





## Hygiene Award

### Requirements:

1. Look up these three verses and write out what they say:

I have \_\_\_\_\_ your \_\_\_\_\_ in my  
\_\_\_\_\_, that

I might not \_\_\_\_\_ against \_\_\_\_\_. Psalms 119: 11

Create in me a clean \_\_\_\_\_, O God, and  
\_\_\_\_\_ a steadfast \_\_\_\_\_ within me. Ps 51:10

May the \_\_\_\_\_ of my \_\_\_\_\_ and the  
\_\_\_\_\_ of my \_\_\_\_\_ be pleasing to  
\_\_\_\_\_, O LORD, my \_\_\_\_\_ and my  
\_\_\_\_\_. Psalms 19:14

2. I can keep myself clean by...

3. It is important to wash my hands at these times...

[Empty rounded rectangular box for writing]

4. I can brush my teeth properly by....

[Empty rounded rectangular box for writing]

5. We talked about bathing and hair care on...

6. We should drink \_\_\_\_\_ glasses of water every day.

7. Keeping our clothes clean is important because...

[Empty rounded rectangular box for writing]

[Empty rounded rectangular box for writing]

8. I helped to keep my home clean on...

[Empty rounded rectangular box for writing]

9. I helped with the family laundry on...

8. Participate in a recognized fitness test:
  - a. President's Challenge
  - b. An equivalent program

The name of the fitness test I participated in is...

### Key stage 2 UK Physical Fitness Requirements

Pupils should continue to apply and develop a broader range of skills, learning how to use them in different ways and to link them to make actions and sequences of movement. They should enjoy communicating, collaborating and competing with each other. They should develop an understanding of how to improve in different physical activities and sports and learn how to evaluate and recognise their own success.

Pupils should be taught to: *(Please date each time one of the following has been achieved or get a teacher to tick and sign this off)*

- ♣ use running, jumping, throwing and catching in isolation and in combination
- ♣ play competitive games, modified where appropriate [for example, badminton, basketball, cricket, football, hockey, netball, rounders and tennis], and apply basic principles suitable for attacking and defending
- ♣ develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics]
- ♣ perform dances using a range of movement patterns
- ♣ take part in outdoor and adventurous activity challenges both individually and within a team
- ♣ compare their performances with previous ones and demonstrate improvement to achieve their personal best.