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## WEEK FOUR

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A Stunt: Kneel on one leg with the other leg stretched back, the toe off the floor. Stretch your arms out for balance. Bend forward slowly, trying to touch the floor with your nose! Don't let any part of the body touch the floor except the leg you are kneeling on! Do you kneel while you are saying your prayers?

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## WEEK FIVE

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Can you jump rope? Try jumping with it swinging low back and forth. Try jumping with it turning in a full circle. Try it fast, try it slow. How long can you jump before missing? You will be better by the end of the week. There is a proper time and place for jumping so obey your mother and jump where she says.

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## WEEK SIX

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The Backstroke: Stand with legs apart, bend knees slightly; keep back straight, head up tall.

Raise one arm forward, up, back and down in a large circle. Practice with the other arm. Keep arms going in a smooth, continuous movement. Some people like to say ejaculations while they do their exercises. For instance, you can say "Jesus, I love you" while you swing your arms.

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## WEEK SEVEN

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Crossing Over: Lie on your back, arms out at shoulder level, legs together. Raise one leg up and across the body to the floor on the other side. Let the knee bend, touching toe to the floor. Bring the leg back to the starting position. Try the other leg. Jesus wants us to have a healthy body as well as a healthy soul!

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## WEEK EIGHT

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Wall Exercises: Sit on the floor close to the wall. Cross the legs tailor-fashion, with hands on the floor beside the hips. Bend forward as far as possible. Wiggle hips backward until completely against the wall. Slowly raise the body back up until the whole spine is against the wall and your head against the wall, Practice pushing shoulders against the wall, pulling shoulders down, pushing shoulders up. This will help you to walk straight, just like we should walk straight spiritually toward Jesus!

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## WEEK NINE

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Take the same position as in Week 8 exercise. Practice keeping head against the wall. Slowly turn the head to one side as far as possible, with the shoulders back, the top of the head pushing up. Turn to the center, then turn head to other side. This helps strengthen the neck muscles. St. Christopher must have had strong shoulder and neck muscles as he carried people across the river, including the Baby Jesus

Please record the grade on the First Quarter Report Form and send it to Seton, or submit the grade online at [www.setonhome.org](http://www.setonhome.org).