

Growing Wiser — Week 11



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Choosing the right way

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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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Mirror warm-up

Stand with a partner. One person decides actions such as high knees running, squats, superman, lunges, and so on. The other person acts as the mirror and follows their actions.

Swap roles after 60 seconds.



<https://youtu.be/63tV8cYbwAY>

Rest and talk together.

What are some of the choices you have already made today?

Go deeper: *What are the main influences on the choices you make each day?*



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/SYLI-rMJ8cg>

Go harder: Do six rounds.



Increasing the seconds

Find a clock and perform the following movements for the given time:

- 10 seconds – plank
- 20 seconds – running in place with high knees
- 30 seconds – squats
- 40 seconds – bear crawl around room
- 50 seconds – sit-ups
- 60 seconds – rest

Do three rounds. Share some things you are thankful for during the time of rest.

Go harder: Do five rounds.



It's your choice

Read **Matthew 7:13-14** from the Bible.

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

Jesus has been telling this crowd of people on the mountainside how to live the way God wants. It's life changing. Now, as He comes to the end of His message, He invites them to choose the one path that will lead them to this way of life.

Bible passage — Matthew 7:13-14 (NIV)

“Enter through the narrow gate. For wide is the gate and broad is the road that leads to destruction, and many enter through it. But small is the gate and narrow the road that leads to life, and only a few find it.”

Place objects or furniture as obstacles around the room or yard. Each person has to cross the room in their own way.

Why did each person choose to go the way they did?

Explore the idea of how God gave us 'free will' to make choices.

Chat to God: Thank God for the 'free will' we have to make choices and ask for His wisdom in making them. Each person could name a choice they are facing for others to pray about.



Walk the line

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.



<https://youtu.be/HrbJKHGek-Y>



Health tip

Get enough sleep each day.



Follow the leader

Go for a short jog around the house or yard while everyone follows a chosen leader. Try to go to every room or space. The leader can change movements – side steps, high knees and so on. Swap leaders.



<https://youtu.be/v-W35X8Fj68>

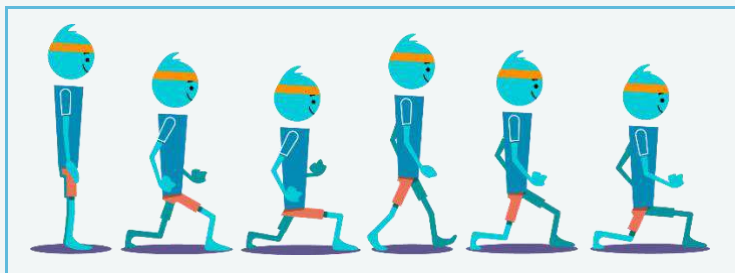
Rest and talk together.

Tell each other some things you find ‘easy’ to do.

Go deeper: *Tell of a time when the ‘easy way’ was not the best choice.*



Slow deep lunges



Practice the slow lunge. Focus 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/SYLI-rMJ8cg>

Go easier: Do lunges for 30 seconds. Rest and repeat.

Go harder: Slow down the lunges and show control. Do for 60 seconds. Rest and repeat.

Challenge

**Yes and no!**

Choose a leader and put some music on. Dance or do a movement until the leader says 'yes' or 'no'. When the leader says 'yes' everyone does a squat. Go back to dancing. When the leader says 'no' everyone does a burpee. Keep dancing until the leader speaks.

Take turns to be the leader.



https://youtu.be/Al_Ga9Ic-LQ



Choosing the easy way

Read Matthew 7:13-14.

Read the second part of verse 13 again.

Work together to quickly draw a picture of the scene putting in the broad road and lots of people. Discuss why all these people have chosen this particular road.

Share times when you just ‘went along with the crowd’ because it was easier than choosing to do something else.

Chat to God: Pray for any family members who may be struggling to make good choices because of the pressure from those around them to ‘follow the crowd’.



Group storytelling

Sit in a circle. One person starts to tell a story. After one or two sentences, they pass to the next person by saying “and then ...”. The next person carries on the story. Continue around the circle.

Variation: The leader can call out random words that can be included into the story to add fun.



Health tip

Get enough sleep each day. Different aged children and adults need different hours of sleep each night. Learn what you need!



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>

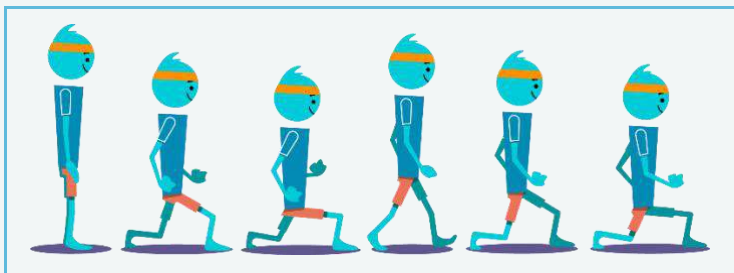
Rest and talk together.

Tell each other some things you find 'hard' to do.

Go deeper: Tell of a time when the 'hard way' was the best choice.



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: Choose lighter weights.



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>



Choosing the hard way

Read Matthew 7:13-14.

Read verse 14 again. Look at yesterday's drawing of the people on the broad road. Now close your eyes and imagine Jesus standing at the entrance to a narrow road and beckoning people to come with Him. Imagine yourself choosing to follow Him. Jesus wants us to choose 'life' and He promises to be with us all the way.

What are some of the good things about following Jesus' way?

Chat to God: Thank God for the life He offers us through Jesus. Take it in turns to name people in your family or others you know using these or similar words: 'Lord, please help (Name) choose to follow Jesus'.



Keep the ball moving

The challenge is to move a small ball from one side of the room or yard to the other without touching it. You will have to work together to succeed.

Each person holds a piece of folded cardboard or a sturdy magazine for the ball to travel along. Line up and overlap your magazines so that the ball can roll down them. Start the ball rolling. When the ball passes your magazine run to the front of the line to get ready to receive the ball again. Always keep the ball moving down the magazines. Have fun trying.



<https://youtu.be/U7aWD8EnkP4>

Reflect: *What helped you succeed?*



Tip for parents

Don't just tell your children what to do. Get good at asking helpful questions to your children to help them weigh up choices and choose wisely.

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

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Find more parenting tips at <https://www.covid19parenting.com/tips#>



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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