

3rd Grade Version

Grade School Program Student & Family Worksheet

Name:	
Parent Initial:	

Parents & guardians, please review the lessons with your student(s), and also try the exercises, though stop if you feel pain.

WEEK 7: I AM WHAT I HEAR AND WATCH



EXERCISE OF THE WEEK: GENUFLECT & LUNGING PATTERNS

You don't get more "faith and fitness" than a genuflect. A genuflect (or lunge) is a great move to test and improve strength and balance. For a reverse lunge, try to gently touch your back knee to the floor and stand back up. This is one repetition. Set a timer, practice lunges for 2-3 min.







A lunge stretch (or Runner's Pose with a twist) is a great dynamic stretch to prepare your body to do lunges.



REFLECTION QUESTIONS & GOALS

CIRCLE THE THINGS THAT MAY HELP YOU GET STRONGER IN MIND, BODY AND SPIRIT. PUT AN X THROUGH THE THINGS THAT PROBABLY DO NOT:

late night TV

reading your favorite book

video about playing softball or baseball

reading food labels

watching PG-13

or violent movies

online math
CatholicFIT games

CatholicF videos

hearing and spreading gossip

reading the Bible





You are what you eat means food we eat becomes our body. This week, we learn that what we see, read and hear becomes our thoughts, feelings, and behavior. In the bible, (Proverbs 4:23), we learn:

"above all else, guard your heart, for everything you do flows from it."

Our eyes & ears are the windows to our heart and soul. TV, movies, music, and the Internet are all teaching us how to act and treat others. In the Gospel, Jesus teaches us to keep our eyes and body healthy:

"The lamp of the body is the eye. If your eye is healthy, your whole body will be filled with light. Take care, then, that your light not become darkness."

- Luke 11:34-35

Jesus knows we are tempted to watch things that may not be healthy for us. He also knows that people create amazing music and movies, and write books every day that can teach us really awesome and good things. What are you choosing to watch and listen to?







6th Grade Version

Grade School Program Student & Family Worksheet

Name:	
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Parents & guardians, please review the the exercises, though stop if you feel pain.

WEEK7: I AM WHAT I HEAR AND WATCH



EXERCISE OF THE WEEK:

GENUFLECT & LUNGING PATTERNS

You don't get more "faith and fitness" than a genuflect. A genuflect (or lunge) is a great move to test and improve strength and balance. For a reverse lunge, try to gently touch your back knee to the floor and stand back up for one repetition. Set a timer, practice lunges for 2-3 min.





A lunge stretch (or Runner's Pose with a twist) is a great dynamic stretch to prepare for doing lunges.



REFLECTION QUESTIONS & GOALS

CAN YOU LIST A BOOK, VIDEO, SONG OR MOVIE YOU HAVE READ OR WATCHED

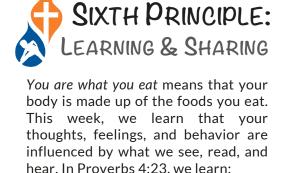
LATELY THAT HAS CHALLENGED OR INSPIRED YOU:

MENTALLY & EMOTIONALLY - help you think deeper, learn something new, or love and understand others better:

PHYSICALLY - help you learn about your body, or get strong:

SPIRITUALLY - help you learn about your faith, understand

God and your purpose, and know Jesus better:



"above all else, guard your heart, for everything you do flows from it."

Your eyes & ears are the windows to your heart and soul. People we are around. TV. movies, music, and the Internet are all teaching us how to act, love and treat others. What are you choosing to see and hear every day? In the Gospel, Jesus teaches us to keep our eyes healthy:

"The lamp of the body is the eye. If your eye is healthy, your whole body will be filled with light. Take care, then, that your light not become darkness."

- Luke 11:34-35

Jesus knew that we would be tempted to read and watch things that may distract us or not help us become the best version of ourselves. But he also

> knew that people would create amazing music and awesome movies, and write books that could teach us and challenge us to be better people. What are you choosing to watch and listen to every day?





