

The Ultimate Race — Week 3



family.fitness.faith.fun



Run with your team!

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DAY 1

DAY 2

DAY 3

1
Corinthians
12:12

One body –
many parts

We need the
team

We are one big
team



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warm-up



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squats



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challenge



Explore

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and make a
cake

Reread verse
and trace a
child on paper

Reread verse
and draw a
timeline



Play

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go

Trust walk

Show me the
way

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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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.





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.

Take turns to name one thing common to all members of your family, and then one thing that is unique to each member.

Go deeper: *Talk about a time when someone else's skill was a big help to you.*

Squats



Stand in front of a low chair. Bend your knees so you sit lightly on the chair. Stand up again.

Do 10 repetitions then rest. Complete three rounds.



<https://youtu.be/YhNxDUgBA7c>

Go harder: Complete five rounds.

Challenge

Tabata

Listen to the Tabata music.



<https://youtu.be/AmcrvuWBkpQ>

Do mountain-climbers for 20 seconds, then rest for 10 seconds. Run on the spot for 20 seconds, then rest for 10 seconds. Repeat this sequence. Do eight rounds.

Go harder: Increase the number of repetitions in 20 seconds.



One body – many parts

Read **1 Corinthians 12:12** from the Bible.

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

In this verse, and the passage in which it is found, Paul reminds us that we all have different gifts and abilities to serve one body – one team. Paul uses our familiarity with our bodies to show how important we are to each other. We run life's race as a team!

Bible passage — 1 Corinthians 12:12 (NIV)

Just as a body, though one, has many parts, but all its many parts form one body, so it is with Christ.

Collect the equipment and ingredients needed to make a cake the family enjoys. Put these on your table and gather around.

Paul tells us 'Team Jesus' is made up of many different members with different gifts. Take turns to hold one of the items and describe one of your gifts or abilities.

Why is it important that we all bring different gifts and abilities to the team?

Can you make your cake today?

Chat to God: Write each of the gifts you named on individual pieces of paper. Add them all to a container. Thank God for each other's gifts.



Together we go

Line up next to each other. Using a rag or nylon stocking, tie yourself at the ankle to the person on either side of you. (The people on each end will have their outside foot free.)

As a team work together to move from a starting point to the finish as fast as possible. Make sure you stay connected. Rest and repeat.

Do three rounds. Try to get faster each time.



<https://youtu.be/Xg7y6okM3Ww>

Reflect:

What helped you succeed?

A close-up photograph of a woman with dark hair hugging a young child with brown hair. The woman is wearing a dark top, and the child is wearing a plaid shirt. The scene is intimate and emotional, with soft lighting. An orange text box is overlaid on the image.

Health tip for living long

Forgive one another daily.



Dance and freeze

Put on some up-tempo music. Everyone dances using their whole bodies. Take turns to stop the music. Everyone freezes when it stops and then does 10 speed skaters (bend and touch knee with opposite hand).

Repeat until everyone is breathing heavily.



<https://youtu.be/m2robkaZS3I>

Rest and talk together.

What are some activities that cannot be done alone?

Go deeper: Talk about a time you achieved something big by working with others.



Back to back squats



Stand back to back with a partner. Lean on each other and descend to a 90-degree squat position. Maintain that position and pass a ball overhead to each other. See how many times you can pass it in 30 seconds.

Rest and repeat.

Do three rounds. Try to increase the number of ball passes each round.



<https://youtu.be/czUU57xbnlk>



Family squat challenge



Stand in a circle facing each other. Do 150 squats as a family. One person starts and then taps out to the next person when ready for a break.



<https://youtu.be/TbDksRStAPw>

Go harder: Use a stopwatch. Repeat the challenge and try to improve your time.



We need the team

Read **1 Corinthians 12:12** again.

On a large sheet of paper, draw a picture of a human body (trace around a young child). Talk about how the parts of the body make a team.

What would happen to the body if one part didn't work? (for example, legs, hands, ears)

Why does the body need each part?

Read about blind football and how the players work skillfully as a team.

Chat to God: Pray that each person's gifts can be used in the family well.

Blind football

Blind football is a game like futsal with five players on each team. It is designed for athletes who are visually impaired. Players use blindfolds (except the goalie), so everyone plays the game in total blindness. It is part of the Paralympics ('Parallel' Olympics).

It is one of the most amazing team sports to watch. It is played with such speed and accuracy it is hard to believe the players cannot see the ball. The crowd must remain silent so the players can hear the tiny bell in the ball to locate it. Each team must communicate really well with each other so that they know where other team members are positioned.

Brazil has been the champion at recent events.



<https://youtu.be/Jaws82WdcsM>



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

What can your family learn from this?





Trust walk

Work in pairs. One person is blindfolded while the other gives instructions to get to a goal. Put some obstacles out to make it more challenging. If possible do it outside. Swap roles after some time.



<https://youtu.be/5z0dygBEYNs>

A close-up photograph of a woman with dark hair hugging a young child with brown hair. The woman is on the left, leaning her head against the child's head. The child is on the right, wearing a plaid shirt. The background is dark and out of focus.

Health tip for living long

Forgive one another daily. Don't take resentment and anger to bed with you. Try to fix hurt relationships promptly and sincerely. Ask for God's help.



Corners warm-up



Label the corners of the room with the numbers 1-4. Each person starts at a different corner and does a different warm-up. Move around the room to the next number. Do two rounds.

1. 10 jumping jacks
2. 10 running on spot
3. 10 mountain-climbers
4. 10 squats



<https://youtu.be/wjLlb-GaFjl>

Rest and talk together.

Who helps you grow in your life and faith?

Go deeper: Who are you helping grow?



Opposite squats



Stand facing a partner. Do squats at the same time. Give each other a 'High 10' hand clap at the bottom of each squat. Do 10 repetitions.

With every squat, take turns telling one thing that brings you joy.

Rest for one minute and swap partners.

Do three rounds.

Go harder: Increase the number of rounds or do the squats faster.

Global challenge

Global squat challenge

How many squats can your family do in 90 seconds?



Each family member does as many squats 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?



We are one big team

Read **1 Corinthians 12:12** again.

Can you remember the first time you heard about Jesus?

Can you name some people from the past who have faithfully served Jesus?

We are part of a team who have followed Jesus for thousands of years. It's a big team.

What is one of the most important reasons you are a follower of Jesus today?

Finish by reading the verse again together.

Chat to God: Join some narrow strips of paper to make a long strip. Take turns to draw a stick figure, connected to the previous figure, and write the names of people past and present. As you write and draw, thank God for each person.



Show me the way

Work with a partner. One is blindfolded and has a ball and the other has a bucket or similar.

In round one, the blindfolded person has three attempts to throw the ball into the bucket without knowing where it is. Place the bucket about two meters away.

In round two, the blindfolded person throws the ball into the bucket as it held by their partner. The partner can give directions like, “I am here” or “This way”. Swap roles.



<https://youtu.be/xMsndNuiqVE>

Tip for parents

One of the most important things parents can do is teach kids to mend broken relationships. Parents will make mistakes and can model how to say sorry.



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

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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