

CATHOLICFIT WORKSHEET

for students and families

Parents & guardians,
please review with
your student

Name: _____ Parents Initial: _____

SEVENTH PRINCIPLE

FINAL WEEK: I AM HOW I PRAY

EXERCISE OF THE WEEK: COMBO MOVES

Jumping. Throwing. Catching & Climbing The final week is about all of the "other" exercises. Great for total body balance and coordination, motor control and physical maintenance at any age, these include: throwing, catching, jumping, kicking, playing sports, getting up from the floor, squat thrusts, burpees, jumping jacks, jumping rope, crawling and more!



Prayer & Reflection

This principle surrounds all the others as it can go with any principle, action or exercise. It is about starting each day and moment new. It reminds us to be mindful of our decisions, and thankful for our gifts.

For while bodily training is of some value, godliness is of value in every way, as it holds promise for the present life and also for the life to come.

- 1 Timothy 4:8

In this verse, St. Paul reminds us that it is great to be fit, but better to be holy, (a good person.) A Catholic's purpose is holiness. We achieve this through serving others. (Living the CatholicFIT Pillar of Service.)

Prayer, reflection and mindfulness can help us align our daily actions and decisions with the CatholicFIT principles.

Prayer is the raising of one's mind and heart to God (with or without words). Humility is the foundation of prayer. Only when we humbly acknowledge that we do not know how to pray as we ought, are we ready to receive freely the gift of prayer.

- CCC#2559

If you are not sure how to pray, that is OK. This may be when the gift of prayer is beginning to grow inside of you. Start simple. Just saying "thank you God" is a great prayer.

REFLECTION: WHAT DID YOU LEARN TODAY?

ROSE, BUD, & THORN AT DINNER OR BEDTIME IS A GREAT WAY TO ENCOURAGE DAILY, MINDFUL LEARNING.

WITH YOUR PARENTS, 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.

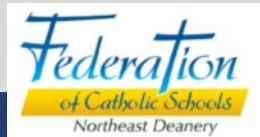
Bud: tell me something you look forward to tomorrow - _____ - pray for God's blessing for this to happen if He wills it.



FINALE FAMILY FITNESS CHALLENGE!!

Trinity High School, Sat. April 8th, 9-10 am

*Please join us ... Everyone is invited .. Bring your families!





(Teacher-Parent-Online Version)

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Prayer & Reflection

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This principle surrounds all the others as it can go with any principle, action or exercise. It is about starting each day and moment new. It reminds us to be mindful of our decisions, and thankful for our gifts.

For while bodily training is of some value, godliness is of value in every way, as it holds promise for the present life and also for the life to come.

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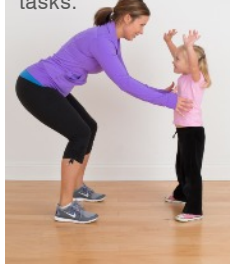
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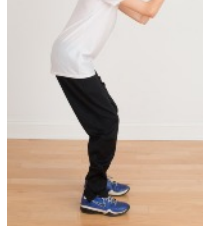
Being a good mover helps with every day tasks.



Runner's Pose with Twist & Reach



Dribble, pass, kick, shoot, catch a ball



Foam Rolling



Good exercises are meant to support play, the service of others, and total body health. Don't stretch for the sake of stretching. Stretch today so you can run around with your kids, or help a friend move a couch tomorrow. The key to bridging faith and fitness is practicing both with purpose. Faith gives us purpose while fitness allows us to live it out in our daily lives.



Climbing at the park



REFLECTION: WHAT DID YOU LEARN TODAY?

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WITH YOUR PARENTS, DISCUSS THE FOLLOWING:

Rose: tell me something good that happened today -

I helped a client get on the floor after a lower back surgery for the first time in years ... he was thrilled. - thank God for this.

Thorn: tell me something bad or that upset you today -

Where we went on vacation is being affected by the fires and tornadoes in Tennessee. - ask God's help with this.

Bud: tell me something you look forward to tomorrow -

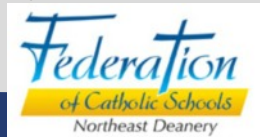
Mom is off work tomorrow (Sunday). I look forward to going to church as a family.
- pray for God's blessing for this to happen if He wills it.



FINALE FAMILY FITNESS CHALLENGE!!

Trinity High School, Sat. April 23rd, 9-11 am

*Please join us ... Everyone is invited .. Bring your families!



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