

## The Ultimate Race — Week 2



*family.fitness.faith.fun*



# Train for your race!

*[www.family.fit](http://www.family.fit)*



DAY 1

DAY 2

DAY 3

1  
Corinthians  
9:25-26

Train for your  
race

Training takes  
discipline

Train for the  
eternal prize



Warm-up

Bear shoulder  
taps

Running on hot  
lava

Bear and crab  
walk



Move

Mountain-  
climbers

Mountain-  
climbers tap-out

Twisted  
mountain-  
climbers



Challenge

Drawing lots

Sit-up challenge

Global  
mountain-  
climber  
challenge



Explore

Read the verses  
and make a list

Reread verses  
and make up  
actions and a  
chant

Reread verses  
and set goals



Play

Keep the ball  
moving

The great paper  
competition

Around the  
world table  
tennis

# 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

**Bear shoulder taps**

Get down on hands and knees facing a partner. Try to touch your partner's shoulder with your hand while keeping your 'bear' position. Play until someone reaches 11 shoulder taps.



[https://youtu.be/r\\_09KUsKpK0](https://youtu.be/r_09KUsKpK0)

Rest and talk together.

When did you train hard for something?

What was it like?

***Go deeper:*** *What motivates people to train really hard?*



## 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 30 repetitions. Build speed and fluency.



<https://youtu.be/ZNx5leoyKa8>

***Go harder: Complete two rounds.***

## Challenge

**Drawing lots**

Place at least 10 pieces of paper in a container, each with a different task written on it: 10 sit-ups, 5 push-ups, 15 jumping jacks, hug each person, 'high five' each person, get a glass of water for each person, 20 seconds of high knees, 20 seconds of plank, 15 seconds of superman.

Take turns to draw lots and do the task on it. You can choose to help another person with their task, and you can also choose to draw lots more than once if you want an extra challenge.

Do three rounds.



<https://youtu.be/W-OY9808VPY>





## Train for your race

Read **1 Corinthians 9:25-26** from the Bible.

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

Paul continues to teach us about life using the metaphor of an athlete. This week is all about training! We shouldn't go through life aimlessly, but rather start training in order to win the prize at the end of the race.

### **Bible passage — 1 Corinthians 9:25-26 (NIV)**

Everyone who competes in the games goes into strict training. They do it to get a crown that will not last, but we do it to get a crown that will last forever. Therefore I do not run like someone

running aimlessly; I do not fight like a boxer beating the air.

Followers of Jesus are running in a race called 'life'.

Why is training important in a race?

Work together to come up with a list of ways that help us train as followers of Jesus. Write each of these on separate pieces of paper and spread them around your house/yard in a course layout. Take turns to run the course calling out each 'way' as you pass over it.

**Chat to God:** Move to the piece of paper where you need to improve your training. Get into the starting race position and spend some time asking God to help you to grow in this. Run the course together to finish.



## 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?*

An elderly woman with short grey hair and glasses, wearing a yellow and black patterned top and yellow pants, is walking down a concrete step. A young girl with long dark hair and a pink bow, wearing a floral dress and red shoes, is walking up the same step. They are on a wooden pier with a body of water and sailboats in the background under a clear blue sky.

**Health tip for living long**

Walk as much as possible.



## Running on hot lava

Spread out around a space. Select a leader. When the leader says “hot lava” everyone runs on the spot as fast as they can. When the leader says “stop” everyone does squats. Repeat until everyone is breathing heavily.



[https://youtu.be/dCWo\\_H0vpGg](https://youtu.be/dCWo_H0vpGg)

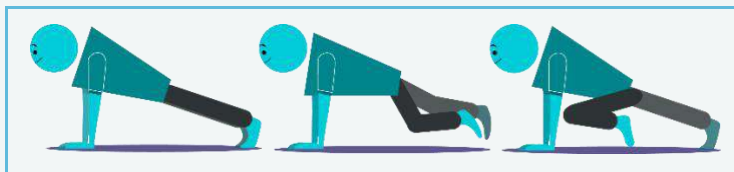
Rest and talk together.

On a scale of 1-10, rate yourself on how well you complete the tasks you commit to.

***Go deeper:*** *What are some of the reasons why people give up?*



## Mountain-climbers tap-out



Do 10 mountain-climbers and tap out to the next person. Continue until you have completed 100 as a family.



<https://youtu.be/ZNx5leoyKa8>

***Go easier:*** Do five and then tap out to the next person.

***Go harder:*** Set 150 or 200 as your target.

## Challenge



## Sit-up challenge



Sit in a circle facing each other. Do 50 sit-ups as a family. One person starts and taps out to the next person when they need a break.

After 50 sit-ups, run as a family to a marker and back. Run to the pace of the slowest runner. Then start sit-ups again.

Do three rounds of 50.



<https://youtu.be/ZCTfXccNIWg>



## Training takes discipline

Read 1 Corinthians 9:25-26 again.

Make up some actions and recite the verses together.

What does it feel like to be aimless?

What helps training to be effective?

Training takes discipline. Encouraging each other helps.

Make up a family 'war cry' that states your commitment to training hard for Jesus. Talk about the term 'strict training' and what it means for your life as a follower of Jesus.

**Chat to God:** Gather into a family team huddle, recite your war cry, and then pray for each other to grow in commitment and discipline.



# The sprints

*Wilma Rudolph was a champion sprinter who trained hard to overcome every obstacle she faced.*

*She was born prematurely in an African American family in the 1940's. With 20 brothers and sisters, there were few resources to help her become a champion runner. As a child she contracted polio and had to wear leg braces. However, she had incredible determination. She overcame polio at 12, surprising the doctors, and started to walk again. To get stronger, she took up athletics. Amazingly, eight years later she went to the 1960 Summer Olympics in Rome and won three gold medals! Wilma showed that keeping her mind focused on the prize is great motivation for training.*

*"The triumph can't be had without the struggle!" she said.*



<https://youtu.be/BYQXYVwa4YE>



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

*What can your family learn from this?*





## The great paper competition

Give everyone a piece of paper. Write what takes away your joy on it. Use the paper for three different competitions.

1. Make a paper airplane and fly it the furthest. Give points to each person.
2. Screw up the paper plane into a ball. Each person throws all the balls into a bucket five meters away. See who can get highest total.
3. Try to juggle the most paper balls. Start with one, then two and so on.

Who has the highest overall score?

An elderly woman with short grey hair and glasses, wearing a yellow and black patterned shirt and yellow pants, is walking down a concrete step. A young girl with long brown hair and a pink bow, wearing a floral dress and red shoes, is walking up the step next to her, holding her hand. They are outdoors on a sunny day, with a body of water and a white boat in the background.

## Health tip for living long

Walk as much as possible. Schedule walking into your regular day. What creative ways can you do this? Don't always take the car or bus.



## 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.



<https://youtu.be/ynPJiYUIYW0>

Rest and talk together.

What prizes have you won? Do you still have them?

***Go deeper:*** Which prize means the most to you? Why?



## Twisted mountain-climbers

Perform 10 'twisted' mountain-climbers.

Try and reach the right knee toward the left arm, and then the left knee toward the right arm. Start slowly, then increase speed and fluency.

Do three rounds.

***Go harder:*** Increase the number of rounds or do the mountain-climbers faster.



DAY 3

## Global challenge

### Global mountain-climber challenge

How many mountain-climbers can your family do in 90 seconds?



Each family member does as many mountain-climbers 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?**



## Train for the eternal prize

Read 1 Corinthians 9:25-26. Add actions.

What is the prize Paul talks about that will last forever?

Each person thinks of a 'following Jesus training strategy' for the next 7 days. For example, pray every morning. Write it on a chart. See who can do the strategy every day. Plan a prize for each person.

**Chat to God:** Think about people you know who are struggling to be followers of Jesus. Stand in a circle with your right hands on top of each other in the center as you pray for each person. When the top hand slaps the pile, shout AMEN.





## Around the world table tennis

Stand around a table. One person hits a ball over a “net” and another person returns it. Keep moving so that each person has a turn - pass the bat to the next in line. Try to make 10 consecutive hits as a family, then 20.

**Notes:** Use creativity! Instead of rackets use plastic lids / plates or flip flops. Instead of a net you can use books or toilet paper rolls.



<https://youtu.be/K1spCxyJoOY>

## Tip for parents

Help kids learn to be active every day. Play outside. Play with them because they love you to be involved too. Go exploring together. Take healthy snacks for the journey.



# 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](mailto:info@family.fit) so it can be shared with others.

Thank you.

The family.fit team



*[www.family.fit](http://www.family.fit)*