



# **The 5 Minute Game Plan**

A Catechesis Supplement for Youth Sports

5th Grade - Winter Edition

Created by Peter Piscitello, Executive Director, CYO of Johnson and Wyandotte Counties.

## 5 Minute Game Plan - 5th Grade Year

August 1, 2013

Dear CYO Coaches,

Greetings and welcome to a new year of CYO Sports! We're thrilled you have taken the time out of your busy schedule to be involved in such a fantastic ministry; by coaching our youth and helping them to develop as persons and athletes, you are making an impact that is larger than you probably even imagine. We sincerely appreciate your efforts to this end and look forward to working with you in the coming season.

The most important part of developing any child is helping that child to grow in his or her relationship with God. With that in mind, we have created the enclosed materials. Titled *The 5 Minute Game Plan*, the goal is for this to be exactly that: a 5-10 minute supplement to CYO practices that creates a curriculum for faith formation in our CYO. We have worked our Archdiocesan schools and School of Religion programs to create a program that supplements the specific themes and curriculum addressed in your child's primary faith formation. Of course, we have also taken into account that their primary formation begins at home. On this page and the one that follows, I will provide an overview of your role as a coach, and instructions on how to implement this new requirement within your team.

First, a quick word of encouragement. We understand that the majority of our parents weren't theology majors or may not even be comfortable praying in front of a group of children. I can assure you that this program has been developed so that it can be implemented by anyone. Simply follow these instructions and you will be on your way to a truly fulfilling addition to practice each week. It's as simple as following each week's lesson in this packet.

As you may have already noticed, this packet is split into a couple of parts. First you will find an overview of the entire year that includes the theme, scripture and saint for each week. Then you will find the individual "lessons." The requirement is simple: at your team's first practice of each week, you will need to begin practice with the lesson for that week. Lessons begin with the second week of preseason and go until the end of the season for each sport. Within each lesson, you will find the following:

- Theme: based on age-appropriate themes from school and religious education curriculum
- Scripture: a weekly scripture passage based on the theme
- Saint or Topic: a relevant Saint or topic that helps convey the scripture and theme
- Discussion Question: 1-2 Questions that help connect the theme to individual and team
- Practice Plan: A tip for coaches on how to make this theme come alive during practice
- Prayer: A prayer that will close the lesson and lead into practice
- Post-Practice Prayer: A simple reminder of the week's theme and closing prayer

That's it, a full lesson that should take 5-10 minutes depending on discussion and is fully scripted. We also encourage you to involve the children by having them take turns reading the scripture each week and say the prayers. Either the head coach or assistant should usually lead the saint/topic and discussion, but you can simply read the material on the page. You can certainly take some time to prepare prior to practice if you desire, but the program is designed so that you can simply take the lesson to practice and use it without preparation. We have also

## 5 Minute Game Plan - 5th Grade Year

encouraged parishes to adjust practice times so that this time is “added” to the allotted time and not a part of your hour or so of practice time. Remember that this only takes place at the first practice of each week, though following up during other practices that week is a great idea.

Again, we appreciate your time as a volunteer coach and your implementation of this new requirement. Our goal is not to add to anything to your already busy schedule, but rather to create a program that can be easily implemented each week to greatly enrich the spiritual element of practice and supplement a child’s primary faith formation curriculum. As you probably already understand, the impact that sports has on children is dramatic and can be very positive; by connecting sports to concrete topics from scripture and theology, we hope to draw parallels that can help transform lives and deepen the relationship each child has with God. We hope that you’ll find this process to be fruitful and rewarding for your children and you as a coach.

Of course, if you have any questions do not hesitate to contact your Athletic Director or our CYO Office. Our office can be reached at (913) 384-7377 or by email at [admin@cyojwa.org](mailto:admin@cyojwa.org). More information about this initiative, including lessons for all ages and seasons, is available online at [www.cyojwa.org](http://www.cyojwa.org). Best wishes this season and know I will be praying for you and your team!

In Christ,

A handwritten signature in black ink, appearing to read "Peter J. Piscitello". The signature is stylized and cursive.

Peter J Piscitello  
Executive Director, CYO

## 5 Minute Game Plan - 5th Grade Year

Season and Practice Week Number



### SAMPLE PLAN WITH INSTRUCTIONS

Fall Sports Preseason Week 1

Theme: The Trinity  
Scripture: 1 John 5:7-9

Read  
aloud  
by  
coach  
or  
child



*"And the Spirit is the witness, because the Spirit is the truth. There are three witnesses, the Spirit, the water and the blood; and these three agree. If we receive the testimony of men, the testimony of God is greater; for this is the testimony of God that he has borne witness to his Son."*

Scripture length may differ based on curriculum in schools (if a specific verse is required in school, entire verse was generally placed here)

Saintly Example: Saint Patrick



Coach reads written script aloud to team.

Saint Patrick is most well known for his work teaching the people of Ireland about Jesus, but he also gave us important teachings about the Holy Trinity. When he was teaching people in Ireland, he used a local plant called a Shamrock to teach about the trinity. He showed that the Shamrock has three leaves, but is still one plant, just like the Holy Trinity has three persons (God, Jesus, and the Holy Spirit) but is still one. The people of Ireland were so inspired by St. Patrick's teachings, they asked to be baptized and have carried their love of Jesus and Mary all over the world! St. Patrick was known as a courageous man who worked his entire life to help people grow closer to God and to know about the Holy Trinity.

Discussion:



Read each bullet point aloud to generate discussion. Try to get 2-3 answers each or more if time and participation allows.

- Explain that the sign of the cross is a constant reminder of the Holy Trinity. As we say "In the name of the Father, and the Son, and the Holy Spirit, we remember that God is three persons and are praying that He will guide us in our prayer!
- St. Patrick used the shamrock to teach people about God, what are some ways that you can show that you believe and God and teach others about God at school and during our sports season?



Coaches are encouraged to try to get different kids involved with discussion each week so that all are being included in discussions through year.

Practice Plan



- Ask the kids to remember the Holy Trinity every time they make the sign of the cross and to think about ways they can help spread the gospel like St. Patrick did.

A tip or theme for the coach to consider in order to connect theme through practice. Don't read aloud.

Prayer



- Jesus, we thank you for bringing us together as a team in this new season. We pray that during all our practices and games this year that we can put you first and remember you in all that we do. Help us to be safe and to have fun this year. We ask this as we pray together the Glory Be prayer: Glory Be to the Father, and to the Son and to the Holy Spirit. As it was in the beginning, is now and ever shall be, a world without end. Amen.

Prayer can be read by coach or by child and ends "before practice" portion.

End of Practice: Remind kids about the example of St. Patrick and ask them to think about the Holy Trinity every time they make the sign of the cross. Say the following prayer to close practice:



Reminder of theme by coach.

Our Father, Who art in heaven, Hallowed be Thy Name, Thy Kingdom come, Thy Will be done, on earth as it is in Heaven. Give us this day our daily bread, and forgive us our trespasses, as we forgive those who trespass against us. And lead us not into temptation, but deliver us from evil. Amen. St. Patrick, Pray for us!



Closing prayer read by coach or child.

## 5 Minute Game Plan - 5th Grade Year

### Year Outline

#### Fall Seasons

- Preseason Week 1 - **Theme:** Mary's Role in the Church **Scripture:** John 19:26-27 **Saint:** St. John and Our Mother Mary
- Preseason Week 2 - **Theme:** The Rosary **Scripture:** Luke 1:26-33 **Saint:** St. Juan Diego
- Regular Season Week 1 - **Theme:** The Joyful Mysteries **Scripture:** Luke 2:8-12 **Saint:** None
- Regular Season Week 2 - **Theme:** The Sorrowful Mysteries **Scripture:** Matthew 26:45 **Saint:** None
- Regular Season Week 3 - **Theme:** The Glorious Mysteries **Scripture:** Matthew 28:1-7 **Saint:** None
- Regular Season Week 4 - **Theme:** The Luminous Mysteries **Scripture:** John 2:1-11 **Saint:** None
- Regular Season Week 5 - **Theme:** Made in the Image of God **Scripture:** 1 Corinthians 6:19-20 **Saint:** St. Rose of Lima
- Regular Season Week 6 - **Theme:** Prayer **Scripture:** 1 Thessalonians 5:16-18 **Saint:** St. Kateri Tekakwitha
- Regular Season Week 7 - **Theme:** Forgiveness **Scripture:** Luke 15:11-32 **Saint:** St. Rita of Cascia
- Regular Season Week 8 - **Theme:** Service **Scripture:** John 13:1-20 **Saint:** St. Andre Bessette

#### Winter Seasons

- Preseason Week 1 - **Theme:** Sacraments - Baptism **Scripture:** Matthew 3:1-6, 13-17 **Saint:** St. John the Baptist
- Preseason Week 2 - **Theme:** Sacraments - Reconciliation **Scripture:** Luke 15:4-10 **Saint:** St. Pio of Pietrelcina
- Preseason Week 3 - **Theme:** Sacraments - Eucharist **Scripture:** 1 Corinthians 11:17-34 **Saint:** St. Teresa of Avila
- Preseason Week 4 - **Theme:** Sacraments - Confirmation **Scripture:** Ephesians 1:13-14 **Saint:** St. Catherine Laboure
- Preseason Week 5 - **Theme:** Sacraments - Marriage & Family **Scripture:** Matthew 19:4-6 **Saint:** Holy Family
- Preseason Week 6 - **Theme:** Sacraments - Holy Orders **Scripture:** John 10:1-21 **Saint:** St. Mathew
- Regular Season Week 1 - **Theme:** The Priesthood **Scripture:** Matthew 28:18-20 **Saint:** St. John Vianney
- Regular Season Week 2 - **Theme:** Religious Orders - Benedictines **Scripture:** Luke 14:11 **Saint:** Sts. Benedict and Scholastica
- Regular Season Week 3 - **Theme:** Religious Orders - Ursulines **Scripture:** 1 Peter 5:6-7 **Saint:** St. Angela de Merici
- Regular Season Week 4 - **Theme:** Religious Orders - Vincent de Paul & Sisters of Charity **Scripture:** Luke 10:29-37 **Saint:** St. Vincent de Paul
- Regular Season Week 5 - **Theme:** Religious Orders - Missionaries of Charity **Scripture:** Philippians 2:4-7 **Saint:** Blessed Mother Theresa
- Regular Season Week 6 - **Theme:** Religious Orders - Sisters Servants of Mary **Scripture:** John 13:34-35 **Saint:** Blessed Mary Catherine Irigoyen Echegaray
- Regular Season Week 7 - **Theme:** Sacraments - Anointing of the Sick **Scripture:** Luke 7:1-10 **Saint:** St. Peregrine
- Regular Season Week 8 - **Theme:** Miracles **Scripture:** John 6:1-15 **Saint:** St. Anthony of Padua
- Regular Season Week 9 - **Theme:** The Sanctity of Life **Scripture:** Jeremiah 1:5 **Saint:** Blessed John Paul II

#### Spring Seasons

- Preseason Week 1 - **Theme:** The Holy Bible & Scripture **Scripture:** Matthew 5:18-19 **Saint:** St. Luke
- Preseason Week 2 - **Theme:** Spreading the Gospel **Scripture:** Psalm 96:3 **Saint:** St. Mark

## 5 Minute Game Plan - 5th Grade Year

- Regular Season Week 1 - **Theme:** Liturgical Seasons **Scripture:** Matthew 9:15 **Saint:** St. Lawrence
- Regular Season Week 2 - **Theme:** Holy Days of Obligation **Scripture:** Colossians 2:16-17 **Saint:** St. Martin of Tours
- Regular Season Week 3 - **Theme:** The Resurrection **Scripture:** John 20:1-9 **Saint:** St. Thomas
- Regular Season Week 4 - **Theme:** The Holy Spirit **Scripture:** John 20:19-23 **Saint:** St. Matthias

## 5 Minute Game Plan - 5th Grade Year

Winter Sports Preseason Week 1

**Theme:** Sacrament of Baptism

**Scripture:** Matthew 3: 1-6, 13-17

*In those days came John the Baptist, preaching in the wilderness of Judea, <sup>2</sup> Repent, for the kingdom of heaven is at hand.” <sup>3</sup> For this is he who was spoken of by the prophet Isaiah when he said,*

*“The voice of one crying in the wilderness: Prepare the way of the Lord, make his paths straight.”*

*<sup>4</sup> Now John wore a garment of camel’s hair, and a leather belt around his waist; and his food was locusts and wild honey. <sup>5</sup> Then went out to him Jerusalem and all Judea and all the region about the Jordan, <sup>6</sup> and they were baptized by him in the river Jordan, confessing their sins.*

*Then Jesus came from Galilee to the Jordan to John, to be baptized by him. <sup>14</sup> John would have prevented him, saying, “I need to be baptized by you, and do you come to me?” <sup>15</sup> But Jesus answered him, “Let it be so now; for thus it is fitting for us to fulfill all righteousness.” Then he consented. <sup>16</sup> And when Jesus was baptized, he went up immediately from the water, and behold, the heavens were opened and he saw the Spirit of God descending like a dove, and alighting on him; <sup>17</sup> and behold, a voice from heaven, saying, “This is my beloved Son, with whom I am well pleased.”*

**Saintly Example:** St. John the Baptist

From the very beginning of his life, St. John the Baptist had an important mission. He was called to help prepare the world for the coming of Jesus by preaching and baptizing people in the name of The Lord. When he was preaching one day by the Jordan river, Jesus came to him to be baptized. The gospel you read today shows that John recognized Christ right away and did not feel worthy to baptize him. However, Jesus asked him to and he did so. After this wonderful event, John continued to preach in the Jordan river valley where he told people about Jesus and led many people to follow The Lord. When we are baptized (most of us as babies), we are cleansed of original sin and sent into the world to proclaim the Word of God and lead people to Jesus too!

### **Discussion:**

- John the Baptist played an important role, preaching to people and telling them to live holy lives, for The Lord was near. How are we called to live like John today? Do you think we're called to share the gospel with people and let them know who Jesus is?
- How can we do this on our team this year? How can we make sure that when we practice and play, we are proclaiming The Lord and helping lead people to Him?

**Practice Plan:** Develop some plans for the season on how your team can be sure they are sharing the gospel through their words and actions. These can be simple things, such as committing to treating your teammates and opponents in a way that is consistent with Christ's teaching. It could be in a special prayer that your team prays at practices or even something as great as planning a service project for the team that helps share the gospel in the world.

**Prayer:** Heavenly Father, you sent John the Baptist to preach and baptize so that the world could be prepared for the coming of your Son, Jesus Christ. Help us to do our part in the world today to teach people about Jesus and help us to share the message of the gospel by how we talk, act and even play on our team in this season. May we always put God first in our lives and work to lead all people to Him. Bless our team with a safe and fun practice, that we may learn and grow in our skill as well as our faith. Amen.

**End of Practice:** Remind the team they are called to share their love of Jesus always, just like John the Baptist did. Then close with the following prayer: *Glory Be to the Father, and to the Son and to the Holy Spirit. As it was in the beginning, is now and ever shall be, a world without end. Amen. St. John the Baptist, Pray for Us!*

## 5 Minute Game Plan - 5th Grade Year

Winter Sports Preseason Week 2

**Theme:** Sacrament of Reconciliation

**Scripture:** Luke 15: 4-10

*What man of you, having a hundred sheep, if he has lost one of them, does not leave the ninety-nine in the wilderness, and go after the one which is lost, until he finds it? <sup>5</sup> And when he has found it, he lays it on his shoulders, rejoicing. <sup>6</sup> And when he comes home, he calls together his friends and his neighbors, saying to them, 'Rejoice with me, for I have found my sheep which was lost.'<sup>7</sup> Just so, I tell you, there will be more joy in heaven over one sinner who repents than over ninety-nine righteous persons who need no repentance. "Or what woman, having ten silver coins, if she loses one coin, does not light a lamp and sweep the house and seek diligently until she finds it?<sup>9</sup> And when she has found it, she calls together her friends and neighbors, saying, 'Rejoice with me, for I have found the coin which I had lost.'<sup>10</sup> Just so, I tell you, there is joy before the angels of God over one sinner who repents."*

**Saintly Example:** St. Pio of Pietrelcina

St. Pio is more popularly known as Padre Pio. He is a fairly recent saint, born in 1887 in Italy. Even as a very young boy, Padre Pio was very devout and holy in his focus on God. He seemed to always know he was called to be a priest. When he became a priest, he was so beloved that people flocked from all around to meet him and particularly to go to confession with him. Padre Pio had a special gift in that he had the ability to read into the hearts of those who went to confession with him; this allowed him to understand all the things that troubled them even before they said it and he was able to lead many people closer to God as a result. Sometimes he would say confession for 10-12 hours per day and hundreds of people would wait in line! Padre Pio is also famous for having a phenomenon known as the stigmata: one day when kneeling in front of the cross he found that his hands had formed wounds where Jesus was nailed to the cross. This was very painful as he lived for 50 years with fresh wounds in his hand and he had to keep his hands bandaged. Many doctors studied the wounds but could find no earthly reason for them! Many people were amazed to find that these wounds actually created an odor of flowers and perfumes. When Padre Pio died in 1968, his hands miraculously healed and doctors could find no trace of the wounds. St. Pio was truly a very holy and gifted priest!

**Discussion:**

- Padre Pio was known for being a great confessor. God wants us to go to confession so we can be healed of our sins. Do we understand the importance of confession? How do we feel after we go to confession?
- Padre Pio had many special talents. What special talents do we have that can help this team? What talents do we have that can help us lead other people closer to God?

**Practice Plan:** Encourage all the kids to attend confession. You could even ask your priest and schedule a practice where kids could go to confession during practice just outside the gym. What an amazing blessing this would be and a great example for the kids of what this is all about!

**Prayer:** Lord, you teach us in your gospel that you rejoice in finding even the one lost sheep and returning them home. As sinners, help us to understand that we are the lost sheep in need of returning to you so that you can heal us. Help us to follow the example of St. Pio of Pietrelcina and to seek always to confess our sins, come to you and worship you each day. May our actions on this team glorify you, for we know you are always present when we gather to pray, practice and play. Bless us today with a great practice and bring us closer to you through it. Amen.

**End of Practice:** Remind the children about the importance of confession and find one special talent in each child to praise by the end of practice. Close with the following prayer: *Glory Be to the Father, and to the Son and to the Holy Spirit. As it was in the beginning, is now and ever shall be, a world without end. Amen. St. Pio of Pietrelcina, Pray for Us!*



## 5 Minute Game Plan - 5th Grade Year

Winter Sports Preseason Week 3

**Theme:** Sacrament of the Eucharist

**Scripture:** 1 Corinthians 11: 17-34

*But in the following instructions I do not commend you, because when you come together it is not for the better but for the worse. <sup>18</sup> For, in the first place, when you assemble as a Church, I hear that there are divisions among you; and I partly believe it, <sup>19</sup> for there must be factions among you in order that those who are genuine among you may be recognized. <sup>20</sup> When you meet together, it is not the Lord's supper that you eat.\* <sup>21</sup> For in eating, each one goes ahead with his own meal, and one is hungry and another is drunk. <sup>22</sup> What! Do you not have houses to eat and drink in? Or do you despise the Church of God and humiliate those who have nothing? What shall I say to you? Shall I commend you in this? No, I will not.*

*For I received from the Lord what I also delivered to you, that the Lord Jesus on the night when he was betrayed took bread, <sup>24</sup> and when he had given thanks, he broke it, and said, "This is my body which is for you. Do this in remembrance of me." <sup>25</sup> In the same way also the chalice, after supper, saying, "This chalice is the new covenant in my blood. Do this, as often as you drink it, in remembrance of me." <sup>26</sup> For as often as you eat this bread and drink the chalice, you proclaim the Lord's death until he comes. <sup>27</sup> Whoever, therefore, eats the bread or drinks the cup of the Lord in an unworthy manner will be guilty of profaning the body and blood of the Lord. <sup>28</sup> Let a man examine himself, and so eat of the bread and drink of the cup. <sup>29</sup> For any one who eats and drinks without discerning the body eats and drinks judgment upon himself. <sup>30</sup> That is why many of you are weak and ill, and some have died. <sup>31</sup> But if we judged ourselves truly, we should not be judged. <sup>32</sup> But when we are judged by the Lord, we are chastened so that we may not be condemned along with the world. So then, my brethren, when you come together to eat, wait for one another— if any one is hungry, let him eat at home—lest you come together to be condemned. About the other things I will give directions when I come.*

**Saintly Example:** St. Teresa of Avila

St. Teresa lived at a time of great turmoil and trouble throughout the world. Early in her life she found it very difficult to pray and even though she became a Carmelite nun, she still struggled with believing she was not worthy to pray to God because she was a sinner. Yet as she grew older, she learned that God was really calling everyone to Him even though we're all sinners, and she began to pray often. Out of these prayers and her experience came great writings and teachings for the Church. She taught that prayer is really just a wonderful conversation with God and she encouraged everyone to engage in mental (internal) prayer. Even though for parts of her life people tried to stop all her good works and teachings, she managed to begin several new convents and spread the Word of God around Europe. She was named a Doctor of the Church, a special title for saints whose writing and teaching helps lead many to God. Her teachings on prayer are still read and inspire many people today.

**Discussion & Practice Plan:** Receiving the Eucharist and praying to God are the two most central parts of our Catholic faith. Remind the children of the importance of the Eucharist and explain that they can speak to God whenever they want through even short mental prayers. Ask if they have any questions or things to discuss about the Eucharist or prayer.

**Prayer:** God, you give us the Eucharist as your very flesh and blood, our very source of life and strength. Help us to follow the example of St. Teresa of Avila, who was devoted to the Eucharist and taught the Church about the beauty of prayer. May we develop prayer in our own lives so that we can have conversations with you frequently through the day. In our prayer at practice, prepare us not only for this sport we play, but strengthen us to always do your will and proclaim your glory. Amen.

**End of Practice:** Remind the kids about the importance of the Eucharist and Prayer, then close with the following prayer: *Glory Be to the Father, and to the Son and to the Holy Spirit. As it was in the beginning, is now and ever shall be, a world without end. Amen. St. Teresa of Avila, Pray for Us!*

## 5 Minute Game Plan - 5th Grade Year

Winter Sports Preseason Week 4

**Theme:** Sacrament of Confirmation

**Scripture:** Ephesians 1: 13-14

*In him you also, who have heard the word of truth, the gospel of your salvation, and have believed in him, were sealed with the promised Holy Spirit, <sup>14</sup> who is the guarantee of our inheritance until we acquire possession of it, to the praise of his glory.*

**Saintly Example:** St. Catherine Laboure

St. Catherine Laboure lived in France in the 1800's and was blessed with many visions of the Virgin Mary. In these visions, Catherine received many blessings and her mission by which she was to spread the Word of God and convert people, many of whom were living in great sin during that time. Perhaps most famously, in 1830 she was praying when Mary appeared and showed her a vision she wished put on medals that people could wear so they could receive great blessings - this vision became the miraculous medal, which became a very popular symbol of devotion.

**Discussion:**

- The Sacrament of Confirmation is one of the three sacraments considered by the church to be the "sacraments of initiation" - Baptism and the Eucharist are the other two. Most children will receive this sacrament in the 8th grade and it is marked by the gift of the Holy Spirit. How can we prepare to receive this sacrament over the next four years? How are we called to act as a result of these sacraments?
- St. Catherine Laboure saw a vision that led to the creation of the miraculous medal. Do you have any medals or symbols you wear or have at home that are reminders of your faith or show your devotion to God? (Share)

**Practice Plan:** Encourage the kids to share any medals or special devotions they may have and coaches may do the same. Focus on being positive with all the kids today and pointing out at least one special talent in each child during practice.

**Prayer**

- Lord, we thank you for the sacraments we have received and the examples of your saints who help teach us about you and lead us to you. We pray today for all those who will be receiving a sacrament this year. We pray also for our families. We thank you for their love and for their bringing us to practices and games. Bless them and keep them safe and happy. We ask that you bless our team and our practice today, so that we may grow not only in our athletic skill but more importantly in our love of God and our faith. Amen.

**End of Practice:** Remind the children of the importance of the sacraments and remember to point out that special talent in each child. Close with the following prayer:

- Our Father, Who art in heaven. Hallowed be Thy Name. Thy Kingdom come, Thy Will be done, on earth as it is in Heaven. Give us this day our daily bread, and forgive us our trespasses, as we forgive those who trespass against us. And lead us not into temptation, but deliver us from evil. Amen. St. Catherine Laboure, Pray for us!

## 5 Minute Game Plan - 5th Grade Year

Winter Sports Preseason Week 5

**Theme:** Sacrament of Marriage

**Scripture:** Matthew 19: 4-6

*He answered, "Have you not read that he who made them from the beginning made them male and female, <sup>5</sup> and said, 'For this reason a man shall leave his father and mother and be joined to his wife, and the two shall become one'? <sup>6</sup> So they are no longer two but one. What therefore God has joined together, let no man put asunder."*

**Saintly Example:** Holy Family

The Holy Family is made up of Mary, St. Joseph and the child Jesus. Together, they are the perfect example of a family. They share a great love of each other and their lives are focused on God. Mary and Joseph are also a wonderful example of marriage. Though they might be a little different than many families - Mary was called in a special way to have the child Jesus from God, and St. Joseph was his "foster father" here on earth - they represent a couple who showed great love for each other and their child, centering their entire relationship on God and seeking to do His will in all things. Today, we can call upon the intercession of the Holy Family in our own families and ask them to pray for us so that we can be like them and more perfectly follow God.

**Discussion:**

(\*Note: we understand kids may come from many different family situations, so you'll want to use your discretion in how you address this so that all the kids can learn about the Sacrament of Marriage while not feeling excluded should they come from a single parent home, etc)

- Have you ever been to a Catholic wedding? What was it like? How was it like Sunday Mass? How was it different?
- Part of our role as children in families is to listen to our parents when they talk to us or tell us to do something. We can work on that by also listening to our coaches at practice. How can we do a better job of listening to our parents and coaches? Do we stop and do what they ask us at home and practice?

**Practice Plan:** Focus on the importance of children listening to the coach and use this as an example of how they are supposed to listen to their parents at home. This is probably something you are working on constantly, but make it a point to emphasize listening both at here and at home today.

**Prayer**

- Heavenly Father, you give us the example of your Holy Family to help us learn how we should act and to help us follow you. We ask for the prayers of St. Joseph, Mary and Jesus for our own families; please keep them safe and answer the prayers that they have in their hearts. Help us to be good children. Help us to listen to our parents, our teachers and our coaches so that we can learn what they have to teach us. May we always try our best to follow you and do what you ask us to, Lord. Amen.

**End of Practice:** Remind the kids to be good listeners when they return home. Encourage them to thank their parents (or those who care for them) for their love and encourage them to ask their parents about the Sacrament of Marriage. Close with the following prayer:

- Hail Mary, full of Grace. The Lord is with Thee. Blessed art Thou among women and Blessed is the Fruit of Thy Womb, Jesus. Holy Mary, Mother of God, Pray for us sinners, now and at the hour of our death. Holy Family, Pray for Us!

## 5 Minute Game Plan - 5th Grade Year

Winter Sports Preseason Week 6

**Theme:** Sacrament of Holy Orders

**Scripture:** John 10: 7-21

*So Jesus again said to them, "Truly, truly, I say to you, I am the door of the sheep. <sup>8</sup> All who came before me are thieves and robbers; but the sheep did not heed them. <sup>9</sup> I am the door; if any one enters by me, he will be saved, and will go in and out and find pasture. <sup>10</sup> The thief comes only to steal and kill and destroy; I came that they may have life, and have it abundantly. <sup>11</sup> I am the good shepherd. The good shepherd lays down his life for the sheep. <sup>12</sup> He who is a hireling and not a shepherd, whose own the sheep are not, sees the wolf coming and leaves the sheep and flees; and the wolf snatches them and scatters them. <sup>13</sup> He flees because he is a hireling and cares nothing for the sheep. <sup>14</sup> I am the good shepherd;\* I know my own and my own know me, <sup>15</sup> as the Father knows me and I know the Father; and I lay down my life for the sheep. <sup>16</sup> And I have other sheep, that are not of this fold; I must bring them also, and they will heed my voice. So there shall be one flock, one shepherd. <sup>17</sup> For this reason the Father loves me, because I lay down my life, that I may take it again. <sup>18</sup> No one takes it from me, but I lay it down of my own accord. I have power to lay it down, and I have power to take it again; this charge I have received from my Father." There was again a division among the Jews because of these words. <sup>20</sup> Many of them said, "He has a demon, and he is mad; why listen to him?" <sup>21</sup> Others said, "These are not the sayings of one who has a demon. Can a demon open the eyes of the blind?"*

**Saintly Example:** St. Matthew

St. Matthew was one of the twelve apostles and wrote the first gospel. As a result, we owe a great deal of the knowledge we have from the life of Jesus to him and his writing. As an apostle, Matthew was also one of the first to go forth after Jesus' death and resurrection, preaching about God and converting souls. As a result of the work of the apostles, who built the Church as Christ instructed and spread Christianity far and wide, we have today the role of our priests. Our priests are dependents of these first apostles. They preach the gospels they wrote and spread the faith around the world so that we might know God more fully. We are blessed to have our priests and owe much of the Church today to the work of St. Matthew and the apostles who witnessed the life of Jesus and spread His message around the world.

**Discussion & Practice Plan:** Take some time to discuss our priests and religious, pointing out all the wonderful work they do in our parishes and community.

- While some people are called by God to the Sacrament of Marriage, which we discussed last week, others are called to the Sacrament of Holy Orders. These are the vows our priests take. What special gifts to priests have that ordinary people don't have? (Steer the conversation here toward the power to offer the Mass and to forgive sins in confession).
- Have you ever considered the possibility that you are called to the priesthood (boys) or religious life (boys and girls)? Do you pray that God will help you to understand where He is calling you?

**Prayer:**

- Lord, you give us the gift of our priests and religious who are called to live a special life devoted to you and providing for us the sacraments. We thank you for all their work and the blessing they are for us. Please bless them in a special way and strengthen them in their ministry. May we continue to pray for them. Help us to discern your call for each of us as we grow older, trusting that wherever you call us will make us the most happy in life. Bless today's practice and our team as well. Amen.

**End of Practice:** Consider asking your priest or religious at your parish (or have the children ask them) to attend one of your games. You will find they most often are grateful for this invitation. Then close with a prayer of your team's choice.

## 5 Minute Game Plan - 5th Grade Year

Winter Sports Regular Season Week 1

**Theme:** The Priesthood

**Scripture:** Matthew 28:18-20

*And Jesus came and said to them, "All authority in heaven and on earth has been given to me. <sup>19</sup> Go therefore and make disciples of all nations, baptizing them in the name of the Father and of the Son and of the Holy Spirit, <sup>20</sup> teaching them to observe all that I have commanded you; and behold, I am with you always, to the close of the age."*

**Saintly Example:** St. John Vianney

John Vianney is considered the Patron Saint of Priests because of his amazing life and the many gifts he was given by God as a priest. He is also often called the Cure of Ars. Among his many gifts was in confession, where he often spent as many as 16 hours each day hearing confessions. He also worked to change the world around him and lead people back to God through his church. During his life, many people had stopped going to Mass on Sunday, so he worked tirelessly to teach that Sundays were reserved for God. He was patient and kind with all those who came to see him. By the end of his life, people were coming to him from all over the world because they had heard of this amazing priest!

**Discussion:**

- What is (are) the name(s) of the priest(s) at your parish? Do you know them? Do you pray for them?
- How can we honor our priests on our team and during the season? Have we asked them to attend one of our practices or games and bless our team? Can we pray for them and their ministry in a special way at our practices?

**Practice Plan:** Work with the children to determine a special way in which you can honor your parish priest(s) through your team. This can be as simple as making it a point to pray for them at practice each week. If possible, ask them to come to a practice or game to see the kids participate and bless the team.

**Prayer**

- Lord, we pray especially this day for our parish priest(s) Fr. (names). We thank you for his/their service to our parish and our school. We ask that you bless him/them each day and give them the graces they need to do their work as priests. May you grant them times of relaxation and rest as well as give them the strength they need each day. We ask for the prayers and intercession of St. John Vianney on their behalf. May you also bless our team with a safe and fun practice today. Amen.

**End of Practice:** Follow through on your team's special way of honoring your priest and close with the following prayer:

- Our Father, Who art in heaven. Hallowed be Thy Name. Thy Kingdom come, Thy Will be done, on earth as it is in Heaven. Give us this day our daily bread, and forgive us our trespasses, as we forgive those who trespass against us. And lead us not into temptation, but deliver us from evil. Amen. St. John Vianney, Pray for us!

## 5 Minute Game Plan - 5th Grade Year

Winter Sports Regular Season Week 2

**Theme:** Religious Orders - Benedictines

**Scripture:** Luke 14: 11

*“For every one who exalts himself will be humbled, and he who humbles himself will be exalted.”*

**Saintly Example:** Sts. Benedict and Scholastica

Saints Benedict and Scholastica were brother and sister who both created monasteries near each other and dedicated their lives to God and their brothers and sisters in religious life. St. Benedict founded the Benedictine order, which includes both male (monks) and female (nuns) religious. In fact, though they are all over the world, this order established a prominent abbey in nearby Atchison, KS. Benedictines are known for their commitment to the Rule of St. Benedict, the way of life that St. Benedict wrote and lives on today. They live mostly in monasteries where they carry out their life of prayer, reading and service. Each community has an Abbot who is considered the leader of their community and the monks/nuns carry out a variety of special tasks to care for their monastery and often the people of the surrounding community.

**Discussion:**

- Has anyone met a Benedictine monk or nun? What color habit do they generally wear? (Black, though some orders wear white.) Is anyone familiar with the special prayers they pray during the day? (Called the Liturgy of the Hours, they pray a combination of psalms and scripture in the morning, at mid-day, in the evening and before bed at night.)
- Religious orders are communities of holy men and women who have devoted their lives to Christ. Though we are not taking the same as a religious community in many ways, our CYO team is a community of people who pray, practice, and play together (we even wear uniforms). How do we want to be known as a team? Do we want to set an example by our prayer? What about in the way we practice hard and treat each other and our opponents?

**Practice Plan:** Consider the identity of your team. This can be a fun and simple exercise with the kids, but is an important element of this experience. Help steer them to a focus on prayer, the development of friendships among teammates and a way of playing that glorifies God and treats their opponents with respect. Think of ways you can solidify the identity of your team through reminders of "who we are" even outside of just the uniform. Some coaches have create prayer cards or used special prayers at practice based on what the kids determine they want their identity to be.

**Prayer**

- Lord, you give us the gift of men and women religious so that we have examples of holiness and prayer. Bless the Benedictines in our local community and at the Benedictine Abbey in Atchison. May their work and prayer be fruitful and may you protect them and guide them in their ministry. We ask also that you bless our community within our team. May we grow together in a love for you as we pray together and practice. Bless our coaches and our families today and always. Amen.

**End of Practice:** Reiterate the identity of the team and consider how you will implement this going forward. Close with the following prayer:

- Our Father, Who art in heaven. Hallowed be Thy Name. Thy Kingdom come, Thy Will be done, on earth as it is in Heaven. Give us this day our daily bread, and forgive us our trespasses, as we forgive those who trespass against us. And lead us not into temptation, but deliver us from evil. Amen. Saints Benedict and Scholastica, Pray for us!

## 5 Minute Game Plan - 5th Grade Year

Winter Sports Regular Season Week 3

**Theme:** Religious Orders - Ursulines

**Scripture:** 1 Peter 5: 6-7

*Humble yourselves therefore under the mighty hand of God, that in due time he may exalt you. <sup>7</sup> Cast all your anxieties on him, for he cares about you.*

**Saintly Example:** St. Angela de Merici

St. Angela de Merici founded a group of religious women that was known as the "Company of St. Ursula" and later became known simply as the Ursulines. The group was not formally considered a religious order during her life, but upon becoming officially recognized it was the first order of women religious dedicated to teaching. These nuns were unique in their beginnings in that they did not live in cloister (in a convent) like all other nuns did at the time, but rather remained living within their communities and neighborhoods with the purpose of educating those around them and founding schools that had an emphasis on Christ. The success of St. Angela de Merici's small group of women can be attributed to a large group of schools and religious sisters working all over the world today.

### Discussion:

- The Ursulines are a teaching order, which means their sisters place a special emphasis on educating children through the world. Do you have any nuns that come to your school? Do you know what order they come from? (There are several, you just have to ask!)
- Do we make schoolwork a priority each day? What are our favorite subjects in school? Do we understand how important it is that we learn and strive for good grades? Do we listen to our teachers in school?

**Practice Plan:** Focus on the importance of working hard in school and making that a priority ahead of sports. Explain that if they don't get good grades, they won't have the opportunity to play on teams as they get older. Make it a point to encourage them to listen to their teachers and focus on schoolwork.

### Prayer

- Heavenly Father, we thank you for the gift of our teachers and our schools. We thank you for the opportunity to learn about the world arounds us and most importantly to learn about you. We pray especially for all those in religious life who are committed to teaching, especially those in the Ursuline order of nuns. Look with favor upon our team and help each of us to learn at home, in school and in practice to the best of our ability. We ask that you watch over us today and protect us from harm. Bless us with a fun practice and help us to come to know you better through our participation on this team. Amen.

**End of Practice:** Remind the children of the importance of focusing on their schoolwork and trying their absolute best in school. Encourage them to listen to their teachers and to pray for their teachers. Close with the following prayer:

- Hail Mary, full of Grace. The Lord is with Thee. Blessed art Thou among women and Blessed is the Fruit of Thy Womb, Jesus. Holy Mary, Mother of God, Pray for us sinners, now and at the hour of our death. St. Angela de Merici, Pray for Us!

## 5 Minute Game Plan - 5th Grade Year

Winter Sports Regular Season Week 4

**Theme:** Religious Orders - Vincent de Paul & Sisters of Charity

**Scripture:** Luke 10: 29-37

*But he, desiring to justify himself, said to Jesus, "And who is my neighbor?"<sup>30</sup> Jesus replied, "A man was going down from Jerusalem to Jericho, and he fell among robbers, who stripped him and beat him, and departed, leaving him half dead.<sup>31</sup> Now by chance a priest was going down that road; and when he saw him he passed by on the other side.<sup>32</sup> So likewise a Levite, when he came to the place and saw him, passed by on the other side.<sup>33</sup> But a Samaritan, as he journeyed, came to where he was; and when he saw him, he had compassion,<sup>34</sup> and went to him and bound up his wounds, pouring on oil and wine; then he set him on his own beast and brought him to an inn, and took care of him.<sup>35</sup> And the next day he took out two denarii and gave them to the innkeeper, saying, 'Take care of him; and whatever more you spend, I will repay you when I come back.'<sup>36</sup> Which of these three, do you think, proved neighbor to the man who fell among the robbers?"<sup>37</sup> He said, "The one who showed mercy on him." And Jesus said to him, "Go and do likewise."*

**Saintly Example:** St. Vincent de Paul

Charity has been considered the primary virtue of St. Vincent de Paul, who was most well known for the amazing love he displayed for those in need - from children to the elderly. His work as a priest focused on this service and he is also responsible for the creation of the original order of the Sisters of Charity, though there are now many different communities that have formed. These Sisters, as St. Vincent de Paul did, focus on the care of the poor, sick and elderly, showing them great love and providing for their spiritual and physical needs. They also pledge to live simply by taking a vow of poverty so that they might focus completely on the needs of others. St. Vincent de Paul remains today a great inspiration and example for all of us, including those religious who carry on his mission.

### Discussion:

- We are all called to the virtue of Charity, to love others and care for them. How can we follow the example of St. Vincent de Paul by caring for those in need? Even in our own simple ways, how can we provide for the poor? The sick? The elderly? Do we do things within our families to care for these people? What about at school?

**Practice Plan:** This is an excellent time to consider a service project for the team. Encourage the kids to work together and think of a way they can help someone in need. This could be as simple as having all the kids bring canned food items or clothing to practice that coaches can collect and donate (you can probably do this at the parish or give directly to Catholic Charities). Or if the team and coaches are able, create and plan a bigger service project, taking time from practice one day to go somewhere and serve others. Ask the parish office for help. What an amazing opportunity for the team to learn valuable lessons!

### Prayer

- Lord, we pray today especially for those in most need of your prayers. We pray for the sick, the homeless, the hungry and the poor. We thank you for the efforts of our priests and religious men and women who make it their mission to help care for these people. We ask that you may give us the graces to see how we too might help in our own way. We also thank you for all the blessings you have given to each of us. May we never forget how blessed we are and never cease to help those around us who are less fortunate or in need. May we pray for them and may they know your love and kindness. Amen.

**End of Practice:** Remind the children about the importance of Charity and move forward with your plan to put this into action. Close with a prayer of the team's choosing.



## 5 Minute Game Plan - 5th Grade Year

Winter Sports Regular Season Week 5

**Theme:** Religious Orders - Missionaries of Charity

**Scripture:** Philippians 2: 4-7

*Let each of you look not only to his own interests, but also to the interests of others. <sup>5</sup> Have this mind among yourselves, which was in Christ Jesus, <sup>6</sup> who, though he was in the form of God, did not count equality with God a thing to be grasped, <sup>7</sup> but emptied himself, taking the form of a servant, being born in the likeness of men.*

**Saintly Example:** Blessed Mother Teresa of Calcutta

Most people today will have heard of Mother Teresa, as she lived until 1997 and became famous worldwide for her service and great example of love. Mother Teresa started the Missionaries of Charity religious community which officially began in 1950 and set out to work in service to the poorest of the poor. Her work began in Calcutta, India, where she went out into the "slums" to find the most needy, those left uncared for and seemingly unloved by the world around them. There she showed an amazing love to these people, praying for them and providing for their spiritual and physical needs. She worked to care for them and show them the love of God so that they know Him and see their reward not only through love here, but ultimately in heaven. What began in India soon spread around the world, as Mother Teresa worked to open homes for her Missionaries of Charity in countries all over the world. A woman of great wisdom, she is known for the following quotes:

- "Not all of us can do great things. But we can do small things with great love."
- "Every time you smile at someone, it is an action of love, a gift to that person, a beautiful thing."
- "Prayer is not asking. Prayer is putting oneself in the hands of God, at His disposition, and listening to His voice in the depth of our hearts."

**Discussion:**

- Consider the quotes above. Which one sticks out to you? What do you think it means? How can you put that into action today?
- How do the lessons of Blessed Mother Teresa affect us? What can we do in our homes, schools, teams and community to share the love of Christ and care for those in need?
- How can we show this love within our team? How does it affect how we treat each other?

**Practice Plan:** Focus on making sure the environment of the team is one that facilitates the love that Mother Teresa worked so hard to share. Do teammates help each other when in need (on the court and off)? Emphasize those parts of the sport where the children need their teammates to help them in order to succeed. Perhaps do an activity in practice this week to promote team bonding.

**Prayer**

- Dear God, you call us to love each other just as you love us. Help us to follow the example of Mother Teresa by showing each person we meet great love, whether they are our friends, family or perhaps someone we don't know. Help us to treat our teammates and opponents with love. Even though we compete, help us to do so charitably and knowing that the other person is also a child of God. Bless us today that we might compete to the best of our ability so that we may glorify you. Amen.

**End of Practice:** Remind the kids that they are called to treat everyone with great love as they go forward. Encourage them to follow the example of Mother Teresa in their homes, schools and teams. Close with the following prayer: *Glory Be to the Father, and to the Son and to the Holy Spirit. As it was in the beginning, is now and ever shall be, a world without end. Amen. Blessed Mother Teresa, Pray for Us!*

## 5 Minute Game Plan - 5th Grade Year

Winter Sports Regular Season Week 6

**Theme:** Religious Orders - Sisters Servants of Mary

**Scripture:** John 13: 34-35

*A new commandment I give to you, that you love one another; even as I have loved you, that you also love one another. <sup>35</sup> By this all men will know that you are my disciples, if you have love for one another."*

**Saintly Example:** Blessed Mary Catherine Irigoyen Echegaray

Mary Catherine lived from 1848 - 1918 in Spain. She lived a difficult early life, with both her parents dying of illness by the time she was 23. It became clear early on that she had great charity, not only caring for her parents and siblings but also showing a great compassion for others outside her home. At the age of 33 she entered the Sisters Servants of Mary and began what was to be the rest of her life's work, primarily caring for the sick. With amazing love and kindness, she devoted herself to people with any kind of disease, not worrying that she might contract that disease. She lived this holy life of service for over 35 years, always giving herself completely over to God and service to others.

### Discussion:

- The Sisters Servants of Mary are an order that is dedicated to the service of the sick. In doing so, they fulfill God's call to "love one another" and the Lord's teaching on serving the sick. How do we fulfill this call in our own lives? How do we help if one of our family members is sick? What about our friends?
- How do we show this commandment to "love one another" on our team? What does this mean and how does it influence how we play sports?

**Practice Plan:** Focus on the commandment to "love one another" and create opportunities for the team to "bond" during practice. Any drill or activity where they get to help each other while having fun could be used to this end. Emphasize the importance of being a "team" and caring for one another - it's not only what The Lord asks, it will also help the team competitively.

### Prayer

- Father in Heaven, you command us to love one another. Help us to show each other the love and dignity you call us to. Even when it is difficult, when we are upset or angry, help us to rely on you for help and to treat others as we want to be treated. May we work on this within our team but also at home and school. Bless our team today and help us to grow closer together during this practice, that we may care for each other and help each other to get better. Protect us today and always. Amen.

**End of Practice:** Reiterate God's commandment to "love one another, even as I have loved you." Close with the following prayer:

- Our Father, Who art in heaven. Hallowed be Thy Name. Thy Kingdom come, Thy Will be done, on earth as it is in Heaven. Give us this day our daily bread, and forgive us our trespasses, as we forgive those who trespass against us. And lead us not into temptation, but deliver us from evil. Amen. Blessed Mary Catherine Irigoyen Echegaray, Pray for us!

## 5 Minute Game Plan - 5th Grade Year

Winter Sports Regular Season Week 7

**Theme:** Sacraments - Anointing of the Sick

**Scripture:** Luke 7: 1-10

*After he had ended all his sayings in the hearing of the people he entered Capernaum. <sup>2</sup> Now a centurion had a slave who was dear to him, who was sick and at the point of death. <sup>3</sup> When he heard of Jesus, he sent to him elders of the Jews, asking him to come and heal his slave. <sup>4</sup> And when they came to Jesus, they begged him earnestly, saying, "He is worthy to have you do this for him, <sup>5</sup> for he loves our nation, and he built us our synagogue." <sup>6</sup> And Jesus went with them. When he was not far from the house, the centurion sent friends to him, saying to him, "Lord, do not trouble yourself, for I am not worthy to have you come under my roof; <sup>7</sup> therefore I did not presume to come to you. But say the word, and let my servant be healed. <sup>8</sup> For I am a man set under authority, with soldiers under me: and I say to one, 'Go,' and he goes; and to another, 'Come,' and he comes; and to my slave, 'Do this,' and he does it." <sup>9</sup> When Jesus heard this he marveled at him, and turned and said to the multitude that followed him, "I tell you, not even in Israel have I found such faith." <sup>10</sup> And when those who had been sent returned to the house, they found the slave well.*

**Saintly Example:** St. Peregrine

The story of St. Peregrine is one of conversion and miracles. As a boy, Peregrine was a part of the anti-papal movement and took part in very anti-Church activities. At one such activity, he was said to have struck St. Philip Benizi on the cheek. When the future saint reportedly turned and offered him the other cheek, praying for his persecutor, the young Peregrine was shocked and began to repent. He soon experienced a full conversion of heart and not only lived faithfully, but became a monk. Perhaps more famously, later in life St. Peregrine was diagnosed with cancer in his leg and foot. The day before his leg was to be amputated, Peregrine prayed fervently to God before a crucifix. There he was miraculously cured. With this in mind and after others reported being healed by his intercession after his death, St. Peregrine is considered the Patron Saint of Cancer Patients.

### **Discussion:**

- The Anointing of the Sick is a sacrament intended to "strengthen those who are being tried by illness" (CCC 1511). It is not only for those who are about to die, but for anyone who is in "danger of death from sickness or old age" (CCC 1514). Has anyone seen the Anointing of the Sick at your parish? What occurs? (The priest blesses the sick individually with blessed oil).
- Jesus Christ instituted this sacrament during his life on earth, where he cured many sick during his ministry. Yet it's not only physical illness which The Lord seeks to heal, but also spiritual failing. Just like we strengthen our bodies to overcome illness, we must also strengthen our faith to overcome spiritual attacks. How can we work to strengthen our faith on this team? Does it help to have a team working together to strengthen faith? Is this easier than trying to do things alone?

**Practice Plan:** Consider the above questions and emphasize ways to strengthen your faith as a team through prayer or activities during practice. Perhaps you could also find a way to attend Mass together as a team at least once before the end of the season.

**Prayer:** Lord, we ask on this day that you bless and heal all those who are sick in our families and parish community. May they know your comfort and love. Help us to do whatever we can in our families to care for the sick. We pray that you will not only strengthen us against illness but also strengthen our faith. Bless our team this week and help us to have fun and do the best we can in all things. Amen.

**End of Practice:** Close practice by telling the kids three positive things from the practice. Close with a prayer of your team's choice.

## 5 Minute Game Plan - 5th Grade Year

Winter Sports Regular Season Week 8

**Theme:** Miracles

**Scripture:** John 6: 1-15

*After this Jesus went to the other side of the Sea of Galilee, which is the Sea of Tiberi-as. <sup>2</sup> And a multitude followed him, because they saw the signs which he did on those who were diseased. <sup>3</sup> Jesus went up into the hills, and there sat down with his disciples. <sup>4</sup> Now the Passover, the feast of the Jews, was at hand. <sup>5</sup> Lifting up his eyes, then, and seeing that a multitude was coming to him, Jesus said to Philip, "How are we to buy bread, so that these people may eat?" <sup>6</sup> This he said to test him, for he himself knew what he would do. <sup>7</sup> Philip answered him, "Two hundred denarii would not buy enough bread for each of them to get a little." <sup>8</sup> One of his disciples, Andrew, Simon Peter's brother, said to him, <sup>9</sup> There is a lad here who has five barley loaves and two fish; but what are they among so many?" <sup>10</sup> Jesus said, "Make the people sit down." Now there was much grass in the place; so the men sat down, in number about five thousand. <sup>11</sup> Jesus then took the loaves, and when he had given thanks, he distributed them to those who were seated; so also the fish, as much as they wanted. <sup>12</sup> And when they had eaten their fill, he told his disciples, "Gather up the fragments left over, that nothing may be lost." <sup>13</sup> So they gathered them up and filled twelve baskets with fragments from the five barley loaves, left by those who had eaten. <sup>14</sup> When the people saw the sign which he had done, they said, "This is indeed the prophet who is to come into the world!" Perceiving then that they were about to come and take him by force to make him king, Jesus withdrew again to the hills by himself.*

**Saintly Example:** St. Anthony of Padua

St. Anthony was from Portugal but spent most of his adult life in Italy, living in the early 1200's. He was named a Doctor of the Church because his teachings are considered to be so beautiful and easily understood that they have become known around the world. When St. Francis of Assisi learned of Anthony's gift he made it the young man's mission to preach all over Italy. He earned the nickname in tradition "The Hammer of the Heretics" because his teaching helped to disprove the many who attempted to speak falsely of the church and lead people astray. Several miracles are attributed to St. Anthony during his life, including his ability to make harmless the poison he was fed by enemies of the church. Though he lived to be only 36 years old, his remarkable teachings in life and his intercessions in death make him popular even today.

**Discussion:**

- Jesus performed many great miracles during his ministry. Do you have a favorite bible miracle?
- People often associate miracles with sports, whether improbable comebacks or amazing finishes to games. When players are asked afterwards what allowed them to come back, they often talk about "never losing hope" or "knowing" that the team could do it. What do you think gives teams the ability to have hope and believe in their abilities when it seems like they have lost the game? Does coming back and winning when it looks impossible require a special skill or virtue?

**Practice Plan:** Though it's important to emphasize that the real miracles are those performed by Jesus and the saints in the name of God, this is a fun opportunity to talk about so-called "miracles" in sports. Encourage the kids to continue to have hope and belief in the team even when losing. Inspire them to never give up and tell stories about famous (or your own) triumphs. Always relate back to having hope in Christ and belief in His love and care for us.

**Prayer:** Dear Lord, you performed great miracles both in your life and through the lives of your saints. Increase our hope and trust in you, so that we too can do great things in our lives. Bless our team as well, that we may always perform to the best of our ability and never give up. Protect us today and help us to grow in our faith and the talents you have given each of us. Amen.

**End of Practice:** Simply close practice with a positive attitude and with a prayer of the team's choice.

## 5 Minute Game Plan - 5th Grade Year

Winter Sports Regular Season Week 9

**Theme:** The Sanctity of Life

**Scripture:** Jeremiah 1:5

*"Before I formed you in the womb I knew you, and before you were born I consecrated you; I appointed you a prophet to the nations."*

**Saintly Example:** Blessed John Paul II

Blessed John Paul II spent 27 years as Pope, during which one of his most prominent and constant teachings was on the dignity of human life in all its forms. In writings and homilies, in interviews and conversation, the Pope could be found teaching about the "incomparable worth of the human person" (Evangelium Vitae) and our responsibility to protect the gift of life from the time a child is formed in the womb until the day God calls them home to heaven. At a time when many fought against him, John Paul II courageously stood for the teachings of the Catholic Church and the importance of every human life, calling upon all the church to defend life with him. Pope John Paul II will be canonized a Saint on April 27, 2014.

**Discussion:**

- The Catholic Church teaches that we are to respect the dignity of all human life from the time a child is formed by God to the end of their life. How can we help defend the sanctity of life in our daily lives? Are there activities in our schools and parishes that we can be involved in?
- How can we treat each other with dignity and respect in school and on our team? Does the way we treat each other demonstrate our love for our brothers and sisters in Christ as well as our respect for each person?

**Practice Plan:** This is an important teaching of the Catholic Church and supplements the teachings the children will receive in their schools and religious education. Consider ways to help promote the Sanctity of Life on your team, as well as simply emphasizing the importance of each child treating each other with love and respect. If we are to respect the dignity of all life, this must also begin with how we treat each other.

**Prayer:**

- Dear God, you gave us the example of Blessed John Paul II and his courageous defense of all human life. Help us to always defend the dignity of each other and every human person, so that we might share with all the love that Christ shared with us on the cross. In our own simple ways, help us to be champions of life. Bless each of our teammates and teach us to better love each other as we learn and grow in our athletic skill. We ask this through Christ, Our Lord, Amen.

**End of Practice:** Reiterate the importance of treating everyone you meet with dignity and respect. Ask the children to consider ways they can pray and work to defend human life. Close with the following prayer, asking Mary's intercession in the world today:

- Hail Mary, full of Grace. The Lord is with Thee. Blessed art Thou among women and Blessed is the Fruit of Thy Womb, Jesus. Holy Mary, Mother of God, Pray for us sinners, now and at the hour of our death. Blessed John Paul II, Pray for Us!

## 5 Minute Game Plan - 5th Grade Year

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The following are sources used for the materials in this publication. With the exception of scripture or where noted otherwise, no materials were quoted nor was content used directly from these materials. Sources were used for themes, ideas or general content regarding lives of the saints. All content herein remains the property of the CYO of Johnson and Wyandotte Counties through creator Peter Piscitello.

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