



PHYSICAL FITNESS

All Levels

Purpose

To learn how to keep our bodies fit by practising good hygiene habits, proper exercise and diet so that we may glorify God.

Exploring

Learn the following **rules for good health** and be able to say them in your own words.

- Eat proper food and a balanced diet.
- Exercise regularly.
- Get enough sleep.
- Wear proper clothing for the time of year.
- Take care of your teeth and visit your dentist regularly.
- Bath or shower regularly.
- Balance each day with work and recreation.

Doing

1. Show your parents the charts below and make sure it is safe for you to do them.

Your physical fitness chart

EXERCISE	Fair	Average	Good	Great	Test 1	Test 2
SIT-UPS (in 30 seconds)						
age 9-10	10	15	18	23		
age 11-12	12	16	20	25		
CHIN-UPS (in 30 seconds)						
age 9-10	3	6	10	14		
age 11-12	4	7	12	16		
SQUAT-THRUST (in 30 seconds)						
age 9-10	10	13	15	19		
age 11-12	11	14	16	19		
STANDING LONG JUMP						
age 9-10	125 cm	135 cm	160 cm	175 cm		
age 11-12	135 cm	150 cm	165 cm	185 cm		
VERTICAL JUMP						
age 9-10	18 cm	30 cm	40 cm	43 cm		
age 11-12	20 cm	30 cm	40 cm	48 cm		
50 METRE DASH (in seconds)						
age 9-10	10	9	8	7		
age 11-12	10	9	8	7		
550 METRE RUN/WALK (minutes and seconds)						
age 9-10	3:07	2:43	2:31	2:02		
age 11-12	3:02	2:39	2:26	2:00		

Instructions:

- 1. Complete Test Number1 on one day. You may do the exercises in any order. Take a five-minute rest between each exercise.
- 2. Practise these exercises at least five days a week for the next three weeks. Remember, you will be tested again at the end of those three weeks.

Write down the dates you practised and your results. Make a readable chart.

- 3. At the end of three weeks, take Test Number 2. You must show improvement over Test 1 in one of the following ways.
- By raising your score by one level in at least four of the seven events. Your Counsellor must be able to verify your results.
- By scoring at least **good** in all seven events.

Record your results.

Reflection

God has given you a wonderful body. You have seen how, by regular exercise and diet, you can keep your body healthy and fit. Remember to exercise regularly, even after you have completed this badge.

Ask your Counsellor to sign below and arrange for the presentation of your badge.

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