

Growing Deeper — Week 12



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**Jesus – risen and alive!**

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DAY 1

DAY 2

DAY 3

Mark  
16:1-7

Jesus was  
buried

Jesus has risen

Jesus is waiting



Warm-up

Grab the tail

Object pick-up  
relay

Wheelbarrow  
and inchworm



Move

Simple  
Burpees

Burpees

Burpee frog  
jumps



Challenge

Plank relay

Tic-tac-toe

family.fit finale



Explore

Read the  
verses and  
identify  
common  
scents

Read verses  
and plan a  
surprise for  
others

Read verses  
and search  
using hot and  
cold  
instructions



Play

Wheelbarrow  
obstacle  
course

Throw the  
paper ball

Hide and seek

# 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.**



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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

**Grab the tail**

Everyone wears a scarf or small towel as a 'tail' tucked in at the back. The goal is to collect as many tails as you can, while protecting your own. If you lose your tail, do five push-ups and continue the game. Have fun!



<https://youtu.be/FlicyXU6pXE>

Rest and talk together.

What are some of the rituals in your family or community?

***Go deeper:*** *Why do people follow rituals?*



## Simple burpee



Put your hands on the ground, step back to get in a plank position, then step both feet forward to stand straight up and clap over your head.

Take a couple of minutes to practice as a family – be sure to give each other good coaching and encouragement. Take turns timing each family member to see how long it takes to do 10 burpees!

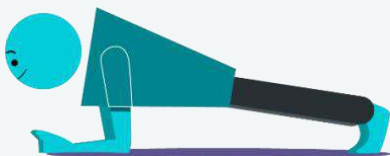


[https://youtu.be/jzE-Lj\\_fPXs](https://youtu.be/jzE-Lj_fPXs)

## Challenge



## Plank relay



Divide into two groups and stand five meters apart. One person starts in the plank position and moves sideways to the other group. They tag the next person who moves back across the space in a sideways plank.

See how many laps you can do in three minutes.



<https://youtu.be/1U4foL-hyQg>

***Go harder:*** Increase the time to five minutes.



## Jesus is buried

Read **Mark 16:1-2** from the Bible.

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

Jesus was laid in a tomb cut out of rock. The entrance was sealed with a huge stone and guarded by soldiers to prevent anyone stealing the body.

### **Bible passage — Mark 16:1-7 (NIV)**

When the Sabbath was over, Mary Magdalene, Mary the mother of James, and Salome bought spices so that they might go to anoint Jesus' body. Very early on the first day of the week, just after sunrise, they were on their way to the tomb <sup>3</sup> and they asked each other, "Who will roll the stone away from the entrance of the tomb?"



But when they looked up, they saw that the stone, which was very large, had been rolled away. As they entered the tomb, they saw a young man dressed in a white robe sitting on the right side, and they were alarmed.

<sup>6</sup> “Don’t be alarmed,” he said. “You are looking for Jesus the Nazarene, who was crucified. He has risen! He is not here. See the place where they laid him. <sup>7</sup> But go, tell his disciples and Peter, ‘He is going ahead of you into Galilee. There you will see him, just as he told you.’”

### ***Discuss:***

Our sense of smell is important. Take turns trying to guess different common scents with your eyes closed.

Anointing a body with spices was part of the burial ritual. The scented spices were extremely expensive and were an expression of love and respect.

Why were the women willing to put so much effort into anointing Jesus’ body?

Think of a time when someone showed their love for you. How did they do it?

**Chat to God:** Write a letter to God expressing your love. Choose someone to gather the letters and keep them in a safe place. Agree on a time to open them again.



## Wheelbarrow obstacle course

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

**Wheelbarrow position:** One person is in the plank position while the other stands and holds their ankles. Move forward like this.

Time each team. Swap places and do it again.



[https://youtu.be/8IE\\_7MQ2xBc](https://youtu.be/8IE_7MQ2xBc)



**Health tip**

Reduce technology 'screen' time.



## Object pick-up relay

Divide into two teams and stand on opposite sides of a space. Put 21 objects in the middle of the floor. Each team runs and collects the objects one by one as a relay. See which team can collect the most.

Rest and then repeat.



<https://youtu.be/T1ATkd4LuxE>

Rest and talk together.

Share the most incredible story you have ever heard.

***Go deeper:*** *Why do incredible or unusual events sometimes scare us?*



## Burpees



Stand with feet together. Bend and place your hands on the ground as you jump your feet back into a plank position.

Do a push up, then jump your feet towards your hands. Stand, jump, and clap your hands over your head.

Do 10 burpees slowly and fluidly.



[https://youtu.be/jzE-Lj\\_fPXs](https://youtu.be/jzE-Lj_fPXs)

***Go easier:*** Do the simple burpee from Day 1.



## Tic-tac-toe

Make a tic-tac-toe game board on the ground before you start (use tape or rope).

Work in two teams. Each team is given a challenge such as three burpees. When completed, two people run and place their piece on the tic-tac-toe game. Continue with new challenges until the game is won.



<https://youtu.be/PGybrGeteel>

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



## Jesus has risen

Read Mark 16:3-6.

Do you like surprises? Surprise someone from your family before the end of the day. Be creative!

The women in this story experienced an alarming surprise. Jesus was no longer in the tomb!

What new thing did they learn about Jesus in this moment? What does this mean for you today?

**Chat to God:** Thank you Lord Jesus for taking our sin to the cross. You conquered sin and death. You rose again to prove that you are God. Help us live each day in the light of this truth.





## Throw the paper ball

Throw the ball challenge: Everyone makes a paper ball and practices throwing and catching with one hand. Then stand in a circle and throw your ball to the right at the same time as you catch the ball from the left. Encourage each other.



<https://youtu.be/fuYoWk9OpYE>



### **Health tip**

Reduce screen time.  
Brainstorm all the good things you can do without a screen and display the list.



## Wheelbarrow and inch worm

**Wheelbarrow:** Work with a partner. Walk 10 meters then swap places.

**Inch worm:** Bend at the waist and place your hands on the floor. Walk your hands out until you're in a plank position with a flat back. Then walk your feet as close to your hands as you can.

Repeat for 10 meters. Do three rounds.



<https://youtu.be/43YZWUrNNzw>

Rest and talk together.

When have you almost been late to something?

**Go deeper:** *Talk about the longest time you have waited for someone.*



## Burpee frog jump

Do a normal burpee (from Day 2). However, when you come back to standing position after being down on the floor, jump as far as you can like a frog.

Take turns measuring how far each person can jump!

***Go easier:*** Don't try to jump far.

**family.fit finale**

Complete the season with a challenge that includes all we've learned!

In pairs complete these movements as fast as possible, but with good technique:

- 20 seconds of planks and superman
- 20 burpees, dips, speed skaters, lunges, push-ups, sit-ups, mountain-climbers, squats.

Do three rounds.

Don't forget to use a timer!



<https://youtu.be/3SaLawSacSw>



## Jesus is waiting

Read Mark 16:1-7.

Take turns hiding an object. The hider uses the words “hot” and “cold” to show how close the seekers are to the object.

Why were the women looking for Jesus in the wrong place?

The risen Jesus was expecting them in Galilee, where He had promised He would be.

Where could Jesus be waiting for you today?

**Chat to God:** Pray in a journey around four different places in your home for: (1) your personal life with God; (2) following God as a family; (3) your country; (4) your friends who are not yet following Jesus.



## Hide and seek

One person hides something at home that will be recognized by the rest of the family. Give a clue to encourage others to find the missing object.

Repeat with a new object.



<https://youtu.be/4h9pCQ2JQ48>



### **Health tip**

Reduce screen time.

Only use programs and apps that bring benefit to your family.



# 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

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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!**

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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