

## Health Program

Week	Syllabus/Activity	Spiritual Comment	Theory	Equipment
1	Health Worksheet	God made you just the way you are and God don't make junk. - Worksheet on Psalm 139:14		Scales, Measuring Tape
2	<p>Healthy Habits - Healthy habits develop a healthy body - list as many healthy habits as the girls can think of.</p> <p>Draw around one girl and draw down the middle, write the healthy habits on the inside of the drawing, but only on one side of the line</p> <p>Cut out skeletons an stick in scrapbooks</p>		Healthy habits develop and healthy body	Butchers paper, scrapbooks, pens and pencils
3	<p>Skin Care find the word.</p> <p>Watch video from cancer foundation</p>	God wants us to look after our body	Habits we need to develop:- Skin care in the sun	Video from cancer foundation: Mrs Anderson has access to this
4	<p>Write harmful habits on the other side on the body poster made in week 2.</p> <p>Physical Activity Sheet</p> <p>Learn a folk Dance</p>	God wants us to look after our body and protect it from harm	<p>Healthy Habits/Harmful Habits</p> <p>Habits we need to develop:- Relaxation/Exercise; Rest/Sleep;</p>	<p>Poster from Week 2</p> <p>Physical activity sheet</p> <p>Folk dance music and CD Player (WA state headquarters has some folk music)</p>
5	<p>Cook Pizza Muffins and Banana Smoothies</p> <p>Food Word Sleuth Worksheet</p> <p>Give girls notes for toothbrush activity next week</p>	God wants us to look after our body	Healthy Habits we need to develop: Good Diet	<p>Muffins; tomato sauce; ham; cheese; pineapple; bananas; milk and blender.</p> <p>Food word sleuth worksheet</p>

6	Brush Teeth and use plaque tablets		<b>Personal Cleanliness</b>  We need to develop healthy minds as well as healthy bodies  Teeth cleaning and Showering	Soap; flannels; elastic bands; toothpaste; plaque tablets
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# HEALTH

God made you special, exactly the way He wanted you to be. It says in the Bible that you are wonderfully made. Write out Psalm 139:14

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Now fill in the chart below with your details.

When you have finished find a friend that has the same as you and someone who is different.

	<b>Me</b>	<b>A friend who is the same</b>	<b>A friend who is different</b>
<b>Eye Colour</b>			
<b>Hair Colour</b>			
<b>Weight</b>			
<b>Height</b>			
<b>Foot Size</b>			

## Toothbrush Night Note

Dear Parents

Next Week, as part of our Health achievement the girls will be learning about cleaning their teeth.  
Each girl will need to bring her toothbrush in a container, clearly named.

Thankyou, Leaders at 8th Perth (Ellenbrook)

### Health Activities Round Robin

Activity	Team	Time/Answer	Score
Twister			
Cartwheels			
Count the Skeleton Bones			
On the Paper: 79		In Real Life: 112	
Length of Intestines			
Answer: 7.5m			
Chemical Reaction			
Human Pyramid			
Pin the Pelvis on the Skeleton			
Handstand Competition			
Skeleton Jigsaw			
Digestive System			

### Instructions

**Twister:** All girls in the team must be on the twister mat and must hold the position for as long as possible.  
- Scoring: longest time in position held = 10

**Cartwheels:** Most number of cartwheels in a row  
- Scoring: most = 10

**Count the Skeleton Bones:** Count the total number of bones in the hands and feet. Then guess how many there are in real life.

- Scoring: closest paper = 10; closest real = 10; If correct = 20

**Length of Intestines:** Guess how long the Intestines are? One guess per girl.  
- Scoring: closest = 10; If correct = 20

**Chemical Reaction:** Take a mouthful of coke and a teaspoon of bicarb and hold it for as long as possible.  
- Scoring: Longest = 10

**Human Pyramid:** Using as many girls as possible (ie; all in team) make a pyramid and hold it for as long as possible.

- Scoring: Longest = 10

**Pin the Pelvis on the Skeleton:** Same as pin the tail on the donkey, except using the pelvis and the ribcage. One girl will

do the pelvis and another will do the rib cage.

- Scoring: closest pelvis = 10; closest ribcage = 10

**Handstand Competition:** Longest Handstand

- Scoring: Longest = 10

**Skeleton Jigsaw:** Finish the jigsaw as quickly as possible, or if not finished, count the number of pieces.

- Scoring: fastest = 10

**Digestive System:** Girls have to guess what this internal system is, eg; the nervous system, respiratory system; and if

possible name some of the components.

- Scoring: correct system = 20; components = 5 per component