

Health and fitness

God is Pure

He gives us rules to obey

Spiritual Awareness

Our bodies are temples of the Holy Spirit. Each individual is extremely valuable. It is therefore our responsibility to look after ourselves, to think ahead and act wisely for our own protection.

Just as we need to look after our bodies for physical health, loving and obeying God gives us spiritual health.

Biblical references

Bible stories and passages

Matthew 10:29-30; Luke 12:6-7 We are of more value than many sparrows.

Exodus 15:26; Deut 7:15 In obeying health laws, God promised to protect the Israelites from the diseases of the Egyptians.

Genesis ch 1 God rested on the Sabbath.

Exodus 34:21 Rest on the seventh day.

Exodus ch 20 the Ten Commandments: God's people had to obey rules.

Exodus ch 16 God provided manna in the wilderness. Verse 17 tells us what happened when the people didn't obey the rules about collecting the manna.

Matthew 22:37-39 Love your neighbour as yourself. (What is meant by love of self?)

Memory verses:

1 Corinthians 6:19-20 Don't you know that your body is a temple of the Holy Spirit?

Proverbs 4:20 & 22 Listen to my words. Remember them and keep them in your heart. They will give life and health to anyone who understands them.

Proverbs 3:7-8 Never let yourself think you are wiser than what you are; simply obey the Lord and refuse to do wrong. If you do, it will be like good medicine, healing your wounds and easing your pains (GNB).

Luke 2:52 Jesus grew both in body and in wisdom (GNB).

Key Questions

Why should we take care of our bodies?

How can we keep our bodies fit and healthy?

Which foods are the best foods?

Why does God want us to follow rules?

Outcomes

Students will

Knowledge

- study the requirements for health and fitness
- know the requirements for spiritual health

Skills

- analyze their own lifestyle and identify strengths and weaknesses
- develop surveys and questionnaires around health issues
- collate, graph, summarize findings
- plan a personal health program and address areas of personal weakness

Values

- appreciate the body as the temple of the Holy Spirit
- care for self
- be responsible and accountable for one's own actions

Activities

- Make a list of rules for good health
- Discuss some of the Old Testament health laws.
- Discuss importance of exercise and rest.
- Test and measure personal fitness levels.
- Make a list of exercise options.
- Survey students regarding exercise habits.
- Survey the school community about types of food most commonly eaten.
- Discuss food requirements for a healthy body.
- Keep a diary of food consumed over a certain period of time. Suggest improvements / healthy substitutes for junk food.
- Devise a healthy meal plan.
- Collect, make and sample healthy food.
- Discuss the implications of wise or unwise choices that affect our health.

Assessment

1. Divide a page into four. In each section, make a list, or draw examples of the things you will do to be healthy:
2. What have I learned from the study of health and safety...
 - about God?
 - about doing what God wants me to do?
 - about the Bible?

Learning Connections

English: discussions on wise actions

Mathematics: Collate and graph results of surveys.

Art: safety posters; healthy food art, e.g. fruits and vegetable prints or drawings

History: What was food like 100 years ago? Compare with today.

Thinking Skills: See *Creative Thinking Skills – “Healthy Food”* .