

## Achievement Health

Week	Syllabus	Spiritual	Theory	Activity	Comment
1		God made you just the way you are and God doesn't make junk!	I am special, no one is just like me.	Health worksheet	scales, measuring tape
2	Healthy habits	God wants us to look after our body	Healthy habits develop a healthy body – list as many healthy habits as the girls can think of Importance of exercise	Draw around one girl Draw a line down the middle. Write the healthy habits on the inside of the drawing. Learn “warm up” stretching to do before exercise Aerobics	Butchers paper CD and player
3	Healthy habits	God wants us to look after our body	Habits we need to develop Skin care in the sun	Skin care Find the Word Video from cancer foundation Craft	video
4	Healthy habits Harmful habits	God wants us to look after our body and protect it from harm	Habits we need to develop Relaxation/Exercise Rest/Sleep Discuss habits that are harmful to our health	Add harmful habits to the poster from week 2. Physical activity sheet Learn a folk dance or have a gym instructor teach some basic movements	CD and player Rig a Jig Jig CD
5	Healthy habits	God wants us to look after our body	Habits we need to develop Good diet	Cook Pizza Muffins and Banana smoothies Food Sleuth work sheet	Muffins, tomato sauce, ham, cheese and pineapple. Banana's and milk. Blender
6	Personal cleanliness	We need to develop healthy minds as well as bodies	Teeth cleaning Showering	Brush teeth and use plaque tablets x-words sheet Make soap bunny	plaque tablets, soap, flannels etc