

The Ultimate Race — Week 1



family.fitness.faith.fun



Life is like a race!

www.family.fit



DAY 1**DAY 2****DAY 3**

**Acts
20:24**

**Run for the
good of others**

**Run the race to
the finish**

**Run to win the
prize**



Warm-up

**Drop to the
ground**

Junkyard dog

Move to music



Move

Basic sit-ups

**Weighted
sit-ups**

**Sit-ups with
rotations**



Challenge

**Tower
challenge**

Crazy clock

**Global sit-up
challenge**



Explore

**Read the verse
and run 3-
legged race**

**Reread verse
and hold your
breath**

**Read 1
Corinthians
9:24 and make
a tower**



Play

Swamp walk

**Wheelbarrow
obstacle
course**

**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.

What's New in Season 5



New global family.fit competition

Can your nation win our new global competition?

Win points in weekly challenges and boost your nation to the top of our international leaderboard.

Every week will have a new challenge.

Help your country by getting your friends and family involved.

[CLICK HERE](#) to update your family score every week.

[CLICK HERE](#) to look at the weekly leaderboard to see your country's progress.

Sport spotlight

Each week we'll focus on a different sport and an inspirational athlete who plays it. Athletes overcome challenges in difficult times to finish the race. We hope these stories will inspire you to run your race of life.



Warm-up

**Drop to the ground**

Run around the room or yard as you do this activity.

One person is the leader. When the leader shouts out a body part such as elbow, knee, back, or ear, everyone must put that body part on the ground.



<https://youtu.be/i1LOFXnidV4>

Rest and talk together.

Talk about some of the races you have competed in.

Go deeper: Tell of a time when you thought winning the race was not the most important outcome?



DAY 1

Move

Basic sit-ups



Lie on your back with legs bent and feet firmly on the floor. Curl your body towards your knees to “sit up”. Return to start position.

Work with a partner. One person does sit-ups while the other holds their feet down. Do five sit-ups and swap places. Do five rounds.



<https://youtu.be/0xZYM4MkaUE>

Go easier: Complete three rounds.

Challenge



Tower challenge



Work in pairs with six cups per pair. One person holds superman while the other does five sit-ups. After each round place one cup to build a tower. Swap roles. Continue for three minutes. How many 6-cup towers can you build? Rest for three minutes and try again.



<https://youtu.be/lXRKX3nLZe8>



Run for the good of others

Read **Acts 20:24** from the Bible.

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

The apostle Paul says a life of serving Jesus is like competing in a race. Paul is in this race. In fact, all followers of Jesus are in the same race. We can learn a lot about following Jesus by thinking about life as a long race – a marathon.

Bible passage — Acts 20:24 (NIV)

However, I consider my life worth nothing to me; my only aim is to finish the race and complete the task the Lord Jesus has given me—the task of testifying to the good news of God’s grace.

Find a space to run some three-legged races. Stand in pairs side by side. Each pair uses a rag or stocking to tie their inside legs together. Now run!

How important was it to think about your partner as you ran your race?

Think about your life's race. What is the race like?

Read Acts 20:24 again.

What was Paul's main task in life?

Paul considered the things of life as nothing compared to helping others know the good news of Jesus.

Chat to God: Take your rags or stockings and help each other tie all your hands together. Thank God for giving you the opportunity to run life's race together as a family.



DAY 1

Play

Swamp walk

Find a partner and get two sheets of paper. Pretend the ground is a swamp and the sheets of paper are the only dry land. Choose a destination across the room or yard. One person places and moves the papers on the floor to help the other person step across the swamp. Swap places and guide the other person across safely. Who reached the goal the fastest?



<https://youtu.be/aoi295pLhHI>

Reflect:

Was this hard or easy to do?

What helped you reach your goal?



Health tip for living long

Eat lots of vegetables.

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.

Does anyone have a medal, trophy, certificate or ribbon for finishing a race? Get it and tell the story.

Go deeper: *Tell of a time when you gave up and didn't finish something. Why did this happen?*



Weighted sit-ups



Find an object around your home that has some weight to it such as a bottle of water or a big book.

Do 10 sit-ups while holding the weight close to your chest. Be sure to squeeze your core when doing the sit-up.

Rest and repeat.



<https://youtu.be/0xZYM4MkaUE>

Go easier: Perform without weights.

Go harder: Do five rounds.

Challenge

**Crazy clock**

You will need a plastic bottle and signs with the numbers 1 to 12.

Place the numbers on the ground like a clock face and put the bottle in the middle.

Take turns to spin the bottle. The whole family does that number of repetitions to any movement they choose. (For example, seven squats or three sit-ups.)

Play for five minutes.



<https://youtu.be/Zg07q8mPKzQ>

Go easier: Only play for three minutes.



Run the race to the finish

Read Acts 20:24.

How long can you hold your breath? Each person estimates a time and takes turns to try and achieve their goal. The rest of the family cheers during the attempt. *Stay safe!*

Did it get more difficult as you neared the goal time?

What makes the race hard sometimes?

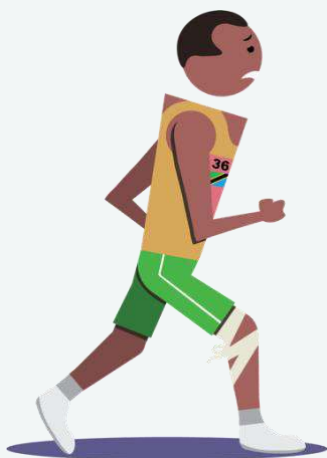
What can stop us or delay us in a race?

Read about the marathon and John Stephen Akhwari on the next page.

Chat to God: As your family is running in the race this week, talk about opportunities to share Jesus' story with others. Pray together for God to give you the boldness and confidence.

The marathon

At the 1968 Mexico Olympics, John Stephen Akhwari from Tanzania started the 42-kilometer marathon well. At the halfway mark he fell heavily and dislocated his knee and shoulder. Did he stop and give up? No, he kept running, even though he couldn't win the race. He ran as the sun set and the course went dark. He ran on alone. He walked when he could no longer run. He ran after the winners had received their medals. He ran into the stadium and across the finish line as the few remaining spectators applauded. He ran to finish the race.



After the race he was asked why he kept running when he had no chance of winning. He replied, “My country didn’t send me 5000 miles to just start the race, they sent me 5000 miles to finish it.”



<https://youtu.be/tNC2r4MOB1w>

How does this story inspire you to run your own race?

How can your family show courage and perseverance like John Stephen Akhwari?





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/BXHBV1ySeQ8>

A top-down view of a dark-colored bowl filled with a variety of fresh ingredients. At the top, there are four pieces of golden-brown fried tofu, sprinkled with black sesame seeds. To the right of the tofu are several slices of ripe avocado. Below the avocado is a portion of bright green edamame beans. On the left side of the bowl, there is a pile of white bean sprouts and a large amount of fresh green leafy vegetables, possibly spinach or lettuce, also topped with black sesame seeds. At the bottom of the bowl, there are neatly arranged strips of orange carrots and green cucumbers. To the right of these strips is a pile of shredded, light-colored ingredients, possibly mushrooms or cooked chicken. The entire bowl is set against a light gray, textured background. In the top right corner, a small portion of a blue and white patterned dish is visible.

Health tip for living long

Eat lots of vegetables every day. Experts suggest having five or more servings (handfuls) each day.

Warm-up



Move to music



Put on some favorite music. Repeat these moves until the music ends:

- 10 running on spot
- 5 squats
- 10 running on spot
- 5 squats with hand clap above head



<https://youtu.be/ATHqkVnm8nE>

Rest and talk together.

What is the key to winning a race?

Go deeper: *How does knowing there will be a prize change the way you run in a race?*



Sit-ups with rotation



Lie on your back with legs bent and feet firmly on the floor. Curl your body towards your knees to sit-up then twist to the right and touch the floor with both hands by your right hip. Return to start position and repeat for the left side.

Complete six repetitions, three with a right twist and three with a left twist.

Complete five rounds.

Go easier: Complete only three rounds.



DAY 3

Global challenge

Global sit-up challenge

How many sit-ups can your family do in 90 seconds?



Each family member does as many sit-ups as they can in 90 seconds. Combine the scores for the family total.

[CLICK HERE](#) to input your family score.

[CLICK HERE](#) to look at the weekly leaderboard to see your country's progress.

Which nation will be our family.fit champions?



Run to win the prize

Read 1 Corinthians 9:24 from the Bible.

Bible passage — 1 Corinthians 9:24 (NIV)

Do you not know that in a race all the runners run, but only one gets the prize? Run in such a way as to get the prize.

The race of life is different from other races. There isn't just one winner. All those who keep running and finish the race, win the prize of God's approval and eternal life. Therefore, like an athlete, we must persist in running life's race and finish well.

How is your life like a long race?

What helps you run the race?

Find items in the house to build a tower. As each piece is placed, name one way that helps us to run the race and win the prize.

Chat to God: Think about your local community. Who needs hope right now? Make a plan to 'run' alongside this person. Pray for them together.



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/6HDQOexMp14>



Tip for parents

Make eating vegetables fun for kids. Cut them and serve them in different ways. Make shapes and use colors to arrange the vegetables to make them attractive to eat.

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](https://family.fit)

Find us on social media here:



Find all the videos for family.fit at the [family.fit YouTube® channel](https://www.youtube.com/channel/UC...)



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.

This resource is given freely and meant to be shared with others at no cost.

If you would like to receive family.fit as a weekly email you can subscribe here:

<https://family.fit/subscribe/>.

If you translate this into a different language, please email it to us at info@family.fit so it can be shared with others.

Thank you.

The family.fit team



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