

Growing Wiser — Week 1



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Live with purpose

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DAY 1

DAY 2

DAY 3

Matthew
5:13-16

Know your
purpose

Be known for
doing good

Live for God's
glory



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lunges



Challenge

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Explore

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verses, discuss
and taste salt

Read verses,
discuss and
find the
darkest part of
the house

Read verses,
discuss and
draw a
lighthouse



Play

Jump in, jump
out

Sock
basketball

Shine Jesus
shine

Getting started

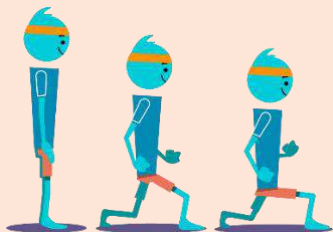
Help your family to be active inside or outside this week with three fun sessions:

- 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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Warm-up

**Junkyard dog**

One person sits on the floor with legs out to the front and arms out to the side. The others jump over the arm, the legs and the second arm. Everybody jumps two rounds and changes places, so everybody gets to jump.



<https://youtu.be/jgISsNnFVys>

Rest and talk together.

Name three things you use salt for, or find salt in.

Go deeper: *What gives you the most satisfaction, personally and as a family?*



Partner lunges



Stand straight with hands on hips. Step forward with one leg and lower your hips until your front knee is bent at 90 degrees. Alternate legs.

Practice lunges in pairs facing each other. Start slowly and carefully. Do four rounds of 10 repetitions. Rest between each round.



<https://youtu.be/vb0H2Ke823I>

Go easier: Do two rounds.

Go harder: Increase repetitions to 20 each round.

Challenge



Walk like a light

Split into pairs.

One pair walks to a 10 meter mark and back doing lunges. Keep a straight back (like a light) and hold a weight overhead if you can.

For the other pairs, one person lays on their stomach while the other person jumps over and lays on the ground next to them. The first person then stands and jumps over the second. Take turns to move five meters and back. Do four rounds.



<https://youtu.be/nETEiqmMuaE>

Go harder: Increase to five rounds.



Know your purpose

Read **Matthew 5:13-16** from the Bible.

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

These verses come at the start of the most famous ‘sermon’ Jesus gave for followers in His upside-down Kingdom.

Bible passage — Matthew 5:13-16 (NIV)

“You are the salt of the earth. But if the salt loses its saltiness, how can it be made salty again? It is no longer good for anything, except to be thrown out and trampled underfoot.”

“You are the light of the world. A town built on a hill cannot be hidden. Neither do people light a lamp and put it under a bowl. Instead they put it on its stand, and

it gives light to everyone in the house. In the same way, let your light shine before others, that they may see your good deeds and glorify your Father in heaven.”

Discuss:

Jesus used familiar things to help us think about what it means to follow Him. He uses salt here.

Find some salt and try to get a single grain each and taste it.

Can you taste the saltiness in that one tiny grain? What things taste better with salt? What do you think being ‘salt’ means for us today?

Chat to God: Find a family photo or a photo of those you love. Taste another grain of salt and as the flavor stirs your senses, pray a prayer of blessing over each person.



Jump in, jump out

Stand in a circle holding hands with a leader in the middle who gives instructions.

First round - the leader says 'jump in' and everyone shouts the action and jumps in. Repeat with other instructions like, 'jump out', 'jump right' and 'jump left'.

Second round - everyone says and does the opposite to what the leader says (for example jump out when the leader says 'jump in').

Third round - everyone does the action the leader says but shouts out the opposite.



<https://youtu.be/KPHYkYP35Nc>

A photograph of a man and a young child sitting at a table, both focused on drawing. The man is on the right, leaning over the table, holding a pencil. The child is on the left, also holding a pencil. The table is covered with drawing supplies, including pencils, a pencil sharpener, and a small container. The background is a blurred outdoor setting with a fence and hills. The entire image has a teal color cast.

Health tip

Plan for success.



Move your body

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/QJmo5rfwnX8>

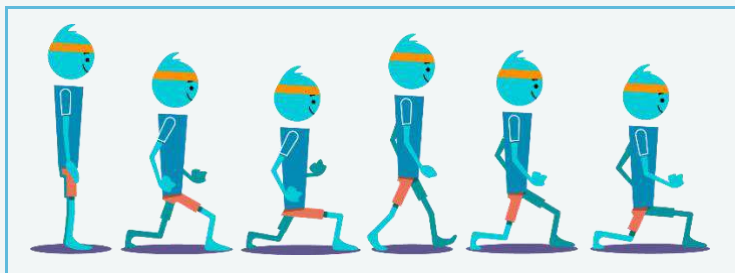
Rest and talk together.

On each finger, count ways that others have been good to you personally or as a family.

Go deeper: *How do you think others would describe you as a family?*



Slow deep lunges



Practice the slow lunge. Today our focus is on tempo.

Step forward with one leg and count to five as you slowly lower your hips until your back knee touches the ground. Stand up quickly. Repeat for the other leg. Be a turtle, not a rabbit!

Repeat five times per leg.



<https://youtu.be/vb0H2Ke823I>

Go easier: Only lower to what you are comfortable with.

Go harder: Increase repetitions to eight each leg.

Challenge



Salt and light

The leader stands at one end of the room or yard facing away from the others. Everyone else stands at the other end with hands above their heads.

Walk slowly with high knees, up on toes so it is hard to balance, tensing the whole body. When the leader shouts 'Salt and Light' and turns around, everyone must freeze. If the leader sees anyone moving that person must do three push-ups.

Repeat the game. Swap leaders.



https://youtu.be/m_VlgbZBgjU

Go harder: Increase to five push-ups.



Be known for doing good

Read Matthew 5:13-16.

Collect as many lights as you can. Then find the darkest place and turn on each light.

Jesus was speaking to a crowd of ordinary people. Yet He said to them, “You are the light of the world”. That’s how God intends to get His work done on earth today: through us – through you!

In what ways can you let your light shine?

Chat to God: In the quiet, ask God to help you see how you can let your light shine. Write down these ideas and share them together. Turn off all the lights except one. Thank God that even a little light makes a big difference.



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/d2c863bAZT0>



Health tip

Plan for success. Make a family calendar for each week where everyone's plans are scheduled. Use pictures and symbols to help younger children.



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.

Repeat for 10 meters. Do three rounds.



<https://youtu.be/ynPJIYUIYW0>

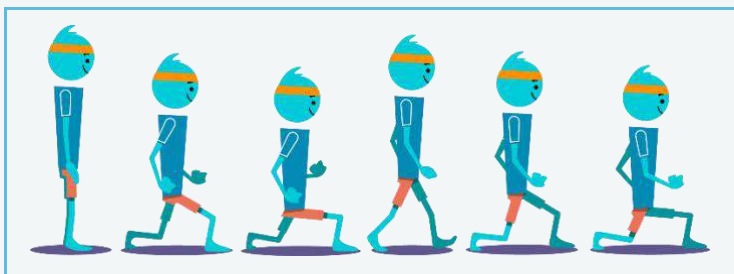
Rest and talk together.

Can you think of any 'dark' places that need Jesus' light?

***Go deeper:** Who do you know who shines the light of Jesus?*



Weighted lunges



Add weight to the lunge. Wear a backpack with a book in it or hold water bottles in your hands. Think creatively to find weights the right size for each person. Remember to keep the proper technique.

Complete two sets of 10 repetitions. Rest 30 seconds between sets.

Go easier: Only lower to what you are comfortable with and complete only eight repetitions each round.

Go harder: Increase repetitions to 16 per leg.

Challenge



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/0wf6zfkzmCQ>



Live for God's glory

Read Matthew 5:13-16.

The ultimate purpose Jesus suggests in these verses is that our lives will somehow visibly point to God and give Him glory! Even the thought of that is remarkable!

Imagine you are alone with Jesus. Where or to whom do you think He might ask you to let your light shine?

Chat to God: Draw or print a lighthouse and draw or put photos of each family member on it. Remember those dark places that need Jesus' light. Ask God to help each of you to let your light shine this week in a way that might cause others to give God glory.



Shine Jesus shine

Is there a good deed you can do as a family to shine Jesus' love to another family or person nearby? Make a list of what you could do as a family. Decide on one or more of them and plan to do them together as a family in the next week.

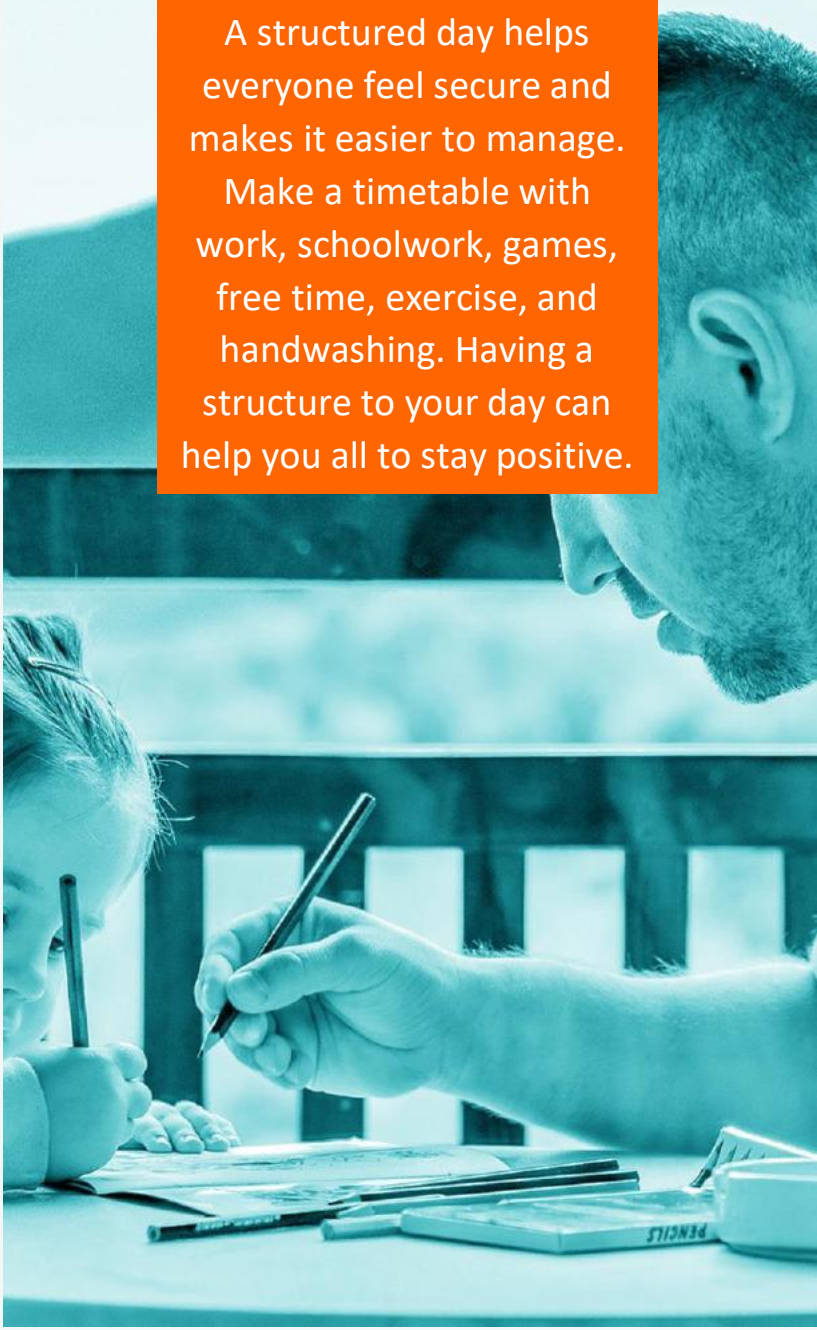
After the activity, reflect as a family.

Did you enjoy the activity? How did you feel afterwards? How did the person you helped feel? Is this something you could continue to do as a family?

Tip for parents

A structured day helps everyone feel secure and makes it easier to manage.

Make a timetable with work, schoolwork, games, free time, exercise, and handwashing. Having a structure to your day can help you all to stay positive.



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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