



Meeting #8: Fitness Fun

Homework

Anchoring in Christ Character Activity

Memorize Proverbs 3:27 (NKJV)



Do not withhold good from those to whom it is due,
when it is in the power of your hand to do so.

Care for my Body



Activity Book Page 17-18. Read and discuss Jeremiah 29:11. God wants what is best for us. He wants us to experience the joy of full health. We were not designed for death, but for life! List four things that contribute to physical fitness.

Complete requirements for Fitness Fun #'s 1-2 only. _____

Reading Award Activity Book Page 2 (Part 3 of 6: Bible Story or Book about Jesus)

Completes part of Basic II, the Sunbeam Reading Award. _____

Meeting #8: Fitness Fun

Classwork



Read Book about Fitness

The Busy Body Book by Lizzy Rockwell is a good option.

Helps completes requirements for My Self III, Fitness Fun #2. _____

Get up and Get Moving

In the gymnasium or large open area practice skipping and galloping. Carefully stretch legs, arms and back. Hold each for at least 15 seconds. Hop on one leg at a time at least five times, alternate legs, see how many times you can do it! Practice jumping jakes do at least 15.

Completes most of the requirements for My Self III, Fitness Fun #3-4. _____

Jumping Rope

Jumping rope is great fun when you are playing as a group! In a small group learn the skills needed for jumping rope and practice for at least 3 minutes. Sing rhymes while you jump.

Completes a requirement for My Self III, Fitness Fun #4. _____

Participate in Club Game Time

Completes requirements for My Self III, Fitness Fun #5-6. _____



I Can Care for My Body



Fitness Fun Award



- 1. Read and discuss Jeremiah 29:11.
- 2. List at least four things that contribute to physical fitness.
- 3. Do three different stretches. Hold each for a minimum of 15 seconds.
 - a. Leg
 - b. Back
 - c. Arms and shoulders
- 4. Do four of the following:
 - a. Run, jog, or walk one-half mile
 - b. Skip
 - c. Jump rope for three minutes
 - d. Jumping jacks—do at least 15
 - e. Hop on one leg at least five times—see how many you can do
 - f. Sit-ups
 - g. Exercise of your choice

5. Participate in two of the following:
a. Obstacle course
b. Leap frog
c. Relay race

6. Participate in an organized game that requires physical exercise.

