

UNIT 6 AGENDA

Healthy body

Select and check one:

- Activity 1 – *Fit for life: A-maze yourself and build endurance*
- Activity 2 – *Up to speed: Motivation mojo is on the way!*

Adviser tasks:

- Hand out badges to Team Leaders.
- Gather materials for the selected activity and make copies as indicated:
 - ▶ Activity 1 – Worksheet copies, maze template copies, pencils
 - ▶ Activity 2 – Worksheet copies, motivation template copies, pencils, timer

Team Leader tasks:

- Welcome the Group and encourage participation.
- Read aloud the Character Development Quote.
- Watch the “If You Don’t Take Care Of Your Body, Where Else Are You Going To Live?” DVD clip:
 - ▶ Activity 1 – Chapter 4
 - ▶ Activity 2 – Chapter 3
- Pass out activity materials.
- Read aloud the worksheet activity and help guide the Group.
- After completing the activity, lead an open discussion on what was learned.
- Remind the Group to write in their journals.

Closing:

- Thank everyone for coming and participating.
- Provide the date and time for the next Group activity.
- Encourage involvement in future Group activities.

Clean-up:

- Put away materials and leave everything as you found it.
- Return the Team Leader badges to the Adviser.