

Growing Together — Week 11



*family.fitness.faith.fun*



**Do I respect my leaders?**

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DAY 1

DAY 2

DAY 3

Hebrews  
13:17

Leaders watch  
over us

Submit to  
those in  
authority

Respecting  
leaders helps  
us



Warm-up

Pick up relay

Push-up and  
run fast

Run and mime



Move

Mountain-  
climbers

Mountain-  
climbers

Mountain-  
climbers



Challenge

Time challenge

Mountain-  
climber and  
superman

Straight leg  
race



Explore

Read the verse  
and load a  
leader with  
objects

Reread the  
verse and  
make a respect  
poster

Reread the  
verse and  
write to a  
leader



Play

Web trap  
game

Paper islands

Don't get  
caught

# Getting started

**Help your family to be active inside or outside 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.

## 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.

Name some of the leaders in your life – individually and as a family.

*Go deeper: What responsibilities come with being a leader?*



## Mountain-climbers



Put hands and feet on the ground and keep your whole body straight like a plank. Move one knee up towards your elbows and then move foot back to the starting position. Repeat with other leg.

Do 50 repetitions. Rest after every 10.

*Go easier: Reduce the number of repetitions to five at a time.*

*Go harder: Increase the number of repetitions to 80.*



<https://youtu.be/pXQje-toMUw>



## Time challenge

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



- 10 mountain-climbers
- 10 sit-ups
- 10 push-ups
- 10 lunges

After each 10 movements, tap out for the next person to take over.

*Go easier: Do five of each movement.*

*Go harder: Increase the number of rounds.*



## Leaders watch over us

Read **Hebrews 13:17** from the Bible.

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

We know that leaders are human and can make mistakes. This verse reminds us how we should respond to those with authority over us. It is written about leaders in the church but also applies to leaders in our community.

Bible passage — Hebrews 13:17 (NIV)

Have confidence in your leaders and submit to their authority, because they keep watch over you as those who must give an account. Do this so that their work will be a joy, not a burden, for that would be of no benefit to you.



## *Discuss:*

What are the responsibilities of a leader?

Write each responsibility on a piece of paper and stick it to a household object.

Have a family member stand in the middle representing a leader. Place each object in their hands one at a time. How many can they hold?

Why is their job so difficult?

Give thanks for all the leaders in your life.

Pray for the leaders of your church whom

God has placed over you to teach you about God.



## Web trap game

Get three or more chairs and some string or ribbon. Tie the string between the chairs to create a web. Then try to walk or crawl through the strings without moving the chairs or dislodging the string.

See how many different arrangements you can make and get through!



<https://youtu.be/ddUXQeuAo7Q>



**Health tip**

Eat well.



### Push-up and run fast

Work in pairs. One partner does three push-ups while the other runs on the spot. Swap movements. Don't stop until each person completes a total of 15 push-ups.

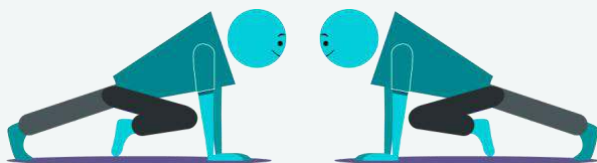
Rest and talk together.

What does it mean to submit to and respect our leaders?

*Go deeper: When does it become hard to respect our leaders?*



## Mountain-climbers



Work in pairs with a small object like a ball. Both start in the plank position.

One person does six mountain-climbers and then passes the object to the other person. The second person completes the mountain-climbers and then passes the object back. Do this four times.

Rest between rounds.

Complete three rounds.



<https://youtu.be/UKpDCWaUEXw>

*Go easier: Do only four mountain-climbers before passing the object.*

## Mountain-climber / superman challenge



One person does a superman hold with arms and legs off the floor while the other person does 20 mountain-climbers. Swap.

Do two rounds. Time yourselves.

*Go easier: Relax and repeat the superman hold.*

*Go harder: Increase the number of mountain-climbers.*



## Submit to those in authority

Read Hebrews 13:17.

Make a poster for your wall. Write the letters from the word 'RESPECT' vertically on one side of your poster. Create a sentence that begins with each letter that describes what it looks like to show respect to your leaders. What can you do this week to respect a leader in your life?

Make a set of prayer cards for your meal table. Write the name of a leader on each card. Pray for them now and after a meal each day this week.



## Paper islands

Stand in a big circle with paper sheets on the floor as *islands* in the middle. Everyone moves around the circle until the leader says “islands”. Everyone must stand on an island. If they cannot, they stand at the side. More than one person can be on an island at a time if they can balance.

After each round, take an island away. Continue until one island is left. Have fun!



<https://youtu.be/7Zi0BeW4XMM>





## Health tip

Eat well. Make a menu that includes a variety of meat and vegetables.



## Run and mime

Give each person a number and jog around your space. When everyone is moving person 1 shouts out an object such as 'car'. Everyone else mimes something to do with that object (for example, act like you are driving a car). You only have five seconds to respond and mime the object.

Everyone starts running again until person 2 shouts out a different object and everyone mimes it. Do six rounds.

Rest and chat briefly.

Talk about a time when a leader was encouraged by something you said or did.

*Go deeper: How could showing respect to our leaders benefit us?*



## Mountain-climbers



Do as many mountain-climbers as you can in 30 seconds. Rest for 30 seconds.

Complete four rounds.

How many were you able to do in total?



<https://youtu.be/pXQje-toMUw>

*Go harder: Increase the number of rounds to six.*



## Straight leg walking race

Measure out a course of 10-20 meters.

Walk laps of the course with straight legs.

No bending your knees!

See how many laps you can complete in two minutes. Who did the most?

*Go easier: Do it as a relay.*

*Go harder: Increase the distance.*



## Respecting leaders helps us

Read Hebrews 13:17.

Bring some joy to one of your leaders by sending a letter or email to them. Talk together about what you want to say to encourage them in their role. Thank them for watching over you.

How might you feel after you have sent it?

Sometimes leaders do not bring joy. Get two sticks and place them on the floor in the form of a cross. If there is a leader you know who is struggling, pray for them together as you remember the example of Jesus in praying for others.



## Don't get caught

One person is 'leader'. They turn their back to the rest of the family. The other family members do an exercise while the leader is not looking (high knees, skipping in place, jumping jacks, and so on). When the leader turns around, everyone must freeze. If someone is caught moving, they become the new leader.



<https://youtu.be/8Fi78q3-oqI>



## Health tip

Eat well. Keep sweet treats as special treats, not as part of your everyday diet.



# 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

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

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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!**

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Thank you.

The family.fit team



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