CATHOLIC FIT™

3rd Grade Version
Grade School Program
Student & Family Worksheet

Name: _____

Parent Initial: _____

WEEK 1 : I AM FIT TO SERVE

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:
CURL UP & DEEP SQUAT STRETCH

60 Sec Curl Up
Keep your heels on the floor, hold your breath only at the start, touch your hands to the floor, then "curl up" and touch your toes.

You will be tested on how many curl ups you can do in 60 sec. Practice at home, and don't hurry through them.







Deep Squat & Partner Stretch
Slowly squat down to sitting on your heels. If you cannot keep your balance with your heels on the floor, do a partner stretch with a friend or classmate for 30 sec.



**For more instruction and the Cathletic version of these exercises, download the app today to access all videos.*



REFLECTION QUESTIONS & GOALS

God made us all different. So before we talk about being Catholic and fit, what do these words mean to you?

WRITE 3 WORDS THAT MEAN CATHOLIC TO YOU:

1. _____
2. _____
3. _____

WRITE 3 WORDS THAT MEAN FITNESS TO YOU:

1. _____
2. _____
3. _____

THREE PILLARS

FAITH *I am here for a reason*

Catholics believe faith gives us hope. We have faith in Jesus Christ. We look for Him in each person we meet, and treat them as we would treat Jesus. "Christ is the center of all Christian life." (CCC#1618)

FITNESS *I am how I move*

Catholics believe that to have faith means you have to act on it, such as helping others, praying often, and going to church. (James 2:17)

Fitness is the same. Being fit means you move a lot every day. We move, play, and exercise every day, knowing that our health is a gift from God. (CCC#2288)

SERVICE *I am fit to serve*

Catholics live to help others, and being fit helps us do this.

Playing sports, dance, and doing exercise can be really fun. They can also help us stay healthy and strong so we can help our parents, teachers, friends, and especially those who cannot help themselves.

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Learn more at CatholicFIT.com

CATHOLIC FIT™

6th Grade Version

Grade School Program
Student & Family Worksheet

Name: _____

Parent Initial: _____

WEEK 1 : I AM FIT TO SERVE

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:
CURL UP & DEEP SQUAT SCREEN

60 Sec Curl Up

Keep your heels on the floor, hold your breath only at the start, touch your hands to the floor, then "curl up" and touch your toes.

You will be tested on how many curl ups you can do in 60 sec. Practice this at home.







Deep Squat & Partner Stretch

Slowly squat down to sitting on your heels. If you cannot keep your balance, including keeping your heels on the floor, do a partner stretch with a classmate to practice.



**For more instruction and the Cathletic version of these exercises, download the app today to access all videos.*

REFLECTION QUESTIONS & GOALS

God made us all different. So it is important to think about how we personally understand things.

WRITE 3 WORDS OR IDEAS THAT MEAN CATHOLIC TO YOU:

1. _____
2. _____
3. _____

WRITE 3 WORDS OR IDEAS THAT MEAN FITNESS TO YOU:

1. _____
2. _____
3. _____

These ideas, and how we live them, will change throughout our lives. These are important questions to ask yourself often.

THREE PILLARS

FAITH I am here for a reason

Catholics believe faith gives us a reason to be alive. It gives us hope. We have faith in Jesus Christ. We treat each person we meet as we would treat Jesus.

"Christ is the center of all Christian life." (CCC#1618)

FITNESS I am how I move

Catholics believe that to have faith means you have to act on it, such as helping others, praying often, and going to church. (James 2:17)
Fitness is the same. Being fit means you move a lot every day. We move, play and exercise every day, remembering that our health is a precious gift from God. (CCC#2288)

SERVICE I am fit to serve

Faith gives us hope and purpose. Our purpose is to help others.

Justice is the moral virtue that consists in the constant and firm will to give their due to God and neighbor. (CCC#1807)

In CatholicFIT, this means that we stay fit to honor God and take care of our health, but also, to serve our neighbor.

We stay fit to serve!

Available on the App Store

/catholicfit

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CATHOLIC FIT™

Parent/Teacher Version
Grade School Program
Student & Family Worksheet

Name: _____

Parent Initial: _____

WEEK 1 : I AM FIT TO SERVE

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: CURL UP & DEEP SQUAT SCREEN

60 Sec Curl Up

Keep your heels on the floor, hold your breath only at the start, touch your hands to the floor, then "curl up" and touch your toes.

You will be tested on how many curl ups you can do in 60 sec. Practice this at home.







Deep Squat & Partner Stretch

Slowly squat down to sitting on your heels. If you cannot keep your balance, including keeping your heels on the floor, do a partner stretch with a classmate to practice.



*For more instruction and the Cathletic version of these exercises, CLICK HERE TO WATCH WEEK 1 VIDEOS.

REFLECTION QUESTIONS & GOALS

God made us all different. So it is important to think about how we personally understand things.

WRITE 3 WORDS OR IDEAS THAT MEAN CATHOLIC TO YOU:

1. family, support, relationship
2. moral compass, guide, center, school of spirituality
3. God, Jesus Christ, holiness, service, sacrifice, challenging

WRITE 3 WORDS OR IDEAS THAT MEAN FITNESS TO YOU:

1. durability, resilient, strong
2. healthy, happy, energetic
3. able, balanced, intentional

These ideas, and how we live them, will change throughout our lives. These are important questions to ask yourself often.

THREE PILLARS

FAITH I am here for a reason

Catholics believe faith gives us a reason to be alive. It gives us hope. We have faith in Jesus Christ. We treat each person we meet as we would treat Jesus.

"Christ is the center of all Christian life." (CCC#1618)

FITNESS I am how I move

Catholics believe that to have faith means you have to act on it, such as helping others, praying often, and going to church. (James 2:17)
Fitness is the same. Being fit means you move a lot every day. We move, play and exercise every day, remembering that our health is a precious gift from God. (CCC#2288)

SERVICE I am fit to serve

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Justice is the moral virtue that consists in the constant and firm will to give their due to God and neighbor. (CCC#1807)

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We stay fit to serve!

Available on the App Store

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