



1. **Read and discuss Jeremiah 29:11. Write in the box what you understood from the Bible passage you read**

2. **List at least four things that contribute to physical fitness.**

1) _____

2) _____

3) _____

4) _____

3. Do three different stretches. Hold each for a minimum of 15 seconds and tick the box when you are done

a. Leg

b. Back

c. Arms and shoulders

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.

Example:

- a. Tip the Can
- b. Build up
- c. Catch the flag
- d. Hide and seek
- e. The floor is lava
- f. Any game organised in school

Write the name of the game here

4. Do four of the following and tick the box on completed exercises:

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