

Mt. Zion KidzFit Curriculum

Dear Friend,

I pray that you may enjoy good health and that all may go well with you, even as your soul is getting along well.

Stay in Health,

Jesus

(3 John 1:2)

Mission & Vision

Our **mission** is to provide education that equips children with knowledge and skills necessary to make sound decisions regarding the health of their spirit, mind, and body.

Our **vision** is to decrease the number of children diagnosed with childhood obesity and increase the amount of children who are healthy spiritually, mentally, and physically.

Introduction

Childhood obesity has become an epidemic in the United States. According to a report by the Centers for Disease Control and Prevention (2012),

There has been a decline in the prevalence among preschool-aged children. However, obesity among children is still too high. For children and adolescents aged 2-19 years, the prevalence of obesity has remained fairly stable at about 17% and has affected about 12.7 million children and adolescents for the past decade (para. 1).

While there is no single solution to solving the epidemic, there are preventative strategies that can be taught and practiced. Mt. Zion is a local organization that is committed to promoting healthier lifestyles. This curriculum is based upon biblical principles related to the health of the spirit; resources to stimulate the mind; and strategies to activate the body.

Our hope is that this curriculum will provide children with sound knowledge about healthy living and inspire them to take proactive steps in maintaining a healthy lifestyle.

Curriculum Design & Contents:

The KidzFit curriculum is comprehensive and focuses on developing the whole child. The framework is divided into three components: **spirit, mind, and body**.

The *spiritual* component focuses on strengthening the spirit. It contains scriptures with corresponding actions that are aligned to God's word concerning our health. The purpose is to provide a lively way for students learn and apply scriptures more easily.

The *mind* component focuses on strengthening the mind. It contains fun facts about the body and nutrition. The purpose is to provide an awareness of how the body functions and foods that support its proper functioning in an intriguing way.

The *body* component focuses on strengthening the body. It contains a series of Christian songs on DVDs that include lyrics and actions that correlate to the lyrics within the songs. The purpose is to get students moving as they glorify God in spirit, song, and dance.

DVDs by Jana Alayra, <http://www.janaalayra.com/products>

The curriculum includes 26 scriptures, 52 fun facts about the body, Praise & Worship DVD by Jana Alyara, and a lesson chart

Curriculum Implementation:

The curriculum guide is a strategic model that supports teachers in their ability to engage learners. It is suggested that the lessons be taught at the beginning of each class to help motivate students and encourage participation. Teachers can begin with the Kidzfit chant to signify the beginning of the Kidfit lesson. Then the teachers can help to activate students' bodies by engaging them in active praise and worship. Afterward, teachers can reveal a fun fact to bring awareness about the body's functions and healthy tips. The lesson will conclude with a scripture pertaining to the health of the body. The activation of the body, mind, and spirit will prepare students for the worship experience.

KidzFit Chant

KidzFit, KidzFit keep my body right.

KidzFit, KidzFit stay healthy day and night.

Healthy Mind, Healthy Body, Healthy Spirit too,

Come on everybody, stay healthy all day through!

Lesson Chart

The lesson chart has a scripture, a healthy fact and materials needed, and songs that include the time frame of the song as well as a few of the song's lyrics.

January		
Spirit- Scripture	Mind- Healthy Fact	Body- Song (DVD)
Do you not know that your body is a temple of the Holy Spirit I Corinthians 6:19-20	How big is the human heart? The average heart size is about the size of a fist measuring around 12 cm long, 9 cm wide and 6 cm thick Materials needed: Fist or heart sized prop	Song- I Believe (3:16) Lyrics- <i>My hearts in prison, set captive free</i>
Do you not know that your body is a temple of the Holy Spirit I Corinthians 6:19-20	Your nose and ears continue growing throughout your entire life. Materials needed: None	Activity- <i>Fill My Cup</i> (View instructions at the end of this chart)
I pray that you may enjoy good health & all will be well with you. 3 John 1:2	The average length of the human tongue from the back to the tip is 10 cm (4 in) Materials needed: string 10cm (4in) in length	Song- I Believe (3:16) Lyrics- <i>My hearts in prison, set captive free</i>
I pray that you may enjoy good health & all will be well with you. 3 John 1:2	At birth the human skeleton is made up of around 300 bones. By adulthood, some bones have fused together to end up with 206 bones. Materials needed: 300 craft sticks or straws, then 206 craft sticks to show the different amounts	Song- I Believe (3:16) Lyrics- <i>My hearts in prison, set captive free</i>
February		
Spirit- Scripture	Mind- Healthy Fact	Body- Song (DVD)
So, whatever you eat or drink, do it all for the glory of God. I Corinthians 10:31	Did you know that the tooth is the only part of the human body that cannot repair itself? Our teeth are coated with enamel; which is not a living tissue, this means it cannot repair itself. If we chip or break a tooth we need to visit a dentist to have it repaired. Materials needed: None	Song- Everybody Get Walkin' (2:18) Lyrics- <i>Listen and obey, walk in the light</i>
So, whatever you eat or drink, do it all for the glory of God.	When you swallow your food, you also swallow small	

I Corinthians 10:31	amounts of air. When you drink soda, or other carbonated beverages, you also get lots of air in your stomach. The best, and easiest, way to get rid of all of this air is to belch. Materials needed: None	Song- Everybody Get Walkin' (2:18) Lyrics- <i>Listen and obey, walk in the light</i> Activity- <i>Jesus May I</i> (View instructions at the end of this chart)
For physical training is of some value, but godliness has value for all things. I Timothy 4:8	Funny fact! A human has the same number of bones in its neck as a giraffe; they both have seven bones in their neck - the giraffe's neck bones are just a bit longer! Materials needed: None	Activity- <i>Jesus May I</i> (View instructions at the end of this chart)
For physical training is of some value, but godliness has value for all things. I Timothy 4:8	How big is a human brain? The brain of an adult weighs around 1.5 kg (3 lbs) and measures around 16cm long, 14cm wide and 10cm deep Materials needed: Any prop weighing approx 3lbs. Allow children to feel the weight of 3lbs.	Song- Everybody Get Walkin' (2:18) Lyrics- <i>Listen and obey, walk in the light</i>
March		
Spirit- Scripture	Mind- Healthy Fact	Body- Song (DVD)
I urge you to take nourishment, for this is for your survival. Acts 27:34	You can feel your heartbeat in the side of your wrist and to the side of your throat. The feel of your heart beat is called your pulse. Average pulse rates are 75-110 bpm (beats per minute) for a 7-12 year old child and 75-100 bpm for ages 12 and above. Materials needed: stopwatch. Have children count to 75 in one minute and then 100 in one minute to simulate the beats per minute.	Song- Down On My Knees (2:45) Lyrics- <i>Lord, Help me to remember you</i>
I urge you to take nourishment, for this is for your survival. Acts 27:34	Human teeth are just as strong as shark teeth. Materials needed: None	Song- Down On My Knees (2:45) Lyrics- <i>Lord, Help me to remember you</i>
Physical exercise has some	Did you know that the indent	

value, but spiritual exercise is much more important, for it promises a reward. I Timothy 4:7-9	in the gap between the nose and upper lip has a name? It is called the philtrum Materials needed: Touch/show the space below your nose and top lip.	Activity- <i>Movin' Motivation</i> (View instructions at the end of this chart)
Physical exercise has some value, but spiritual exercise is much more important, for it promises a reward. I Timothy 4:7-9	Your face uses 50% more muscles to frown than to smile; that's a good reason to save energy and smile more! Materials needed: None	Song- Down On My Knees (2:45) Lyrics- <i>Lord, Help me to remember you</i>
April		
Spirit- Scripture	Mind- Healthy Fact	Body- Song (DVD)
Give your bodies to God because of all He has done for you. Romans 12:1-2	Strange Fact: the lung is the only organ that is capable of floating on water! Materials needed: small tub/container of water and 1 floating object	Song- I Wanna Do Right (2:47) Lyrics- <i>I put my trust in you</i>
Give your bodies to God because of all He has done for you. Romans 12:1-2	What is muscle memory? If we practice the same actions, such as a sport or playing an instrument, time and time again our muscles remember the actions, they become easier, stronger and more precise, this is called muscle memory. Materials needed: None	Activity- <i>Divine Dance</i> (View instructions at the end of this chart)
The Lord will guide you continually, watering your life when you are dry & and keeping you healthy too. Isaiah 58:11	When you are cold you shiver and your muscles shake, this is because your brain is telling your muscles to move so that you warm up. Materials needed: None	Song- I Wanna Do Right (2:47) Lyrics- <i>I put my trust in you</i>
The Lord will guide you continually, watering your life when you are dry & and keeping you healthy too. Isaiah 58:11	Many sports injuries can be avoided! Stretching and warming up our body before we play sport will help to prevent damage to the muscles and tendons. Materials needed: Practice 1 or 2 stretching exercises	Song- I Wanna Do Right (2:47) Lyrics- <i>I put my trust in you</i>
May		
Spirit- Scripture	Mind- Healthy Fact	Body- Song (DVD)
By His stripes we are healed.	Your biggest body part is your	Song- Get Aboard This Train

Isaiah 43:5	skin! Materials needed: None	(2:55) Lyrics- <i>God wants to wash away your sins</i>
By His stripes we are healed. Isaiah 43:5	Hair keeps us warm and grows through our skin surface - with the exception of our lips, palms of the hands and soles of the feet. Materials needed: None	Song- Get Aboard This Train (2:55) Lyrics- <i>God wants to wash away your sins</i>
Listen well to my words. Concentrate! Learn it by heart! Those who discover these words live; they are bursting with health. Proverbs 4:20-23	Too much sunlight can damage your skin! Remember when you are out in the sun to protect your skin by wearing sunscreen and a hat. Materials needed: Hat and bottle of sunscreen	Activity- <i>Concentration</i> (View instructions at the end of this chart)
Listen well to my words. Concentrate! Learn it by heart! Those who discover these words live; they are bursting with health. Proverbs 4:20-23	Humans have unique tongue prints, just like we all have unique fingerprints! Materials needed: None	Song- Get Aboard This Train (2:55) Lyrics- <i>God wants to wash away your sins</i>

June

Spirit- Scripture	Mind- Healthy Fact	Body- Song (DVD)
I'm running hard for the finish line. I'm giving it everything I've got. I Corinthians 9:26-27	Your fingernails grow four times as fast as your toenails. Materials needed: None	Song- I Pet. 5:7 (3:52) Lyrics- <i>Cast your cares on Him</i>
I'm running hard for the finish line. I'm giving it everything I've got. I Corinthians 9:26-27	The smallest bone in your body is in your ear. Materials needed: None	Song- I Pet. 5:7 (3:52) Lyrics- <i>Cast your cares on Him</i>
But those who wait upon God get fresh strength. They spread their wings & soar like eagles. They run & don't get tired. Isaiah 40:29-31	80 Head hairs are likely to fall out every day Materials needed: 80 thin strands of thread	Activity- <i>Whipped Cardio</i> (View instructions at the end of this chart)
But those who wait upon God get fresh strength. They spread their wings & soar like eagles. They run & don't get tired. Isaiah 40:29-31	When babies are born, they do not see color. They only see in black and white. Materials needed: 2 identical pictures, 1 in black and white, 1 in color	Song- I Pet. 5:7 (3:52) Lyrics- <i>Cast your cares on Him</i>

July

Spirit- Scripture	Mind- Healthy Fact	Body- Song (DVD)
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I can do all things in Him who strengthens me. Philippians 4:13	It takes 17 muscles to smile and 43 muscles to frown. Materials needed: None	Song- Treasure Quest (2:28) Lyrics- <i>Give and store treasures in Heaven</i>
I can do all things in Him who strengthens me. Philippians 4:13	The average human scalp has 100,00 hairs. Materials needed: Picture illustrating a quantity of 100,00	Song- Treasure Quest (2:28) Lyrics- <i>Give and store treasures in Heaven</i>
It's better to be wise than strong; intelligence outranks muscle any day. Proverbs 24:5	The brain is made up of 80% water. Materials needed: Water jug (or any clear container) filled with 80% water	Song- Treasure Quest (2:28) Lyrics- <i>Give and store treasures in Heaven</i>
It's better to be wise than strong; intelligence outranks muscle any day. Proverbs 24:5	One human hair can support about 3.5 ounces. Materials needed: 1 human hair and objects weighing approx. 3.5 oz (7-8 quarters or 2-3 slices of sandwich bread)	Activity- <i>Wisdom Wins</i> (View instructions at the end of this chart)

August

Spirit- Scripture	Mind- Healthy Fact	Body- Song (DVD)
Run to win! I Corinthians 9:25	Physical activity (getting up and moving/exercising) keeps you healthy. It is great for your skin, your bones, and even your brain. Materials needed: 30 second exercise movement (jumping jacks, running in place, etc.)	Song- Take My Hand (3:10) Lyrics- <i>Lead me, I'm yours Lord</i>
Run to win! I Corinthians 9:25	Exercising helps you think more clearly. Materials needed: None	Activity- <i>Run Your Race</i> (View instructions at the end of this chart)
I have competed well; I have finished the race; I have kept the faith. II Timothy 4:7	Girls blink twice as many times as boys. Materials needed: 1 boy, 1 girl. As a group, count how many each child blinks within a certain time frame.	Song- Take My Hand (3:10) Lyrics- <i>Lead me, I'm yours Lord</i>
I have competed well; I have finished the race; I have kept the faith. II Timothy 4:7	The strongest muscle in your body is your tongue. Materials needed:	Song- Take My Hand (3:10) Lyrics- <i>Lead me, I'm yours Lord</i>

September

Spirit- Scripture	Mind- Healthy Fact	Body- Song (DVD)
Be strong in the Lord; draw	It is impossible to tickle	Song- Press On (3:10)

your strength from Him. Ephesians 6:10	yourself and laugh. Materials needed: None	Lyrics- <i>Fought the fight, press on to goal and win</i>
Be strong in the Lord; draw your strength from Him. Ephesians 6:10	The width of your arm span stretched out is the same as the length of your body. Materials needed: Measuring tape or approx. 5 foot length of string or yarn	Song- Press On (3:10) Lyrics- <i>Fought the fight, press on to goal and win</i>
Let us lay aside every weight... & let us run with endurance the race that is set before us. Hebrews 12:1	Your eyes are always the same size from birth. Materials needed: None	Activity- <i>Move It</i> (View instructions at the end of this chart)
Let us lay aside every weight... & let us run with endurance the race that is set before us. Hebrews 12:1	The body is made up of 75% water. Materials needed: Clear container filled 75% with water.	Song- Press On (3:10) Lyrics- <i>Fought the fight, press on to goal and win</i>

October

Spirit- Scripture	Mind- Healthy Fact	Body- Song (DVD)
Why do you spend your money on junk food, your hard earn cash on cotton candy. Eat only the best, fill yourself with the finest. Isaiah 55:2	You are more likely to eat snacks high in salt and sugar while watching TV so, get up and start moving. Materials needed: None	Song- Get It Read (2:05) Lyrics- <i>Can't live by bread alone but every word of God</i>
Why do you spend your money on junk food, your hard earn cash on cotton candy. Eat only the best, fill yourself with the finest. Isaiah 55:2	Drinking water has many benefits. It cleanses your body, helps you digest food, and keeps your skin healthy. Materials needed: None	Activity- <i>Fast Fruits</i> (View instructions at the end of this chart)
Every man should eat & drink, and enjoy the good of all his labor. Ecclesiastes 3:13	Chew slowly. It takes 20 minutes for your stomach to tell your brain you are full. Materials needed: None	Song- Get It Read (2:05) Lyrics- <i>Can't live by bread alone but every word of God</i>
Every man should eat & drink, and enjoy the good of all his labor. Ecclesiastes 3:13	Exercising helps you think more clearly. Materials needed: None	Song- Get It Read (2:05) Lyrics- <i>Can't live by bread alone but every word of God</i>

November

Spirit- Scripture	Mind- Healthy Fact	Body- Song (DVD)
Do you not know that you are God's temple & that God's Spirit dwells in you? I Corinthians 3:16	Eyebrows protect your eyes from sweat. Materials needed: None	Song- He Is God (2:40) Lyrics- <i>Come and see the wonder of what God has done</i>

Do you not know that you are God's temple & that God's Spirit dwells in you? I Corinthians 3:16	Your forearm (from inside of elbow to inside of wrist) is the same length as your foot. Materials needed: 1 volunteer to demonstrate the comparison with their forearm and foot length	Song- He Is God (2:40) Lyrics- <i>Come and see the wonder of what God has done</i>
Whatever you do, work heartily, as for the Lord. Colossians 3:23	It is impossible to sneeze with your eyes open. Materials needed: None	Activity- Spread Love (View instructions at the end of this chart)
Whatever you do, work heartily, as for the Lord. Colossians 3:23	You (children ages 3-6) should get at least 60 minutes of exercise a day to stay healthy. Materials needed: None	Song- He Is God (2:40) Lyrics- <i>Come and see the wonder of what God has done</i>
December		
Spirit- Scripture	Mind- Healthy Fact	Body- Song (DVD)
I'm off & running & I'm not turning back. Philippians 3:13-14	The longest bone in the human body is the thigh bone called the femur. Materials needed: None	Song- Lay It Down (3:03) Lyrics- <i>Help one forgive and be forgiven</i>
I'm off & running & I'm not turning back. Philippians 3:13-14	You (children ages 3-6) need 11-13 hours of sleep each day/night Materials needed: None	Play exercise music and invite different students to lead the group in exercises they have learned throughout the year.
I praise you, for I am fearfully & wonderfully made. Psalm 139:14	Your body relies on its five senses to experience the world: Taste, Touch, See, Smell, Hear Materials needed: None	Song- Lay It Down (3:03) Lyrics- <i>Help one forgive and be forgiven</i>
I praise you, for I am fearfully & wonderfully made. Psalm 139:14	The fastest growing nail on your body is on the middle finger. Materials needed: None	Song- Lay It Down (3:03) Lyrics- <i>Help one forgive and be forgiven</i>

Activities & Materials
Listed in Alphabetical Order

Concentration

Scripture Reference: Listen well to my words. Concentrate! Learn it by heart! Those who discover these words live; they are bursting with health. Proverbs 4:20-23

Materials Needed: None

The teacher should provide all children with two to three actions to do at one time (Example: Put one hand on your head, put one hand on your belly and jump three times). The teacher should not repeat herself. The children must listen carefully and concentrate on what to do in order to complete the actions the teacher provides. The teachers should circulate and congratulate all her listen and follow her directions correctly. Remind children that it is important to listen to God's words and follow his commands.

Divine Dance

Scripture Reference: Give your bodies to God because of all He has done for you. Romans 12:1-2

Materials Needed: Music

This game is very similar to freeze dance. Play music. As long as the music is playing, kids should move to the beat of the music. Once the music stops the kids stop. The kid that is still moving when the music stops is out and should sit down. The kids standing at the end of two to three min. of dancing are the winners. Remind kids to give themselves fully to God in all they do.

Fast Fruits

Scripture Reference: Why do you spend your money on junk food, your hard earn cash on cotton candy. Eat only the best, fill yourself with the finest. Isaiah 55:2

Materials Needed: 2 sets of index cards that include: 8 natural fruits and the fruits of the spirit. Two pieces of paper labeled fruit and two pieces of paper labeled fruit of the spirit.

The teacher should select two groups of three students and four students to hold the papers labeled fruit and fruit of the spirit.

Fill My Cup

Materials Needed: 2 coffee mugs, Cheerios, 2 bowls, timer

Teacher should choose four participants (two girls, two boys). Divide the participants into teams of two. Provide two of the participants with a mug and two of the participants with a bowl of

Cheerios. The participants with the mugs should be at least a foot away from the participants with the bowls of Cheerios. When the teacher says go, the participants with the Cheerios will attempt to throw one Cheerio at a time in the mug of their teammate. This should last for 2-3 min. The team that gets the most Cheerios in their cups wins. Explain that the Cheerios represent goodness and the cup represents the spirit. Each day we should do and say the things that develop our spirit man.

Jesus Says

Scripture Reference: So, whatever you eat or drink, do it all for the glory of God. I Corinthians 10:31.

Materials Needed: None

This game is very similar to the game Simon Says. The teacher provides the kids with an instruction (example: raise your hand). The kids should only follow the instruction of the teacher, if s/he begins with the words, "Jesus Says". If the teacher does not lead with these words, the students do not follow. Remind kids to listen to what God says and follow. This brings glory to His name.

Move It!(alternate activity, Concentration)

Scripture Reference: Let us lay aside every weight...& let us run with endurance the race that is set before us. Hebrews 12:1

Materials Needed: Computer (internet connection), Projector, YouTube Video: *Zumba Kids Dance, Dance Dance* (3 min. 46 sec.- fast forward to 52 sec to begin).

Teacher should play the video and encourage all to participate in the movements. Remind students that everything we do requires energy. The more fit we are the better we will be able to do all God created us to do.

Movin' Motivation

Scripture Reference: Physical exercise has some value, but spiritual exercise is much more important, for it promises a reward. I Timothy 4:7-9

Materials Needed: 2 sets of 5 index cards (the cards should be labeled with the follow exercises and praises: 10 jumping jacks, Glory! 10 high knees, Hallelujah! 10 squats, Praise God! 10 sit ups, Bless God! 10 push-ups, Thank you, Jesus!)

The teacher should choose up to 4 participants. Divide the participants into two groups of two. Place the index cards on the floor, face down, in front of each team. Once the teacher says go, the team should turn over their first card and complete the exercise and yell out the indicated praise before moving on to their next card. The first team to move through all five of their cards and have praised the Lord with gladness throughout wins. We praise God for our physical abilities but more so for our spiritual fitness.

Run Your Race

Materials Needed: 4 pedometers, timer

Scripture Reference: I'm off & running & I'm not turning back. Philippians 3:13-14

Teacher should choose four participants (two girls and two boys). Divide participants into teams of two. Provide each participant with a pedometer to place on their waist or shoe. Provide participants with 2 min. to run as fast as they can. Add the total steps taken by each team. The team that made the most steps wins. Encourage the participants to always concentrate on what they are given to do and put their all to doing it. By doing so, they will always win.

Spread Love (alternate activity, *Movin' Motivation*)

Scripture Reference: Whatever you do, work heartily, as for the Lord. Colossians 3:23

Materials Needed: Computer (internet connection), Projector, YouTube Video: Zumba Kids Spread Love (3 min. 46 sec.- fast forward to 28 sec to begin).

Teacher should play the video and encourage all to participate in the movements. Remind students that where ever we go and whatever we do, we should do so in love.

Whipped Cardio (alternate activity would be *Run Your Race*)

Scripture Reference: But those who wait upon God get fresh strength. They spread their wings & soar like eagles. They run & don't get tired. Isaiah 40:29-31

Materials Needed: Computer (internet connection), Projector, YouTube Video: Whip/ Nae Nae Elementary Cardio Workout (3 min. 45 sec.).

Teacher should play the video and encourage all to participate in the movements. Stay focused on what you can do and know that God will give you strength in doing it.

Wisdom Wins

Scripture Reference: It's better to be wise than strong; intelligence outranks muscle any day. Proverbs 24:5

Materials Needed: 10 plastic spoons. 2 plastic eggs. Floor Tape (to make a finish line)

Teach children how to lead their peers by playing a game called Wisdom Wins. Choose ten children. Divide them into two groups. Hand every group enough large spoons and eggs for each member. Instruct the teams to pick a leader whose job it is to devise an effective way to transfer the eggs across a line in a creative way. One child might create a line that passes the eggs from one spoon to another, while another child might ditch the spoons and simply instruct one child to run for it. Whichever team gets their eggs across the finish line not only first, but in the most creative manner, wins.

