catching, Dancing & Climbing The final week is about all of the "other" exercises, and combining all of the CatholicFIT exercises into circuits: throwing, catching, jumping, kicking, playing sports, getting up from the floor, squat thrusts, burpees, jumping jacks, jumping rope, and more!

Overhead Reach-Lunge Combo



Squat Thrust or Burpee



Dribble, pass, kick, shoot, catch a ball



Turkish Get Up



Get Up Sit Up





Climbing at the park

Reflection Questions & Goals

Rose, Bud, & Thorn at dinner or bedtime is a great way to talk as a family. With parents or guardian, discuss the following:

Rose: tell me something good that happened today - _____- thank God for this.

Thorn: tell me something bad or that upset you today - _____- ask God's help with this.

Bud: tell me something you look forward to tomorrow - _____ - pray for God's blessing for this to happen if He wills it.



Seventh Principle Prayer & Reflection

This principle can go with any other CatholicFIT principle or weekly exercise. It reminds us that we are always learning, and to be thankful for our gifts.

For while exercise is of some value, prayer is of value in every way, as it is about our life now and our life in heaven.
- 1 Timothy 4:8

St. Paul reminds us that it is great to be fit, but better to be holy. We become holy by knowing we are not perfect, (and knowing that is OK) and by helping others. In CatholicFIT, we get fit, so that we can serve and help others.

Prayer is almost any time we think about or talk to God.
- CCC #2559

If you are not sure how to pray, that is OK. Start simple. Saying:

- "thank you God for _____",
- "help me God with _____",
- "Jesus, help me know you",

are all simple and great prayers. You can combine those together for one longer prayer.

Available on the App Store

/catholicfit

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CatholicFIT™

6th Grade Version
Grade School Program
Student & Family Worksheet

Name: _____

Parent Initial: _____

Week 8: I Am How I Pray

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: Combination Moves, Get Ups (& Everything Else)

Jumping, Throwing, Catching, Dancing & Climbing The final week is about all of the "other" exercises, and combining all of the CatholicFIT exercises into circuits: throwing, catching, jumping, kicking, playing sports, getting up from the floor, squat thrusts, burpees, jumping jacks, jumping rope, and more!

Overhead Reach-Lunge Combo



Squat Thrust or Burpee



Dribble, pass, kick, shoot, catch a ball



Turkish Get Up



Get Up Sit Up





Climbing at the park

Reflection Questions & Goals

God blessed us with a "growth mind set" - the freedom and ability to grow and strengthen our mind, body and spirit. Like improving your fitness, this requires work. Thankfully, St. Ignatius taught us this routine called the Daily Examen to help: first, think about your day, pray to God, and with the guidance of the Holy Spirit, you can begin to develop this healthy mind set. Try this modified Daily Examen at the end of your day:

1. Find a quiet place - be thankful for your day - it is a gift.
2. Review the day - think of specific events and decisions you made.
   What did you do today that made you think hard? What happened today that made you keep going? What can you learn from this? What did you try hard at today?
3. Face your shortcomings - where did you struggle?
   At what did you fail? When did you miss the mark? When did you lose self-control? What mistake did you make that taught you something? Did you make a bad decision?
4. Ask God's forgiveness. Look forward to the day to come.
   What different strategy will you try now? What will you do to improve your work? What will you do to solve a problem you are having? Where will you need God's help tomorrow?



Seventh Principle Prayer & Reflection

This principle can go with any other CatholicFIT principle or weekly exercise. It reminds us to be mindful of our decisions, and thankful for our gifts.

For while exercise is of some value, prayer is of value in every way, as it is about our life now and our life in heaven.
- 1 Timothy 4:8

St. Paul reminds us that it is great to be fit, but better to also be holy, (a good person.) We become holy by knowing we are not perfect, by focusing on what is good, and by helping others. (Bishop Barron's *Three Paths to Holiness*.) In CatholicFIT, we get fit, so that we can serve and help others.

Prayer is the raising of one's mind and heart to God (with or without words).
- CCC #2559

If you are not sure how to pray, that is OK. Start simple. Saying:

- "thank you God for _____",
- "help me God with _____",
- "Jesus, help me know you",

are all simple and great prayers. You can combine those together for one longer prayer.

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