

Growing Together — Week 2



family.fitness.faith.fun



What gives us joy?

www.family.fit



DAY 1

DAY 2

DAY 3

Matthew
28:1-8

Finding joy in
change

Finding joy
when afraid

Finding joy in
Jesus



Warm-up

Move to music

Run and squat

Pick-up relay



Move

Squats

Squats

Partner squats



Challenge

Plank and
squat

Obstacle
course

Follow the
leader



Explore

Ear, eye, heart
drawing

Retell story
and finish a
sentence

Act out story
and discuss



Play

The great
paper
competition

Sock
basketball

Quick topic
words

Getting started

Help your family to be active this week with three fun sessions:

- Involve everyone – anyone can lead!
- Adapt for your family
- Encourage each other
- Challenge yourselves
- Don't exercise if it causes pain

Share family.fit with others:

- Post a photo or video on social media and tag with **#familyfit**
- Do family.fit with another family

More information at the end of the booklet.



IMPORTANT AGREEMENT BEFORE USING THIS RESOURCE

By using this resource you agree to our Terms and Conditions <https://family.fit/terms-and-conditions> as detailed in full on our website. These govern your use of this resource by you and all those exercising with you. Please ensure that you and all those exercising with you accept these terms and conditions in full. If you disagree with these terms and conditions or any part of these terms and conditions, you must not use this resource.



Move to music

Put on some favorite music. Repeat these moves until the music ends:

- 10 running on spot
- 5 squats
- 10 running on spot
- 5 squats with hand clap above head



<https://youtu.be/VrXO276sCol>

Rest and chat briefly.

What have been some life changing events or moments for your family?

Go deeper: What is the difference between joy and happiness?



Squats



To see this in action click below.



<https://youtu.be/Ucdw8qe5OS4>

Stand in front of a low chair. Bend your knees so you sit lightly on the chair. Stand up again.

Do 10 repetitions. Repeat.



<https://youtu.be/yQGtGrHOSEk>

Go harder: Do the squat without a chair or add extra rounds.



Plank and squat challenge

Work with a partner.

While one person is in a plank position the other does squats. Change places after 10 squats.



Do four rounds.



<https://youtu.be/GnPETugj0yI>

Go harder: Increase the number of rounds.



What gives us joy?

Read **Matthew 28:1-8** from the Bible.

If you need a Bible, go to <https://bible.com> or download the Bible App on to your phone.

This is an account of what happened at the start of the third day after Jesus died.

Bible passage – Matthew 28:1-8

After the Sabbath, at dawn on the first day of the week, Mary Magdalene and the other Mary went to look at the tomb.

There was a violent earthquake, for an angel of the Lord came down from heaven and, going to the tomb, rolled back the stone and sat on it. His appearance was like lightning, and his clothes were white as snow. The guards were so afraid of him that they shook and became like dead men.

The angel said to the women, “Do not be afraid, for I know that you are looking for

Jesus, who was crucified. He is not here; he has risen, just as he said. Come and see the place where he lay. Then go quickly and tell his disciples: 'He has risen from the dead and is going ahead of you into Galilee. There you will see him.' Now I have told you."

So the women hurried away from the tomb, afraid yet filled with joy, and ran to tell his disciples.

Draw an ear, an eye, and a heart on separate pieces of paper. List what the women in the story heard, saw, and felt on the morning Jesus came back to life.

Now remember together a joyful event in your family. Add words to describe this event on the papers.

Throw an object to each other, and as you catch it say, "Thank you God that ... (for example, football) gives me joy".





The great paper competition

Give everyone a piece of paper. Write what takes away your joy on it. Use the paper for three different competitions.

1. Make a paper airplane and fly it the furthest. Give points to each person.
2. Screw up the paper plane into a ball. Each person throws all the balls into a bucket five meters away. See who can get the highest total.
3. Try to juggle the most paper balls. Start with one, then two and so on. Who has the highest overall score?

A close-up photograph of a hand cupped under a stream of water, with the entire image tinted in a teal color. An orange rectangular box is centered over the hand, containing white text.

Health tip

Drink more water.



Run and squat tag

Play 'tag' where one person chases the others to tag them. Whoever is tagged does five squats and then becomes the chaser. Continue for three minutes.



Rest and talk together.

What makes you afraid?

Go deeper: What helps when you are afraid?



Squats

Do 10 squats and tap out to the next person. Continue until you have completed 100 as a family.



To see this in action click below.



<https://youtu.be/Ucdw8qe5OS4>

You can do five squats then tap out to next person.

Go harder: Set a higher total as a family — 150 or 200.



Obstacle course

Set up an obstacle course in your home or yard. Use what you have – chairs, tables, trees, rocks, paths and walls. Time each person as they complete the course.

Who can get through the course the quickest?



<https://youtu.be/KQXeuagpLWA>

Share photos or videos of your obstacle course on social media and tag with #familyfit.



Finding joy when afraid

Read [Matthew 28:1-8](#) (see Day 1).

Reread the story. Why were the guards afraid? Why did the angel tell the women to ‘not be afraid’? How could the women be ‘afraid yet filled with joy’? Can we be the same?

Finish this sentence in two or three different ways and make it your prayer: “Thank you God that when we are afraid, we know that ...” (Remember, God’s presence is the foundation of true joy.)



Sock basketball

Make a ball from a rolled-up sock. One person uses their arms as the goal.

Choose three places to shoot from.

Everyone gets three shots at each place.

Count the number of successful shots to find the winner.



<https://youtu.be/LGLg8J0VOYg>

A close-up photograph of a hand holding a stream of water. The water is falling from the top of the frame into the palm of the hand, creating a central stream and splashing around it. The background is a solid, light blue color. An orange rectangular box is overlaid on the center of the image, containing white text.

Health tip

Drink more water. Drink small sips of water when you work out.

Warm-up

**Pick-up relay**

Put 20 objects on the floor at one end of the room. Start at the other end and compete in pairs to pick up the most objects (one at a time) in 30 seconds. Give everyone a turn. See who can collect the most.

Rest and chat briefly.

When you hear good news who is the first person you want to tell?

Go deeper: Who first told you the good news about Jesus?



Partner squats

Stand facing a partner. Do squats at the same time. Give each other a 'High 10' hand clap at the bottom of the squat.



Do 10 repetitions.

Every squat, take turns telling one thing that brings you joy.

Rest for one minute and swap partners.

Do three rounds.



https://youtu.be/_VM5p0IO3vI

Go harder: Increase the number of rounds.



Follow the leader

Put on your favourite music. Run around in a circle.

One person is the leader and uses hand claps to communicate instructions:

- One clap - everyone puts a hand on the floor
- Two claps - two squats
- Three claps - everyone sits on the floor

Change leaders after one minute.



<https://youtu.be/EbFIJUuo0gE>



Finding joy in Jesus

Read [Matthew 28:1-8](#) again (see Day 1).

Act out the story and include the exact words of the angel.

At Jesus' birth, the angels said it was 'good news that will bring great joy'. Why does Jesus bring joy to many?

Place a belt or rope on the floor in the shape of a sad mouth. Think of someone who needs joy, and say "*(insert name) needs some joy*" as you jump back and forth across the belt five times. This is your prayer. Finish on the side that looks like a smile.



Quick topic words

Sit in a circle. Select a topic such as cities, countries, names, or objects. Someone goes through the alphabet in their head until someone else says stop.

Take turns to quickly say a word on the topic which starts with the chosen letter. Continue until someone cannot think of a word, then start a new round. Rotate the topics every round.

Make it competitive if you like.

A close-up photograph of a hand holding a stream of water. The water is falling from the fingers, creating a series of droplets and splashes. The background is a solid, light blue color. The entire image has a cyan/blue color cast. An orange rectangular box is overlaid on the center of the image, containing white text.

Health tip

Drink more water. Drink water before you eat rather than after; then you will eat less food.

Terminology

A **warm-up** is a simple action that gets muscles warm, breathing deeper, and blood pumping. Play fun, up-tempo music for your warm-up activities. Do a range of movements for 3-5 minutes.

Stretches are less likely to cause injury when done AFTER warm-ups. Stretch gently – and hold for 5 seconds.

Movements can be seen on the videos so you can learn the new exercise and practice it well. Starting slowly with a focus on technique will enable you to go faster and stronger later.

Rest and recover after energetic movement. Conversation is great here. Sip water.

Tap out is a way to pass the exercise on to the next person. You can choose different ways to “tap out” for example, hand clap or whistle. You make it up!

Round – a complete set of movements that will be repeated.

Repetitions – how many times a movement will be repeated in a round.

Web and Videos

Find all the sessions at the [family.fit website](#)

Find us on social media here:



Find all the videos for family.fit at the [family.fit YouTube® channel](#)



family.fit Five Steps



Promotional video

Stay Connected

We hope you have enjoyed this booklet of family.fit. It has been put together by volunteers from around the world.

You will find all the family.fit sessions on the website <https://family.fit>.

The website has the latest information, ways you can give feedback, and is the best place to stay connected with **family.fit**!

If you enjoyed this, please share with others who might like to participate.

This resource is given freely and meant to be shared with others at no cost.

If you would like to receive family.fit as a weekly email you can subscribe here:

<https://family.fit/subscribe/>.

If you translate this into a different language, please email it to us at info@family.fit so it can be shared with others.

Thank you.

The family.fit team



www.family.fit