

Growing Together — Week 7



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**Am I a team player?**

*www.family.fit*



DAY 1

DAY 2

DAY 3

Ruth 2:2-7,  
17-18

Depend on  
each other

Contribute to  
the team

Be generous to  
others



Warm-up

Bear and crab  
walk

Team warm-up

Shadow boxing



Move

Speed skaters

Speed skaters

Harder speed  
skaters



Challenge

20,15,10 and 5

Speed skater  
race

Obstacle  
course



Explore

Read story and  
discuss  
dependence

Act out the  
story and find  
a bowl

Reread the  
story with a  
bowl and coins



Play

Wheelbarrow  
obstacle  
course

Tangled up

Walk the line

# 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.**



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## Bear and crab walk

Bear walk across the room and crab walk back. Do five laps.

**Bear walk** - Walk face down with feet and hands on the floor.

**Crab walk** - Walk face up with feet and hands on the floor.



<https://youtu.be/wkHeRxlytnE>

Rest and chat briefly.

Name someone or something that depends on you (a person, pet, or even a plant).

What do they depend on you for?

*Go deeper: Name someone you depend on and what you depend on them for.*



## Speed skaters



Start slow then increase speed and make the movements fluid.

Practice speed skaters to develop leg and core strength. Do six. Rest and then do 12. Rest again and do 18.

*Go harder: Increase repetitions to 30.*



[https://youtu.be/YXsFXzC8\\_4E](https://youtu.be/YXsFXzC8_4E)

## Challenge

20, 15, 10 and 5

Start with 'high fives' then do:



- 20 jumping jacks
- 15 speed skaters
- 10 push-ups
- 5 squats

End with 'high fives'.

Do three rounds with no rest between them.

*Go harder: Increase number of rounds.*



## Good team players depend on each other

Read **Ruth 2:2-7, 17-18** from the Bible.

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

After 10 years in the country of Moab, Naomi returns to Bethlehem with her widowed daughter-in-law, Ruth. Naomi's husband Elimelek and her two sons had died. Ruth is her only companion. Ruth goes out to work for food to eat.

Bible passage — Ruth 2:2-7, 17-18

And Ruth the Moabite said to Naomi, “Let me go to the fields and pick up the leftover grain behind anyone in whose eyes I find favor.”



Naomi said to her, “Go ahead, my daughter.” So she went out, entered a field and began to glean behind the harvesters. As it turned out, she was working in a field belonging to Boaz, who was from the clan of Elimelek.

Just then Boaz arrived from Bethlehem and greeted the harvesters, “The Lord be with you!”

“The Lord bless you!” they answered.

Boaz asked the overseer of his harvesters, “Who does that young woman belong to?”

The overseer replied, “She is the Moabite who came back from Moab with Naomi. She said, ‘Please let me glean and gather among the sheaves behind the harvesters.’ She came into the field and has remained here from morning till now, except for a short rest in the shelter.”

So Ruth gleaned in the field until evening. Then she threshed the barley she had

gathered, and it amounted to about an ephah. She carried it back to town, and her mother-in-law saw how much she had gathered. Ruth also brought out and gave her what she had left over after she had eaten enough.

*Discuss:*

Try reading the story so that each role is read by a different person.

Find four objects in your house that can be stacked on top of each other. Label each with the name of someone from the story. Add each container to the tower as you answer these questions:

1. Who do they depend on?
2. What do they depend on them for?

Play the song, “Lean On Me” if you know it.

Lean on one other as you together ask God to help each of you to be dependable team players.



## Wheelbarrow obstacle course

Assemble an obstacle course which includes some turns. Work in pairs to move through the course in a 'wheelbarrow' race.

Time each team. Swap places and do it again.



<https://youtu.be/vm7HCh81ru8>



**Health tip**

Reduce technology 'screen time'.



## Team warm-up

Make a shape (square or hexagon) or a special word using the bodies of everyone in the family. Then do these warm-ups:

- 20 mountain-climbers
- 20 high knees running
- 20 heel kicks
- 20 jumping jacks

Do three rounds. Then make the shape or word again.



<https://youtu.be/eJaHVOL8zFY>

Rest and talk together.

Name some of your favourite sporting players.

*Go deeper: What do they contribute to the team?*



## Speed skaters



Practice speed skaters. Do 10 of them. Rest and then do 20. Rest and then do 30.



[https://youtu.be/YXsFXzC8\\_4E](https://youtu.be/YXsFXzC8_4E)

*Go harder: Increase the number of repetitions to 40, 50 or 60.*



## Speed skater race

Count how many speed skaters you can do in two minutes.

Rest for two minutes.

Then stand on a line (rope) and jump in these ways:

- 20 forward/back
- 20 side to side

Complete two rounds.

*Go harder: Do more rounds.*



## Good team players contribute to the family

Read Ruth 2:2-7 and 17-18

Act out the story, choosing a prop for each character. Talk about what each person contributes in the story. Write each suggestion on a piece of paper and put them in a bowl from the kitchen. What other ingredients make a good recipe for a team? Write them and add them to the bowl too.

Name and thank God for what each member of your family contributes to your Family Team.





## Tangled up

Stand in a circle shoulder to shoulder. Reach out your right hand and take hold of another person's right hand. Do the same with the left hand.

Work together to untangle yourselves, keeping hands connected at all times.



<https://youtu.be/qx4oek lius>



## Health tip

Ensure parents are present  
when children are on  
screens.



## Shadow boxing

Do 30 seconds of 'Rocky pumps' (heel kicks while pumping arms over head).

Do 30 seconds of 'shadow boxing' (feet shoulder width apart in a stable position then throw alternating punches).

For safety spread out!

Do three rounds.



<https://youtu.be/0k7nAJudS7g>

Have you been, or have you seen someone be generous this week?

*Go deeper: How could you be more generous today?*



## Harder speed skaters



Practice harder speed skaters. Do them with an object such as a rope or book on the floor that you have to step over.

Make them smooth and increase speed. Do 20. Rest and then do 20 again. Repeat.



[https://youtu.be/YXsFXzC8\\_4E](https://youtu.be/YXsFXzC8_4E)

*Go harder: Do more rounds or do them faster.*



## Obstacle course

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



<https://youtu.be/PvTfqkGbq8M>

*Go harder: Increase speed through the obstacle course or carry extra weight.*



## Be generous to others

Read Ruth 2:2-7 and 17-18

Find a bowl and some coins. Reread the story. Look for the ways each character was being generous (or ask ‘What was the cost to each person?’). As you call them out, drop a coin into the bowl. Being generous costs something. (Can you give your coins away today?)

Invite each family member to say how they can be a generous team player this week.

Pray for each other.



## Walk the line challenge

Make some lines on the floor (straight, zigzag, or curvy). Use clothes, tape, chalk, or ribbon. Each person must move along the line in a different way while others follow (hopping, backwards, and so on). Turn on the music and take turns to set different challenges.



## Health tip

Make screens and technology off-limits for meals and other important family times.



# 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.

# 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.

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Thank you.

The family.fit team



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