

I Can Care for My Body

Teaching
TIPS
page 32

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.



The page is framed by a decorative border of various icons. The top border includes a pencil, three stars, a basketball hoop, a book, a paper airplane, two people, a saw, a magnifying glass, a laptop, a pot, and a person climbing. The left border features a triangle, a lightning bolt, a can, a bird, an eye, a frog, a circle with an X, a leaf, a circular arrow, a fish, a person running, a globe, and a person on a bicycle. The right border contains a wheel, a hand holding a plant, a bird, a cross, a flower, a rabbit, an apple, a leaf, a clock, a television, a treble clef, a person running, and a person on a bicycle. The bottom border shows a person on a bicycle, an arrow, a house, a watering can, a pair of scissors, a cloud, a pair of scissors, a hand holding a string, a person on a bicycle, and a person on a bicycle.