



# Creation Lens

*Exploring the World, Discovering God*

*Grade Level: Grade 5*

*Title:*

## **Strengthen Yourself**

*Denomination: Catholic*

*Lesson ID: OS-G5-01-CA*

**Contact Info:**

Exploring the World, Discovering God (EWDG)  
Institute for Theological Encounter with Science & Technology (ITEST)  
20 Archbishop May Drive, Suite 3400A  
St. Louis, MO 63119

EWDG email: [EWDG-Info@creationlens.org](mailto:EWDG-Info@creationlens.org)

EWDG web site: [www.creationlens.org](http://www.creationlens.org)

ITEST web site: [www.faithscience.org](http://www.faithscience.org)

Ph: 314.792.7220

***Note: Web sites referenced in this lesson were valid at time of publication.***

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## OTHER SUBJECTS (DANCE) – GRADE 5 – CATHOLIC

### LESSON TITLE: Strengthen Yourself

#### LESSON CONCEPT

- Use of the body to build strength, balance, and flexibility

#### GOAL OF LESSON

- Students will learn that consistent practice will yield stronger bodies, build balance, and increase flexibility.

#### OUTCOME EXPECTED

- Students will continue to enjoy dance throughout life.

#### RELIGION LESSON CONCEPT

- Strengthen your spiritual life through spiritual practices

#### GOAL OF RELIGION LESSON

- Students will see the impact of the reception of the Sacraments on our personal lives.

#### OUTCOME EXPECTED

- Students will be able to relate Sacraments to daily life.

## MATERIALS NEEDED

- Area for dance exercises
- Music CD
- CD player

## LESSON METHODOLOGY

- **EXPLAIN** how dance and exercise are built on the science concepts of anatomy and motion.
- **GIVE** several examples of muscles, organs, and bones which will illustrate how dance uses those concepts.
- **SAY:** Consistent practice will build strength, increase your balance, and improve your flexibility.
- **HAVE** students run through a dance routine several times to get the correct steps, build strength and balance and improve flexibility.
- **SAY:** Each time that you go through your dance routine or exercises, you have done it more easily, had more flexibility, and are building muscle strength. You are also increasing your heart health.
- **HAVE** students do additional dance exercises.
- **COMMENT** on how much better they do each time.

## MATERIALS NEEDED

- Religion Notebook/Journal
- Pen or pencil
- List of the Seven Sacraments

## RELIGION METHODOLOGY

- **SAY:** Just as our bodies require exercise and use to stay healthy, our souls require exercise and use to stay healthy. We call many religious practices by the term “spiritual exercises”. This means that when we pray or receive the sacraments it is like exercising or dancing. It builds our spiritual strength, gives us better balance in our lives, and makes us more flexible in obeying God’s wishes for us.
- **GIVE** each student a copy of the Seven Sacraments.
- **SAY:** Here is one list of Spiritual Exercises which we call the Seven Sacraments.

**Baptism:** Jesus brings us into His family; **Exercise:** Jesus trains me to be inclusive and welcoming to the least of my brothers and sisters (someone I don’t want to be with).

**Confirmation:** Jesus strengthens me with His own spirit to witness the Good News; **Exercise:** standing up for what I believe even when I’m laughed at.

- **GIVE** several examples of how dance and exercise use the concepts of motion. (force, inertia)
- **SAY:** Dance is one activity you can enjoy throughout your entire life. When you are young, you are able to do more vigorous dance. As you grow older and remain in normal good health, you can still dance. There are many types of dances that you can do until you are very, very old.
- **POSIT:** Dance is built on the sciences of anatomy and motion.

**Eucharist:** Jesus feeds me with His own risen life; **Exercise:** reaching out in love to others, even those who irritate me, when there is nothing in it for me (sacrifice).

**Reconciliation:** Jesus forgives me when I am unfaithful to Him; **Exercise:** developing the strength to be a forgiving person and letting God set the record straight when I'm wronged.

**Anointing of the Sick:** Jesus strengthens His own for the struggle of suffering; **Exercise:** becoming a healing person to those struggling.

**Matrimony:** Jesus joins the couple in His own self-giving love; **Exercise:** teaching me to spot the gifts of others and calling them to shine alongside my own rather than competing.

**Holy Orders:** Jesus chooses leaders to serve His people; **Exercise:** teaching me to spot the gifts of others and calling them to shine alongside my own gifts rather than competing.

- **ASK:** What is a sacrament? (an outward sign instituted by Christ to give grace)
- **SAY:** Since these sacraments unite us with God and we receive spiritual strength, we receive the gift of God each time we receive them.
- **ASK:** When you were baptized, you became part of God's family and were given the strength to grow and

mature. When you receive the Sacrament of Penance (Reconciliation), what does that spiritual exercise and the reception of God's grace help you do? (avoid sin, obey God)

- **SAY:** Write the seven sacraments in your Religion Notebook and next to each sacrament write how that sacrament and its grace help you.
- **ALLOW** time for the students to complete the writing task.
- **GO** over each sacrament and record the students' answers. Here are some possible answers:
  - ~Baptism: grow and mature;
  - ~Penance: avoid sin, obey God;
  - ~Holy Eucharist: grow strong, spread the Gospel message, live as Jesus wants us to live;
  - ~Confirmation: proclaim the message of Jesus, be strong in our faith; stand up for what we believe;
  - ~Anointing of the Sick: stay strong even when ill, be prepared to go to God;
  - ~Holy Orders: be a faithful servant of the Church, lead by example and word;
  - ~Matrimony: be faithful to each other, help each other get to heaven; love and cherish each other.
- **HAVE** the students illustrate one sacrament on a piece of paper and post them in the room under a sign: Spiritual Practice (Exercise) Builds Spiritual Strength.
- **POSIT:** Just as using our muscles in physical

exercises and activities builds strength and endurance,  
so using our spiritual muscles in spiritual exercises  
and sacraments builds spiritual strength and  
endurance.

## DANCE LINKS

[www.ehow.com/...dance-activities-elementary-school.html](http://www.ehow.com/...dance-activities-elementary-school.html)

Dance Activities for Elementary School. While some elementary students have the ...rarely incorporate dance into their lives, but dance has the ability to teach...

## RELIGION LINKS

[www.catholicmom.com/2007\\_lesson\\_plans/sacraments.pdf](http://www.catholicmom.com/2007_lesson_plans/sacraments.pdf)

[CatholicMom.com Gospel Activity - Celebrating Our ...](#)

When preparing your lessons, we urge you to inform yourself on the teachings of the ... together creative ideas and activities to supplement your lesson plan, but are not ...

## KEY WORDS

- EXERCISE
- FLEXIBILITY
- STRENGTH
- BALANCE
- DANCE ROUTINE
- ANATOMY

## KEY WORDS

- SPIRITUAL PRACTICES
- SACRAMENT
- BAPTISM
- CONFIRMATION
- EUCHARIST
- ANOINTING OF THE SICK
- PENANCE/RECONCILIATION
- MATRIMONY
- HOLY ORDERS
- SPIRITUAL EXERCISES