

CATHOLICFIT WORKSHEET

for students and families

Parents & guardians,
please review with
your student

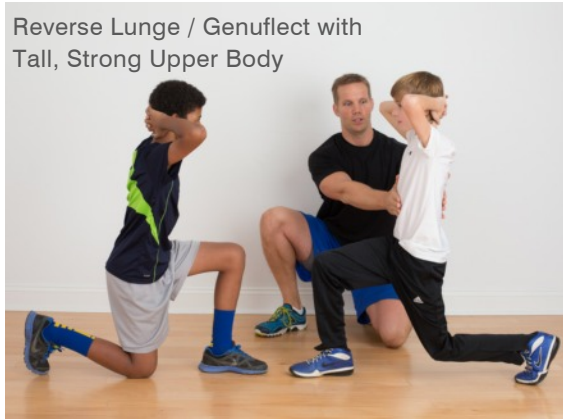
Name: _____ Parents Initial: _____

SIXTH PRINCIPLE

WEEK 7: I AM WHAT I HEAR AND WATCH

EXERCISE OF THE WEEK: GENUFLECT

Lunging & Genuflect Patterns. A genuflect is a great move for strength and balance. Make sure your back knee gently touches the floor. Practice 10 repetitions per leg.



Reverse Lunge / Genuflect with Tall, Strong Upper Body

Learning & Sharing

You are what you eat means that your body is made up of the foods you eat. This week, we learn: *you are what you consume*. This means our thoughts, feelings, identity, and relationships are made up of what we see, read and hear. We are always learning, whether we are aware of it or not.

Our eyes & ears are the windows to our heart and soul. TV, movies, music and the internet are all teaching us how to act, love and treat others. What are you consuming every day?

Much of what you learn is shared with others. Are you consuming things that help you be a better person and that can help others?

Spiritual health can be defined by how we share the gifts of the holy spirit: charity, joy, peace, kindness, chastity, generosity, and self control.

- CCC #1832

Being a Christian is about the amazing things that happen when we combine the learning and sharing of our human talents (playing a sport or instrument, our sense of humor, our gift of reading or teaching) with our spiritual gifts (listed above.)

REFLECTION QUESTION & GOAL

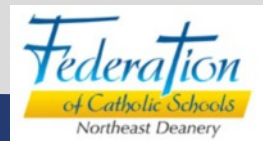
WHAT HAVE YOU LEARNED THAT YOU CAN SHARE WITH OTHERS TODAY?

WHAT WOULD YOU LIKE TO LEARN IN THE FUTURE THAT COULD HELP OTHER PEOPLE?



YOU'RE INVITED: FAMILY FITNESS WORKSHOPS

A fun opportunity for your family to exercise together with others in the Federation schools. Keep an eye out for a flyer about the next event.





(Teacher-Parent-Online Version)

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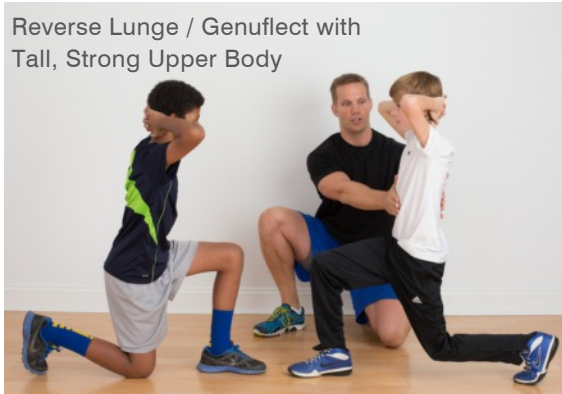
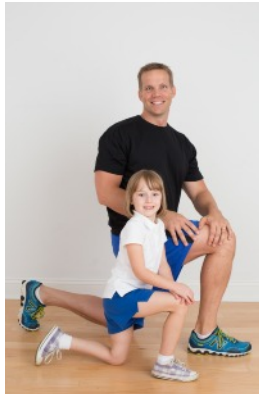
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Assess your strength here by crossing your fingers behind your head and performing a perfect, tall genuflect with your knee slightly grazing the floor. This is an important move for getting up from the floor, another vital ability we lose as we age. At Mass, when the sanctuary candles are lit, this means the Blessed Sacrament is in the tabernacle, and therefore Catholics genuflect towards the altar (Sacrament) especially when arriving to and leaving Mass, or when approaching the altar as to lector or serve.

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REFLECTION QUESTION & GOAL

WHAT HAVE YOU LEARNED TODAY THAT YOU CAN SHARE WITH OTHERS TODAY?

I have learned how to get strong so I can help my brother move a piano. (Student:) I learned math and I was able to help my little brother do his homework.

I have learned how best to set up a new computer for my kids.

WHAT WOULD YOU LIKE TO LEARN IN THE FUTURE THAT COULD HELP OTHER PEOPLE?

I want to learn new postural restoration therapy techniques and the newest research in youth fitness to help people feel and play better. (Student:) I want to learn to be a teacher so I can help kids.



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