



The 5 Minute Game Plan

A Catechesis Supplement for Youth Sports

4th Grade - Winter Edition

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

5 Minute Game Plan - 4th 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

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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. More information about this initiative, including lessons for all ages and seasons, is available online at 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

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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.

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Year Outline

Fall Seasons

- Preseason Week 1 - **Theme:** Free Will **Scripture:** Proverbs 16:9 **Saint:** Mary, Mother of God
- Preseason Week 2 - **Theme:** The Fall of Man **Scripture:** Genesis 3:2-7 **Saint:** St. Thomas Aquinas
- Regular Season Week 1 - **Theme:** The People of Israel **Scripture:** Psalm 33:12-15 **Saint:** St. Joan of Arc
- Regular Season Week 2 - **Theme:** God Saves His People **Scripture:** Exodus 14:9-10, 13-17 **Saint:** St. Christopher
- Regular Season Week 3 - **Theme:** Ten Commandments (1-3) **Scripture:** Exodus 20:1-11 **Saint:** St. Francis Xavier
- Regular Season Week 4 - **Theme:** Ten Commandments (4) **Scripture:** Exodus 20: 12 **Saint:** St. Dorothy
- Regular Season Week 5 - **Theme:** Ten Commandments (5-8) **Scripture:** Exodus 20: 13-16 **Saint:** St. Maria Goretti
- Regular Season Week 6 - **Theme:** Ten Commandments (9-10) **Scripture:** Exodus 20:17 **Saint:** St. Clare
- Regular Season Week 7 - **Theme:** The Great Commandments **Scripture:** Matthew 22:37-40 **Saint:** St. Veronica

Winter Seasons

- Preseason Week 1 - **Theme:** Our Father **Scripture:** Luke 11:1-4 **Saint:** St. Luke the Evangelist
- Preseason Week 2 - **Theme:** Prayer **Scripture:** Luke 11:5-8 **Saint:** St. Benedict
- Preseason Week 3 - **Theme:** Prayer **Scripture:** Luke 11:9-13 **Saint:** St. Scholastica
- Preseason Week 4 - **Theme:** Spontaneous Prayer **Scripture:** Matthew 18:20 **Saint:** St. Ignatius
- Preseason Week 5 - **Theme:** The Moral Teachings **Scripture:** None **Saint:** St. Dominic
- Preseason Week 6 - **Theme:** Beatitudes **Scripture:** Matthew 5: 1-14, 21-26, 38-48 **Saint:** None
- Regular Season Week 1 - **Theme:** Beatitudes **Scripture:** Matthew 6: 1-26 **Saint:** None
- Regular Season Week 2 - **Theme:** Beatitudes **Scripture:** Matthew 7: 1-5, 7-11, 15-27 **Saint:** None
- Regular Season Week 3 - **Theme:** Living a Moral Life **Scripture:** Philippians 4:8 **Saint:** St. Frances Xavier Cabrini
- Regular Season Week 4 - **Theme:** Making Mistakes (Sin) **Scripture:** 1 John 1:8-9 **Saint:** St. Mary Magdalene
- Regular Season Week 5 - **Theme:** Sacraments **Scripture:** Ephesians 3:8-12 **Saint:** St. Kateri Tekakwitha
- Regular Season Week 6 - **Theme:** The Eucharist **Scripture:** John 6:35 **Saint:** St. Andrew Kim Taigon
- Regular Season Week 7 - **Theme:** Heaven **Scripture:** Revelation 22:4-5 **Saint:** St. Charles Lwanga

Spring Seasons

- Preseason Week 1 - **Theme:** The Sacramental Life of the Church **Scripture:** CCC 1116 **Saint:** St. Patrick
- Preseason Week 2 - **Theme:** The Liturgical Calendar **Scripture:** Matthew 9:15 **Saint:** St. Jerome
- Regular Season Week 1 - **Theme:** Organization of the Church **Scripture:** Matthew 16:18-19 **Saint:** St. Catherine of Siena
- Regular Season Week 2 - **Theme:** Communion of Saints **Scripture:** Romans 12:4-5 **Saint:** None
- Regular Season Week 3 - **Theme:** Giving Thanks **Scripture:** 1 Chronicles 29:13 **Saint:** St. Nicholas
- Regular Season Week 4 - **Theme:** Grace **Scripture:** Romans 5:1 **Saint:** St. Monica

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Winter Sports Preseason Week 1

Theme: Our Father

Scripture: Luke 11:1-4

He was praying in a certain place, and when he ceased, one of his disciples said to him, "Lord, teach us to pray, as John taught his disciples." ² And he said to them, "When you pray, say: "Father, hallowed be your name. Your kingdom come. ³ Give us each day our daily bread; ⁴ and forgive us our sins, for we ourselves forgive every one who is indebted to us; and lead us not into temptation."

Saintly Example: St. Luke the Evangelist

St. Luke wrote both the Gospel of Luke and the Acts of the Apostles, so he holds a very important place in our Church history. Many of the events we hear about from Jesus' life come from what Luke wrote. For example, Luke's gospel is where we find the story of the Annunciation, Mary's Magnificat, her visit to Elizabeth, the Presentation and many of the miracles Jesus performed. Two of our most well known prayers come from Luke's gospel, as we know the words to the Hail Mary and the Our Father because Luke wrote them down long ago.

Discussion:

- Jesus taught us to pray the Our Father prayer, but there are many other prayers we can say. Do you have a favorite prayer? (See if you can get all the kids to say their favorite prayer to say - perhaps even ask for suggestions of prayers to say at practice).
- What is the importance of praying at practice and before games? When else is a good time to pray?

Practice Plan: The important thing here is encouraging the practice of prayer in the kids lives. Whether it's the Our Father, Hail Mary or any other prayer, it's important that the children gain an understanding of how important prayer is through the CYO experience. Really highlight the prayers at the beginning and end of practice, reminding the kids that when they pray they are truly talking to God.

Prayer

- Heavenly Father, you taught your apostles to pray and you teach us how to pray so that we might speak to you and have a relationship with you. Hear our prayers at practice, at home and at school and help us to learn to pray always. Bless our team with a safe and fun practice today; we pray that we may learn new skills and grow in our relationship with you through our participation in this sport. We ask all this through Christ, Our Lord, Amen.

End of Practice: Reiterate the importance of prayer to the kids and tell them that the team will be praying before and after practices and games, but they can pray any time they want. 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. Luke, Pray for us!"

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Winter Sports Preseason Week 2

Theme: Prayer

Scripture: Luke 11:5-8

And he said to them, "Which of you who has a friend will go to him at midnight and say to him, 'Friend, lend me three loaves; ⁶ for a friend of mine has arrived on a journey, and I have nothing to set before him'; ⁷ and he will answer from within, 'Do not bother me; the door is now shut, and my children are with me in bed; I cannot get up and give you anything'? ⁸ I tell you, though he will not get up and give him anything because he is his friend, yet because of his importunity he will rise and give him whatever he needs.

Saintly Example: St. Benedict

St. Benedict is the founder of the Catholic Church's monastic system, meaning that he was the first person to create a monastery where monks live together and worship God. In fact, St. Benedict wrote the original rule book for religious life, called the *Rule of St. Benedict*. He was so holy that people came from all around Italy to join his monastery and learn from him. His Benedictine order of priests and monks spread worldwide and even settled in Atchison, Kansas where today students can go to Benedictine College and get a Catholic education. St. Benedict understood and taught that the most important teachings were the Word of God itself in the bible, so the prayers Benedictine monks still pray today are centered on scripture, especially the Psalms. He taught that studying scripture was very important for every person so they could come to know God more fully.

Discussion:

- St. Benedict focused on the importance of reading scripture. Do you read from the bible? Does anyone have a favorite part of the bible to read?
- How do you think reading the bible can help you when you play sports? Do you think you can learn things that help you to prepare for competition? Help you at school or at home? (Reference: 1 Cor 9:24 - "Run so as to win")

Practice Plan: Continue to focus on the importance of prayer and scripture in the lives of the children. Use the example of saints like St. Benedict to demonstrate how important this is. If you are familiar with scripture, use this as an opportunity to share some of your favorite verses that might apply to practice or competition (working hard, striving for virtue, etc).

Prayer

- Lord, you gave us your Word in scripture so that we might draw close to you. Help us to follow the example of great saints like St. Benedict, so that we might understand how we can get to know you better and learn about you. In our practice, help us to strive to do everything to the best of our ability and to praise God in all that we do. Teach us all that you want us to learn on this day and help us to grow. Bless our families, our friends and this team. Amen.

End of Practice: Reinforce the importance of reading scripture as St. Benedict taught. Encourage the kids to look up saints like Benedict or any others and learn from them. 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. Benedict, Pray for us!"

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Winter Sports Preseason Week 3

Theme: Prayer

Scripture: Luke 11:9-13

And I tell you, Ask, and it will be given you; seek, and you will find; knock, and it will be opened to you.

¹⁰ For every one who asks receives, and he who seeks finds, and to him who knocks it will be opened.

¹¹ What father among you, if his son asks for a fish, will instead of a fish give him a serpent; ¹² or if he asks for an egg, will give him a scorpion? ¹³ If you then, who are evil, know how to give good gifts to your children, how much more will the heavenly Father give the Holy Spirit to those who ask him!"

Saintly Example: St. Scholastica

St. Scholastica was the sister of St. Benedict and was a very holy woman herself. When St. Benedict founded his monastery at Monte Cassino, St. Scholastica founded a group of nuns about 5 miles away from St. Benedict. St. Scholastica had great faith in God and knew that He listened to prayers. The story goes that once a year she and St. Benedict would meet in the middle of their monasteries for a day of prayer and reflection - often discussing at great length serious spiritual matters. One year as they were getting old, St. Scholastica begged St. Benedict to stay overnight so they could continue talking and praying together the next day. When he said he must return to his monastery, St. Scholastica began to pray to God. Almost immediately, the sky darkened and a great storm blew in so that Benedict could not leave! He stayed there and they continued having great spiritual conversation through the night. He left the next day and returned home. Three days later, St. Scholastica died and St. Benedict saw her soul ascending to heaven in a vision.

Discussion:

- St. Scholastica had great faith that God would answer her prayers and he often did in wonderful ways! What can we learn from this example? Does God always answer our prayers the way we want Him to?
- What things should we pray for this year during practices and games? Do we have special intentions we want to pray for as a team? (Coaches can encourage kids to form a list of team intentions that are written down and prayed for each practice.)

Practice Plan: Encourage the formation of team intentions and prayer as mentioned above. Focus on the importance of not only praying, but having great faith in God's will, knowing that He will answer prayers in a way that is best for you.

Prayer

- Dear God, we thank you for the wonderful blessing of this team. Hear our prayers both now and always, helping us to understand that you know what is best for everyone and always hear us when we pray. Bless our team and each person here, that we may have a safe and fun practice and grow in our relationship with you. May we perform to the best of our ability and learn new skills. Hear our special intentions and bless our families, friends and teammates. Amen.

End of Practice: Continue to encourage prayer and remind the kids about their prayer intentions, telling them they can always pray for their teammates and the team intentions on their own. Reiterate the importance of forming this relationship with God, as it's the most important part of sports and every other part our lives! Close with the following prayer:

- All 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. Scholastica, Pray for Us!

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Winter Sports Preseason Week 4

Theme: Spontaneous Prayer

Scripture: Matthew 18:20

“For where two or three are gathered in my name, there am I in the midst of them.”

Saintly Example: St. Ignatius

St. Ignatius of Loyola was a proud and successful soldier in the Spanish army who fought against the French in the 1500's. When injuries from battle left him recovering and unable to fight, he began to read about the lives of the great saints. It is said he experienced a vision and he developed a great fervor for becoming a soldier of the Catholic faith. He began to spend a great deal of time in prayer and study. He also began writing. Soon he had become recognized for his great spiritual life and writings, some of which became called the Spiritual Exercises and are still famous today. He began a religious order called the Society of Jesus, known as the Jesuits, which became one of the most well known orders in the Catholic Church. St. Ignatius was known for having a very humble lifestyle after his conversion and also for his students who joined his order, many of whom became saints. Pope Francis became the first Jesuit Pope when he was elected Pope in 2013 and is an example of St. Ignatius founding principles, including humility, care for the poor, and a great devotion to prayer.

Discussion:

- Jesus said that where two or more are gathered in his name, He is there. Do we think about this when we're in a group of friends or family? If He is in our midst does this affect how we talk or what we do?
- Spontaneous prayer is simply prayer that is not memorized or in writing (such as the Our Father, or the Rosary). It is prayer that is spoken by a person or group in conversation with God, asking Him for something or praising Him from the heart in whatever words you like. Do you ever pray like this with family or in class? What about at practices?

Practice Plan: Focus on the theme of spontaneous prayer and the presence of Christ wherever a group is gathered in His name. Remind the kids throughout practice to play knowing that God is watching. Encourage the kids to pray as though they are having a conversation with God, speaking to Him from the heart.

Prayer

- Create your own prayer by praying as a team. Lead as coach or have a child lead, then take a couple of minutes to allow them to insert their own intentions or prayers before starting practice.

End of Practice: Remind the kids how important it is to pray and develop a relationship with God; just like they develop friendships and get to know people by talking to them, talking to God is how you form a relationship with Him. Close with another spontaneous prayer, leading as coach or having one of the kids lead whatever prayer they would like.

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Winter Sports Preseason Week 5

Theme: Morality

The Moral Teachings: According to the Catechism of the Catholic Church, there are many principles that underscore the teaching of morality. The most basic principles include the understanding of the dignity of each human person as well as the formation of a conscience so that we do moral acts. Since God gave us all the ability to freely choose what we do, it's important that we understand how to be moral people. When we make a decision, we have to think about whether our words or action will be respectful of all other people, whether our intentions are good, and what the consequences are of our action. We should always try to follow God's will, as that will always lead us to good. We can help to form our conscience by praying, reading about holy people and virtues, and continuing to learn our faith throughout our life. Luckily, the Church is always here to guide us and help us make moral decisions!

Saintly Example: St. Dominic

St. Dominic was born in the year 1170 and started the Dominican religious order. Though there is some debate about the beginnings of the Rosary, tradition holds that St. Dominic popularized the praying of the Rosary as we know it when he preached on the prayer in his travels. He was especially devoted to Our Lady and to the idea of contemplative prayer - he worked to focus his order on constant study and training. He understood how important it was for the world to be full of moral people and he helped to convert many people during his travels who had begun to believe false things that led them away from God. The Dominican order is still very well known in the world today, nearly 800 years after St. Dominic founded it!

Discussion:

- How do we make good moral decisions? Do we pray before we make decisions? Do we always try to do "the right thing"?
- How can we practice being good moral people while playing sports? What about cheating? What do we think about cheating and do we think it is moral? What do our consciences tell us about this?

Practice Plan: Encourage the kids to form good morals by considering their conscience and how they should act during practice and games. Help to teach them simple moral principles as it relates to sports, such as why cheating is wrong, how to treat their teammates, coaches and opponents, and what behavior should look like while practicing or playing a sport. Make it a special point to praise actions of individuals on the team that represent good choices throughout practice and the rest of the year.

Prayer

- Heavenly Father, you form in us a conscience that helps us to understand good and evil. Be with us and help us to understand how to make good, moral decisions so that we can always follow God's will and treat others with the dignity they deserve. Help us as we continue to learn how to pray and learn about you at home, in school and here with our team. May we always make good decisions in life and in sports. Bless our team and help us to have a fun practice while we learn and grow. Amen.

End of Practice: Continue the theme of Moral development by encouraging the kids to think about whether they are making good moral choices at home and school. Praise the kids for their work during practice and close with the following prayer:

- All 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. Dominic, Pray for Us!

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Winter Sports Preseason Week 6

Theme: Beatitudes

Scripture: Matthew 5: 1-14, 21-26, 38-48

Seeing the crowds, he went up on the mountain, and when he sat down his disciples came to him. ² And he opened his mouth and taught them, saying: "Blessed are the poor in spirit, for theirs is the kingdom of heaven. Blessed are those who mourn, for they shall be comforted. Blessed are the meek, for they shall inherit the earth. Blessed are those who hunger and thirst for righteousness, for they shall be satisfied. Blessed are the merciful, for they shall obtain mercy. Blessed are the pure in heart, for they shall see God. Blessed are the peacemakers, for they shall be called sons of God. Blessed are those who are persecuted for righteousness' sake, for theirs is the kingdom of heaven. Blessed are you when men revile you and persecute you and utter all kinds of evil against you falsely on my account. Rejoice and be glad, for your reward is great in heaven, for so men persecuted the prophets who were before you"

"You are the salt of the earth; but if salt has lost its taste, how shall its saltiness be restored? It is no longer good for anything except to be thrown out and trodden under foot by men. You are the light of the world. A city set on a hill cannot be hidden. Nor do men light a lamp and put it under a bushel, but on a stand, and it gives light to all in the house. Let your light so shine before men, that they may see your good works and give glory to your Father who is in heaven."

"You have heard that it was said to the men of old, 'You shall not kill; and whoever kills shall be liable to judgment.' But I say to you that every one who is angry with his brother shall be liable to judgment; whoever insults his brother shall be liable to the council, and whoever says, 'You fool!' shall be liable to the hell of fire. So if you are offering your gift at the altar, and there remember that your brother has something against you, leave your gift there before the altar and go; first be reconciled to your brother, and then come and offer your gift. Make friends quickly with your accuser, while you are going with him to court, lest your accuser hand you over to the judge, and the judge to the guard, and you be put in prison; truly, I say to you, you will never get out till you have paid the last penny."

"You have heard that it was said, 'An eye for an eye and a tooth for a tooth.' But I say to you, Do not resist one who is evil. But if any one strikes you on the right cheek, turn to him the other also; and if any one would sue you and take your coat, let him have your cloak as well; ⁴¹ and if any one forces you to go one mile, go with him two miles. Give to him who begs from you, and do not refuse him who would borrow from you."

"You have heard that it was said, 'You shall love your neighbor and hate your enemy.' But I say to you, Love your enemies and pray for those who persecute you, so that you may be sons of your Father who is in heaven; for he makes his sun rise on the evil and on the good, and sends rain on the just and on the unjust. For if you love those who love you, what reward have you? Do not even the tax collectors do the same? And if you salute only your brethren, what more are you doing than others? Do not even the Gentiles do the same? You, therefore, must be perfect, as your heavenly Father is perfect."

Discussion & Practice Plan: Briefly discuss and consider the Beatitudes, what can we learn from them? What does this teach us about how we should act towards others? How does this apply to our team?

Prayer: Jesus, you gave us the Beatitudes and commandments so that we might understand how you call us to live, speak and act. Bless our team and help us all to consider these beatitudes in our hearts, that they might affect how we act in practices and games. May we always understand our true reward is not in winning games or earning trophies, but in the heavenly kingdom. Grant us a fun practice today and help us to perform to the best of our ability. Amen.

End of Practice: Remind them to think about the beatitudes and look at them on their own. Close with a prayer of the team's choosing (remember that spontaneous prayer is great as well!)

5 Minute Game Plan - 4th Grade Year

Winter Sports Regular Season Week 1

Theme: Beatitudes

Scripture: Matthew 6: 1-26

“Beware of practicing your piety before men in order to be seen by them; for then you will have no reward from your Father who is in heaven. “Thus, when you give alms, sound no trumpet before you, as the hypocrites do in the synagogues and in the streets, that they may be praised by men. Truly, I say to you, they have their reward. ³ But when you give alms, do not let your left hand know what your right hand is doing, ⁴ so that your alms may be in secret; and your Father who sees in secret will reward you.

“And when you pray, you must not be like the hypocrites; for they love to stand and pray in the synagogues and at the street corners, that they may be seen by men. Truly, I say to you, they have their reward. ⁶ But when you pray, go into your room and shut the door and pray to your Father who is in secret; and your Father who sees in secret will reward you. “And in praying do not heap up empty phrases as the Gentiles do; for they think that they will be heard for their many words. ⁸ ¶ Do not be like them, for your Father knows what you need before you ask him.

“And when you fast, do not look dismal, like the hypocrites, for they disfigure their faces that their fasting may be seen by men. Truly, I say to you, they have their reward. ¹⁷ But when you fast, anoint your head and wash your face, ¹⁸ that your fasting may not be seen by men but by your Father who is in secret; and your Father who sees in secret will reward you.

“Do not lay up for yourselves treasures on earth, where moth and rust consume and where thieves break in and steal, ²⁰ but lay up for yourselves treasures in heaven, where neither moth nor rust consumes and where thieves do not break in and steal. ²¹ For where your treasure is, there will your heart be also.

“The eye is the lamp of the body. So, if your eye is sound, your whole body will be full of light; ²³ but if your eye is not sound, your whole body will be full of darkness. If then the light in you is darkness, how great is the darkness!

“No one can serve two masters; for either he will hate the one and love the other, or he will be devoted to the one and despise the other. You cannot serve God and mammon.

“Therefore I tell you, do not be anxious about your life, what you shall eat or what you shall drink, nor about your body, what you shall put on. Is not life more than food, and the body more than clothing? ²⁶ Look at the birds of the air: they neither sow nor reap nor gather into barns, and yet your heavenly Father feeds them. Are you not of more value than they?

Discussion & Practice Plan: This section of scripture, which the children will have to know in school, teaches key points about placing our focus on God. It speaks of humility in prayer, the importance of making God our priority and reiterates that our reward is in heaven. Highlight these points after reading it aloud. Ask the kids what they learned from this scripture. Have them share what caught their attention.

Prayer: Lord, you teach us that our true reward is in heaven. Help us to see this always and to put you above all things on earth so that we may one day come to see you face to face in eternal splendor. In our lives here, grant that we may do everything according to your will and to the best of our abilities. May we use the talents you gave us on this team and glorify you through our play. Bless us with a safe and fun practice today. Amen.

End of Practice: Reiterate the importance of learning from the scripture passages we are blessed with. Close with a prayer of a child's choice.

5 Minute Game Plan - 4th Grade Year

Winter Sports Regular Season Week 2

Theme: Beatitudes

Scripture: Matthew 7: 1-5, 7-11, 15-27

“Judge not, that you be not judged. ² For with the judgment you pronounce you will be judged, and the measure you give will be the measure you get. ³ Why do you see the speck that is in your brother’s eye, but do not notice the log that is in your own eye? ⁴ Or how can you say to your brother, ‘Let me take the speck out of your eye,’ when there is the log in your own eye? ⁵ You hypocrite, first take the log out of your own eye, and then you will see clearly to take the speck out of your brother’s eye.

“Ask, and it will be given you; seek, and you will find; knock, and it will be opened to you. ⁸ For every one who asks receives, and he who seeks finds, and to him who knocks it will be opened. ⁹ Or what man of you, if his son asks him for bread, will give him a stone? ¹⁰ Or if he asks for a fish, will give him a serpent? ¹¹ If you then, who are evil, know how to give good gifts to your children, how much more will your Father who is in heaven give good things to those who ask him!

“Beware of false prophets, who come to you in sheep’s clothing but inwardly are ravenous wolves. ¹⁶ ¶ You will know them by their fruits. Are grapes gathered from thorns, or figs from thistles? ¹⁷ So, every sound tree bears good fruit, but the bad tree bears evil fruit. ¹⁸ A sound tree cannot bear evil fruit, nor can a bad tree bear good fruit. ¹⁹ Every tree that does not bear good fruit is cut down and thrown into the fire. ²⁰ Thus you will know them by their fruits.

“Not every one who says to me, ‘Lord, Lord,’ shall enter the kingdom of heaven, but he who does the will of my Father who is in heaven. ²² On that day many will say to me, ‘Lord, Lord, did we not prophesy in your name, and cast out demons in your name, and do many mighty works in your name?’ ²³ And then will I declare to them, ‘I never knew you; depart from me, you evildoers.’

24 “Every one then who hears these words of mine and does them will be like a wise man who built his house upon the rock; ²⁵ and the rain fell, and the floods came, and the winds blew and beat upon that house, but it did not fall, because it had been founded on the rock. ²⁶ And every one who hears these words of mine and does not do them will be like a foolish man who built his house upon the sand; ²⁷ and the rain fell, and the floods came, and the winds blew and beat against that house, and it fell; and great was the fall of it.”

Discussion & Practice Plan: Work on encouraging all the players in a very positive way during practice.

- Once again God tells us that if we ask in prayer, He will hear us and give us what is good. Have we ever had an experience where we felt like our prayer wasn't answered? Do we have faith that God knows best how to answer our prayers?
- It's important that we worry about our own lives but don't judge the holiness of others. In what ways can we lift up our teammates and help them to grow in holiness instead of judging someone or trying to be "holier" than them?

Prayer: Heavenly Father, you teach us to love each other and build our lives upon the rock that is your Church. Teach us how to live according to your will and follow your teachings in our lives. We ask that you bless our practice today that we may commit our team to you, that we may offer our practice and play to you. That when practice is hard today that we may remember that you are watching over us and helping us to grow. In Jesus name we pray, Amen.

End of Practice: Close by praising the team for their effort and character. Say the following prayer:

- All 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.

5 Minute Game Plan - 4th Grade Year

Winter Sports Regular Season Week 3

Theme: Living a Moral Life

Scripture: Philippians 4:8

Finally, brethren, whatever is true, whatever is honorable, whatever is just, whatever is pure, whatever is lovely, whatever is gracious, if there is any excellence, if there is anything worthy of praise, think about these things.

Saintly Example: St. Frances Xavier Cabrini

St. Francis Xavier Cabrini longed to be a nun, but her application to the convent was turned down because of her poor health as a young woman. Still seeking God's will and having gone to school to be a teacher, she started teaching children until her bishop decided God had other plans for her. She was such a good teacher and so faithful to serving God and His people that she was not only allowed to become a nun, but was asked to start her own missionary order! It was called the Missionary Sisters of the Sacred Heart. By 1889, she had developed several schools and institutions in Italy and was asked to go on a special mission. She was sent to the United States to care for the Italian immigrants who moved here. Mother Cabrini took on this task with great love and soon developed many hospitals, schools and orphanages to provide for these people. Having become a United States citizen in 1909, she was eventually named the first ever saint from America! By the time she died, she had founded hospitals, schools and orphanages in England, France, Spain, the USA, and South America. Her order helped provide for thousands of people who were in need over three continents.

Discussion:

- St. Frances Xavier Cabrini certainly understood what it meant to live a moral life, devoting herself to serving thousands of children and immigrants through hospitals and schools where she taught them what this meant. What do you think it means to live a moral life? What does a moral person act like?
- How do we extend living a moral life to sports? Does this affect how we practice? Play? How we take care of ourselves and treat our teammates? Opponents?

Practice Plan: Encourage morality by focusing on doing small things within the team - encourage fair play, giving your best effort for God and your teammates, and putting others before yourself.

Prayer

- Father, you give us the example of St. Frances Xavier Cabrini, the first saint to be a citizen of America, so that we can learn from her selfless love and care for others. Help us to follow this example and to consider what it means to live moral lives. Bless our team and families today and always. May we have a fun practice and grow closer to you through our experience here. Amen.

End of Practice: Find the three best non-athletic things you saw at practice today (e.g. sportsmanship, moral, effort, etc) and praise the team for those things. Encourage them to always pray and develop their relationship with God. 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. Frances Xavier Cabrini, Pray for us!"

5 Minute Game Plan - 4th Grade Year

Winter Sports Regular Season Week 4

Theme: Making Mistakes (Sin)

Scripture: 1 John 1: 8-9

If we say we have no sin, we deceive ourselves, and the truth is not in us. ⁹ If we confess our sins, he is faithful and just, and will forgive our sins and cleanse us from all unrighteousness.

Saintly Example: St. Mary Magdalene

Mary Magdalene was living a very sinful life when she first met Jesus. She knew she was not being a very good person and doing many things wrong. Yet Jesus knew what was in her heart and he forgave her for her sins when he met her. From then on she followed Jesus and his disciples, serving them and learning everything she could from Jesus. It must not have been easy for her to turn away from a life of sin and begin to follow God, but she eventually became an example of one of our great saints. Not only did she follow Jesus, but she remained by his side even when most of his other friends left. In fact, Mary was blessed to be the very first person to find out that Jesus had risen from the dead on Easter morning! Upon arriving at the tomb to anoint his earthly body, she could not find it. When she asked the first person she could find where He was, the person spoke and she realized it was Jesus. What an amazing example for the Church that we can all be forgiven of our sins and follow God.

Discussion:

- Every one of us is a sinner, but Jesus teaches us that we can ask Him for forgiveness and follow him. We do this through the Sacrament of Reconciliation. Think about what it feels like after you have gone to confession, do you feel good? What about when you forgive someone else for something they have said or done to you? How does it feel to forgive them?
- In sports, we make mistakes just like everyone does in real life. Though these may not be sins, we learn from these mistakes and they help us to get better at that particular activity. What does this teach us about how we can learn from our sins? Practice helps us correct mistakes in sports, what kind of things can we "practice" to get better at avoiding sin and following Jesus?

Practice Plan: This lesson is a great opportunity to talk about mistakes in the context of sports as they relate to the rest of the children's lives. Encourage everyone during practice to learn from their mistakes and practice getting better. Similarly, remind them that they can do the same thing in the rest of their lives - by practicing things like listening to their parents or treating siblings nicely, they can learn to avoid sin.

Prayer: Lord, you loved Mary Magdalene and forgave her sins. Knowing that we are sinners too, may we repent as she did and follow her example by always seeking to follow you. Give us the courage to attend confession so that we may receive the graces of that sacrament. Help us to avoid sin each day at our homes, at school and here at practice. May you help us to practice good habits and love others. Bless our team today, especially helping us to correct the small mistakes we make during practice so we can get better at this game. May we learn to love you more through our time with teammates and coaches. Keep us safe and bless our practice.. Amen.

End of Practice: Reiterate that just like the kids worked on correcting their mistakes during practice, it's even more important that they focus on avoiding sin, which is a much bigger deal. Encourage them to go to confession. Then 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. Mary Magdalene, Pray for us!"

5 Minute Game Plan - 4th Grade Year

Winter Sports Regular Season Week 5

Theme: Sacraments

Scripture: Ephesians 3: 8-12

To me, though I am the very least of all the saints, this grace was given, to preach to the Gentiles the unsearchable riches of Christ,⁹ and to make all men see what is the plan of the mystery hidden for ages in God who created all things;¹⁰ that through the Church the manifold wisdom of God might now be made known to the principalities and powers in the heavenly places.¹¹ This was according to the eternal purpose which he has realized in Christ Jesus our Lord,¹² in whom we have boldness and confidence of access through our faith in him.

Saintly Example: St. Kateri Tekakwitha

St. Kateri Tekakwitha is one of our newest saints, canonized in 2012 by Pope Benedict XVI. St. Kateri was a Native American, born in what is now New York in 1656. She was the daughter of a Mohawk warrior and the tribe did like Christians. When she was a teenager she was converted. She was treated very poorly by her own people who were angry about her conversion and she went to live in a different colony. There she studied God and was particularly devoted to the Eucharist. She spent many hours in prayer and adoration, refusing to let any oppression by her fellow Native Americans keep her from worshipping God. She died at only 24, but she became a great inspiration for Native Americans, many whom credit her for their conversion. She is the first Native American to be canonized a saint.

Discussion:

- What are the seven sacraments? Can you list them? (Baptism, Reconciliation, Eucharist, Confirmation, Holy Orders, Matrimony, Anointing of the Sick)
- How can the sacraments be a focus of our team? Do we have an opportunity to attend Mass and receive the Eucharist as a team at some time during the year? Do we encourage each other to go to confession?

Practice Plan: Simply encourage the sacraments, particularly Eucharist and Reconciliation, as being regular parts of the kids lives. Explain that just as we need food and water to give us energy to perform our best in sports, we need the Eucharist even more to nourish us and draw us into communion with God as often as possible. In fact, the Eucharist will allow us to perform better in everything, as it is God within us! This is the Bread of Life, the essential gift that nourishes us and gives us strength to lead holy lives. Point out that the saints received the Eucharist as frequently as possible.

Prayer:

- Lord, you gave us St. Kateri Tekakwitha as an example of faith and holiness, for she sought the sacraments even as her people tried to keep her away and convince her to turn away from you. Help us to desire your sacraments and to receive them frequently, so that we might grow in holiness by receiving you in these great gifts. May we be strong in our faith as the saints were, may we stand firm even when others criticize us, turning to the sacraments for strength. Bless our team and help us to turn toward you and to the sacraments in the remainder of our season. Amen.

End of Practice: Encourage the children to receive the sacraments often and praise their efforts during practice. Close with the following, asking for Mary's intercession in our week ahead:

- Hail Mary, full of grace, the Lord is with thee. Blessed art thou amongst 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. Amen. St. Kateri Tekakwitha, Pray for Us!

5 Minute Game Plan - 4th Grade Year

Winter Sports Regular Season Week 6

Theme: The Eucharist

Scripture: John 6:35

Jesus said to them, "I am the bread of life; he who comes to me shall not hunger, and he who believes in me shall never thirst."

Saintly Example: St. Andrew Kim Taegon

St. Andrew Kim Taegon was the first ever Korean-born priest. Unfortunately, he lived during a time when it was a criminal offense to practice Catholicism in Korea and Catholics who were found were punished and killed. He had to leave Korea to study to become a priest and then he courageously returned to spread the faith and so that Catholics living in Korea could receive the sacraments. St. Andrew Kim could have chosen to save himself and hide or leave, but he was called to evangelize to the people of Korea and fulfilled his mission as a priest. Though he was killed in 1846 as a result of practicing his faith, his ministry and example still inspires people and leads to conversions today. St. Andrew Kim Taegon was one of over 100 Catholics who were martyred during the 1800's in Korea, yet there are thousands of Korean Catholics today as a result of their heroism and courageous defense of the sacraments.

Discussion:

- What do we think of the saints who loved the Eucharist so much that they risked their lives to give or receive this sacrament? Though we live in a country where we do not have to risk our lives to attend Mass, what might we learn from their example? How should this influence our understanding of the importance of the sacraments?
- Have you ever been to Eucharistic Adoration? Do you know what this is? Does your church have this? (If your parish does not, explain that many parishes do have this and they can ask their parents to take them).

Practice Plan: Continue to encourage a focus on the Eucharist. Talk about the importance of Mass and Adoration as elements of spiritual growth. Emphasize that spending time with God is even more important than getting better at sports. Explain that the Eucharist can help us to lead holy lives so that we can use our talents as God wants us to, in sports or at home or school.

Prayer

- Heavenly Father, you gave us the gift of your very body and blood in the sacrament of the Eucharist, so that in your death on the cross, you might remain forever within us. May the knowledge of this sacrament strengthen us and may we receive it as often as possible so that we may be in communion with you. Bless this team and our families this week, we ask that you may be with us and help us to do our very best in the practices that remain this year. We thank you for the amazing blessing of this team and the opportunity to practice and play this sport. Amen.

End of Practice: Reiterate the importance of the Eucharist 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. Andrew Kim Taegon, Pray for us!"

5 Minute Game Plan - 4th Grade Year

Winter Sports Regular Season Week 7

Theme: Heaven

Scripture: Revelation 22: 4-5

They shall see his face, and his name shall be on their foreheads. ⁵ And night shall be no more; they need no light of lamp or sun, for the Lord God will be their light, and they shall reign for ever and ever.

Saintly Example: St. Charles Lwanga

St. Charles Lwanga was one of many Catholics in Uganda who were punished and killed for their faith in the late 1800's. Charles helped to protect many of the young men in Uganda from the evil demands of the king, who eventually came to the people and demanded that they be separated into Christians and non-Christians. St. Charles Lwanga and several of his companions joyfully accepted their punishment, praying for the king and working to convert others to Catholicism even as they were led to death. Because they understood that a much greater treasure in heaven awaited them, they would rather die than deny their love of God on earth. As one of his companions was said to have joyfully told the captures, "Goodbye then. I am going to Heaven and I will pray to God for you!" These men were an amazing example of faith that live on even today.

Discussion:

- Scripture tells us and the saints affirm that heaven is even greater than we could possibly imagine. What do you think heaven will be like?
- If heaven is the ultimate reward, how does that affect how we view trophies here on earth? Do we focus more on being good people so that we can spend eternity in heaven? Or do we focus on earthly rewards? (There's obviously nothing wrong with striving for a trophy in sports, the point here is simply to make them aware how much greater the reward of heaven is).

Practice Plan: This is a great opportunity to pray for loved ones who have gone before us. Before the prayer at the beginning of practice, ask the children if there is anyone they want to pray for who has died. Have them verbally list these people and then pray the following prayer...

Prayer

- Lord, we pray especially for these loved ones we have lost. Grant that they may know the eternal glory of heaven. We also ask that those in heaven amongst the angels and saints pray for us, so that one day we may join them in your presence. For our team and our families we pray that you will protect us and lead us here on earth, so that we may use all the gifts you have given us to the best of our abilities in sports, at home and at school. Bless our teammates and help us to have great fun during practice today. Thank you for the gift of our friends and coaches here and for this season. Amen.

End of Practice: Tell the children that as much fun as winning a game is, we know that God wants even more for us! Encourage them to pray and read scripture, then 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. Charles Lwanga, Pray for us!"

5 Minute Game Plan - 4th 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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