

LESSON PLANNING - WEEK 6 (SELF CONTROL)

LEARNING OBJECTIVES

- Understand the importance of reaching high overhead with a straight elbow to express good elbow, shoulder and upper back (postural or spinal) mobility.
- Demonstrate a proper pull up or pull up bar hang for a biologically, age-appropriate length of time.
- Identify different temptations: eating too much junk food, staying up late on mobile devices, spreading gossip, playing too many video games, talking back to teachers, etc.
- Understand ways to counter temporary lapses in self control through praying, breathing deeply and being mindful of actions, asking for intercession from St. Monica.

ACTIVITY

Exercise - Overhead Reach, Climbing & Pull Strength

This is a tough exercise of the week because many schools do not have pull up bars, therefore focus on reaching high overhead (while performing exercises like a squat.) You can tell them to reach up high, perform a back swim stroke motion, and then ask about climbing, monkey bars, pull up bar hangs, etc. If you cannot go to the playground or use a pull bar to hang, review the importance of the movement, and do a review and practice of the first five weeks for exercise.

45 Minute Lesson Plan

- Warm Up - walk/jog laps upon arrival; agility moves & jogging (5-6 min)
- Intro Chat - (4-5 min) *Welcome to Week 5 - Reach Overhead, Hanging, Pulling and Self Control! *Ask students about self control (or discipline) and why it may be important.*
- Watch both videos (6 min total) - "important for posture, shoulder mobility, pulling strength"
- Activity #1 - Practice all planks (6 min) - elbows & toes for 60 sec; plank rows for 30 sec; tripod planks - holding one foot or arm in the air, other variations.
- Activity #2 - Regular Toe Touches + Single Leg Floor Touches (6 min) - practice 10 toe touches with feet together and reaching to the sky between each one. Then practice 10 floor touches balancing on each foot - try with bent knee and with both knees straight. **Ask them where they feel the stretch in the toe touch to help with their body awareness.*
- Activity #3 Reaction Time + Agility Relay, (8 min) in lines or teams, everyone lies on their back, and on the first whistle, first student pops up to a 1 leg stance, counts to 10, then skips (pick any agility exercise) to other end and back, upon which next student pops up and repeats.
- Deep Squat Chat (4 min.) Perform 10 more toe touches, 10 more push ups, then drop into a deep squat stretch, and review *Self Control with the ideas and questions on the next page.* **Ask them what self control or discipline means to them? What Pope Benedict's quote means to them? Ask them how often they get distracted or what distracts them? Talk to them about focusing on just homework - to turn off music, the TV, etc when doing homework. Ask them about temptations.*



Identity Statement - “I am What I Focus On”

You can share any number of stories - a good idea is to combine this identity statement and principle with the [SLEEP](#) principle. You can ask the students what the last things are that they focus on before going to sleep.

Is it social media, the news, gossip, prayers, a talk with a parent, or a good book? What are the “bookends” of their day that will focus their thoughts and dreams?

Principle - Self Control



At one school I asked the 6th graders if they knew who Johnny Cash was and surprisingly, most of them did. I told them that he has been quoted with saying, “*being a Christian ain’t for sissies.*” I told them self-control is not easy. But we were not meant for *easy*. We were meant for greatness we are meant to be saints, to reword Pope Benedict’s quote from the weekly worksheet.

I have also talked to students about this moment depicted in this image to the left. There is a moment we all have between an action or event and our reaction to it. That is where self control comes into play. Being mindful of those moments is key.

We can reflect upon many ways to teach, embrace and practice self-control such as setting meaningful, clear goals to help us stay on track, keeping reminders of our *goal-state* around (a picture, rosary, etc), asking others for support or joining a support group/club or community with similar goals.

If you want to quote the bible again or reference the “fruits of the Holy Spirit”, (we know that we are producing spiritual fruits when we are spiritually healthy), you can mention that [SELF CONTROL](#) is one of the fruits of the Holy Spirit. (Paul’s letter to the Galatians; Gal 5:23-23) Also in 2 Timothy:

“God has not given us a spirit of cowardice, but of power, love and self-control.”

– 2 Timothy 1:7

Reflection & Goals

- When is a time you struggle with your self-control?
- What is something you can focus on instead that could help you be healthier?
- During times you want to focus on a task like homework or practicing a sport, how can you remove temptations that may distract you?

