

# LESSON PLANNING - WEEK 7 (LEARNING & SHARING)

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## LEARNING OBJECTIVES

- perform a well-balanced genuflect, and practice the other lunges covered: forward & reverse stationary, walking and side
- understand when to genuflect in Church, or in front of the altar
- discuss times they may struggle with consuming media that may not help them become the best version of themselves
- discuss ways to balance screen time with movement time; suggest strategies for planning this at school and at home
- discuss the importance of **FAMILY & COMMUNITY** when it comes to supporting others in making healthy decisions about what sort of media they consume



## ACTIVITY

Exercise - Genuflect & Lunging Patterns

A few of the many existing lunge variations are covered in the videos. Walking, stationary forward and backward, side lunges, lunges with a twist, and more. The faith connection with the genuflect is something to touch on - it doesn't get any more "Catholic calisthenics" than this.

## 45 Minute Lesson Plan

- Warm Up - walk laps upon arrival; agility moves & jogging (5-6 min)
- Intro Chat - (4-5 min) *Welcome to Week 7 - Lunges, Genuflects, **LEARNING & SHARING!** \*Ask about when we genuflect in Mass. More reflection questions are on page 2.*
- Watch both videos (6 min total) - *"importance of lunge for strength, balance, and athleticism."*
- Activity #1 - Practice all lunges (6 min) - forward stationary, alternating sides, (60 sec); reverse stationary (60 sec); walking lunges (2 min); side lunge (60 sec). *Then you can ask if they can do the Split Squat jump and other advanced variations.*
- Activity #2 Lunges + Agility + Push Ups (6 min) 10 Rev. lunges (5 each leg), side shuffle 1<sup>st</sup> time (grapevine 2<sup>nd</sup> time, skipping 3<sup>rd</sup> time) then do 10 push ups, turn around and return to first line, repeat. *\*As drill or class relay. Pushups = chest going to the floor, Lunge = knee to floor*
- Activity #3 Agility + Walking Lunge Relay, (6 min) evenly divided 5-6 single file lines at one end, first student (backwards skip) down walking lunge back, tags next in line, until last student. *\*You can change agility exercise each time, and lunge with hands held high overhead*
- Deep Squat Chat (4 min.) Perform 10 toe touches, 10 push ups, then drop into a deep squat stretch, and review *Learning & Sharing*. *\*Ask them to compare screen time to movement time - video games and phone compared to sports practice and recess. Ask them about why we genuflect ... why we kneel in Mass ... ask about when we kneel throughout the day (like to get down and back up from the floor.)*



## Identity Statement - “I am What I Hear and Watch”

This week's principle is [LEARNING & SHARING](#).

*“We are what we consume. Our identities influence and are influenced by what we consume. Consumption exerts enough of an influence on our lives that it becomes part of our identities. We not only use consumption to construct our own identities, but we use it to infer the identities of others.”*

*“One meaning we learn at a young age is what identifies a ‘beautiful’ person. Unfortunately, this learning is heavily influenced by our consumption of media portrayals of ideal bodies, which are often unrealistic and unattainable. This can not only lead us to create identities that include negative conceptions of our own attractiveness” - Ian Zimmerman Ph.D.*

Is there a more important principle as it applies to mental health and happiness in our modern age of social media, unchecked mobile device use by so many children, and Hollywood’s bombardment of desensitizing material and media? *Your eyes and ears are the windows to your heart.*

*[Above all else, guard your heart, for everything you do flows from it. - Proverbs 4:23](#)*

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](#)*

Blessed with the fruit of [SELF CONTROL](#), as discussed last week, we must be vigilant about what we (and students) consume, and the impact it has on our emotional, spiritual, and physical health.

### Guard Your Heart: More Reflection Questions

- What type of music, books, and movies will help you get stronger in mind, body and spirit?
- How can you use social media and Internet videos to become a smarter, healthier person?
- What are the consequences of hearing and spreading gossip about other students and people?
- Why is it important, as we learn in Proverbs, to “guard your heart, for everything you do flows from it?”
- How can you balance your movement time with your screen time?

