

Growing Together — Week 4



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How am I teachable?

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	DAY 1	DAY 2	DAY 3
Proverbs 1:1-9	Wisdom is living a right life	Wisdom is listening to your parents	Wisdom is obeying God
 Warm-up	Jumping jacks and high knees running	Move to music	Follow the leader
 Move	Burpee preparation	Burpees	Burpee ball toss
 Challenge	Obstacle course	Timed burpees	Four movement time challenge
 Explore	Living well and living right	What you learned from your parents	Learning from God now
 Play	Green light red light	Guess the leader	Treasure hunt

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** or **@familyfitnessfaithfun**
- 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.



Jumping jacks and high knees running

Do 10 jumping jacks and 20 high knees.
Rest one minute between each round. Do
three rounds.



<https://youtu.be/PPtP0kYQeg0>

What new thing have you learned in the
last 24 hours? This week?

*Go deeper: What opportunity to learn
something new have you missed recently?*



Burpee preparation

Part of a burpee is pushing off the floor. Do three rounds of 9 push-ups and 12 squats. Rest between rounds.



Go easier: Do only two rounds or lower the repetitions to 5 push-ups and 10 squats.



Obstacle course

Set up an obstacle course. Use the space you have inside or outside (for example, run to the tree or chair, leap over the path or rug, and so on). Be creative! Take turns to get through the obstacle course as quickly as possible. Time each person.



https://youtu.be/3w5H7_xTvVY

Go harder: Do this as a relay in two teams.



Wisdom is living a right life

Read Proverbs 1:1-9 from the Bible.

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

Solomon was the wisest man in the Bible. He wrote proverbs (wise sayings) to share the important lessons he had learned. These lessons are mostly about how to live well and wisely.

Bible passage — Proverbs 1:1-9

The proverbs of Solomon son of David, king of Israel: for gaining wisdom and instruction; for understanding words of insight; for receiving instruction in prudent behavior, doing what is right and just and fair; for giving prudence to those who are simple, knowledge and discretion to the young—let the wise

listen and add to their learning, and let the discerning get guidance—for understanding proverbs and parables, the sayings and riddles of the wise. The fear of the LORD is the beginning of knowledge, but fools despise wisdom and instruction. Listen, my son, to your father's instruction and do not forsake your mother's teaching. They are a garland to grace your head and a chain to adorn your neck.

Discuss:

Would you say you are living 'well' now? What does it mean to live 'right, just and fair'? Divide some paper into two columns headed 'WELL' and 'RIGHT' and list ways of living like this.

Write a prayer asking God to help you to be teachable. Put it under your pillow and pray it every night this week.



Green light, red light

Everyone stands at one end of the room. The 'caller' stands at the side. When the caller says "green light" everyone moves towards the finish line. When they say "red light" everyone must stop. If someone is moving they go back to the starting line.



<https://youtu.be/Ckmqt5tEYyo>

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. In the center, there is an orange rectangular box containing white text.

Health tip

Drink more water.



Warm-up to music

Do the following (then repeat):

- 20 jumping jacks
- 20 ski jumps (jump from side to side)



- 10 push-ups against a wall/fence
- 10 high jumps



<https://youtu.be/7dH87QL7aks>

Share two things you appreciate about your father, and your mother.

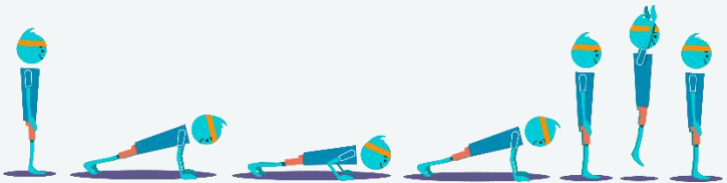
Go deeper: When do people become wise?



Practice burpees

Start slowly and use the correct technique. Stand upright and move to the plank position to do a push-up on the floor. Then leap into the air and clap above your head. Try to do it in one fluid movement.

Do three burpees then rest. Do five rounds.



<https://youtu.be/0ij-q77fx0s>



Burpee time challenge

Choose four areas in your home or yard where you can all do burpees together.

Start a timer, run to the first area and do 20 burpees. Complete 15 burpees at the second area, 10 burpees at the third, and five burpees at the fourth.

Stop the timer.

How long did your family take to finish the challenge?



<https://youtu.be/wpNqaa4MrSA>





Wisdom is listening to your parents

Proverbs 1:8-9 talks about learning from your parents. These lessons are important. Take turns to tell what you have learned from your father and mother or those caring for you. Then give some ‘thank you hugs’! What could you use to make some rings or jewelry to wear today as a reminder of your parents’ words?

Go deeper: Where do you want to learn and grow?

Take turns to place a hand on a family member’s heart and pray for God to grow a teachable spirit within them.



Guess the leader

Stand in a circle.

One person leaves the room. Choose someone to lead physical movements, changing them every 5 to 10 seconds. The person outside returns and stands in the middle of the circle and tries to guess who the leader is. Everyone else follows the lead without being obvious who is leading.



<https://youtu.be/EHnebLhazXo>

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 tint. An orange rectangular box is overlaid on the center of the image, containing white text.

Health tip

Drink more water. 70% of people don't drink enough water each day.



Follow the leader

One person is leader for each round. Start by jogging around. The leader says a name and the family must move like this. Mix them up.

- Mr. Slow - move slowly
- Mr. Rush - move fast
- Mr. Jelly - shake your whole body
- Mr. Muddle - walk backwards
- Mr. Bounce - hop around
- Mr. Small - crouch and keep moving
- Mr. Strong - move flexing your muscles
- Mr. Tall - stretch up and move
- Mr. Tickle - wave your arms around
- Mr. Happy - move and smile



<https://youtu.be/nlqpSeJJvdg>

Can you remember and share some wise sayings?

Go deeper: What is a good definition of 'wisdom'?





Burpee Ball Toss

Stand two to three meters apart facing a partner. Throw a ball to each other without dropping it. If one of you drops the ball, do five burpees before moving to the next round.

- Round 1: Throw and catch with the weakest hand
- Round 2: Stand on one foot
- Round 3: Close one eye
- Round 4: Lay on your back

Go easier: Do two burpees for dropping the ball.



Time challenge

Measure the total time it takes for every person to complete 10 of each of the following movements:

- 10 mountain-climbers
- 10 squats
- 10 up-down planks
- 10 burpees



Complete five of each movement.

Go harder: Do two or more rounds.



Wisdom is obeying God

Proverbs 1:7 says that wisdom starts with fearing God. This means bowing to, respecting, and obeying God. What does it mean for you to bow down to God? On a scale of 1-10 rate how teachable you are: a) to God; b) to others.

Go deeper: Where do you need to bow down and learn from God in your life right now?

Make a list of people outside your family for whom you are grateful for what they have taught you. Thank God for them.



Treasure hunt

Hide 20 small food items in a room (for example, vegetables or fruit).

How many can the family find in three minutes?

After finding them all, sit together and discuss how it felt to find the food. Was it easy or hard? Why? How is learning like this treasure hunt?

A close-up photograph of a hand holding a stream of water, with a blue tint over the entire image. The water is falling from the fingers, creating a dynamic, flowing effect. The background is a solid, light blue color.

Health tip

Drink more water.
Water helps get rid of
toxins and bacteria in our
body so we remain
healthy.

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 five 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.

MORE INFORMATION

Web and Videos

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family.fit Five Steps



Promotional video

Stay Connected

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

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Thank you.

The family.fit team



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