

The Ultimate Race — Week 5



family.fitness.faith.fun



Press on to the goal!

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DAY 2

DAY 3

Philippians
3:12-14

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back

Focus on the
finish line



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verses and set
timers for
small tasks

Reread verses
and write a list
of distractions

Reread verses
and make a
finish line



Play

Build a tower
race

Stepping
stones

Bocce adapted

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.





Starfish

Work with a partner. One person gets in a plank position with legs apart. The other person jumps over the legs, one leg at a time and returns to the start. Repeat 10 times and then swap places.

Do three rounds.



<https://youtu.be/GRuEVoqebvI>

Rest and talk together.

How long did it take you to learn to ride a bike? What made you want to keep trying?

Go deeper: *When did you last feel like giving up, but decided to push through?*



Burpee preparation



Part of a burpee is pushing off the floor. Do three rounds of 5 push-ups and 10 squats. These movements will help you to build up to a burpee.

Rest between rounds.

Go harder: Increase the number of repetitions.



Games challenge

Everyone lies face down across a line. One person shouts out the name of a sport – for example, basketball. Everyone runs to the other side of the room and pretends to bounce a ball as they go, then lies down again. Take turns to call out a sport. Others could include:

Long jump: frog-jump to the other side.

Swimming: run to the other side with swimming movements.

Be creative! Have fun!



<https://youtu.be/c-pXM76f3-c>



Keep going

Read Philippians 3:12-14 from the Bible.

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

Paul's main goal in life is to really know Christ, to experience Christ's power in his life, and to become more like Him. Paul knows he still hasn't reached his goal, but like an athlete in a race, he is determined to keep running towards the finish line. Like Paul, we too must press on towards the goal.

Bible passage — Philippians 3:12-14 (NIV)

Not that I have already obtained all this, or have already arrived at my goal, but I press on to take hold of that for which Christ Jesus took hold of me. Brothers

and sisters, I do not consider myself yet to have taken hold of it. But one thing I do: Forgetting what is behind and straining toward what is ahead, I press on toward the goal to win the prize for which God has called me heavenward in Christ Jesus.

Try setting timers for things you like to do quickly throughout the day. For example, set a 2-minute timer for brushing your teeth and set a 15-minute timer for 'no technology' at dinner time.

Was it hard to continue until the timer went off?

What are some of your small goals in life?

Why is it important to have small goals aligned to your big goal in life?

Chat to God: Pray that like Paul, you will remember you haven't arrived yet, but need to keep going in the race of life.



Build a tower race

Divide into two teams. Each team finds eight objects around the house to use to build a tower.

Have a race to build the tallest tower possible. Do it as a relay.

Alternatively, set different challenges each time using the same objects, such as strongest tower, most creative tower, widest tower, and so on.



<https://youtu.be/aitvZweGZUg>

Health tip for living long

Make good decisions for
the health of the
environment.





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>

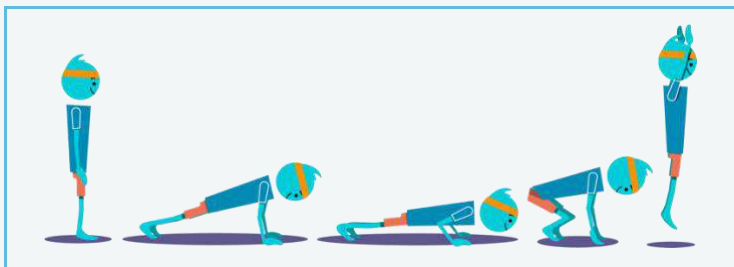
Rest and talk together.

What was the last year like for you? Do you feel like it was successful or not?

***Go deeper:** What success or failure in your life do you remember from time to time?*



Practice burpees



Start slowly and use the correct technique. Stand upright and move to the plank position to do a push-up on the floor. Jump your feet in and do a partial squat. Then leap into the air and clap above your head. Try to do it in one fluid movement.

Do three burpees then rest. Do five rounds.



https://youtu.be/Q_tH_IRNJc0

Go easier: Do only two rounds.



Burpee dice challenge



You will need a dice or small pieces of paper numbered 1-6 in a bowl.

Stand in a circle and take turns to roll the dice or select a piece of paper and do the number of burpees indicated. Add the total number of burpees for your family. What's your score?

Do four rounds or play for four minutes.



<https://youtu.be/wOLk2y8sjml>

Go easier: Do two rounds.



Don't look back

Read Philippians 3:12-14.

Why shouldn't an athlete look behind in a race?

Together write a list of some of the things that might prevent or distract followers of Jesus from running the race. Then, take the paper and throw it in the trash.

Why does Paul look forward instead of looking back?

Read about table tennis and Josephine Medina.

Chat to God: Does your family have a story of success or failure in its history? Pray that you won't be tempted to rest on past successes or be discouraged by past failures as you run the race.

Table tennis

Josephine Medina contracted polio as a child which affected the growth of her legs. She was inspired to learn table tennis by her father who competed for his national team. She became so good at the game that she too was selected for the national team. However, she was later told she couldn't compete because she had a disability. Her passion and determination for the game stayed strong. She refused to give up her goal. She continued playing table tennis and joined the Paralympic team, eventually winning a bronze medal in Rio de Janeiro in 2016.

“I just want to prove that disability is not a hindrance in achieving your goals. It is just an instrument in reaching success in your life.”



https://youtu.be/_W8TO0OsT4I

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

How can your family learn from Josephine?





Stepping stones

Work as a team to get from one side of the room to the other by standing on only two 'stepping stones'. A 'stepping stone' could be a towel, T-shirt, mat, pillow or something else. Avoid touching the ground by helping each other to balance.

Set an amount of time to do this activity and see if your family can succeed.

If you have space, play this outside.



<https://youtu.be/Qo9PRHcq82M>

Reflection:

What helped you succeed?

Health tip for living long

Make good decisions for the environment. Aim to cut down the use of plastics. Dispose of plastic waste carefully so it doesn't become an environmental problem for our children. Alone we cannot fix every global problem, but we can each do something local.





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>

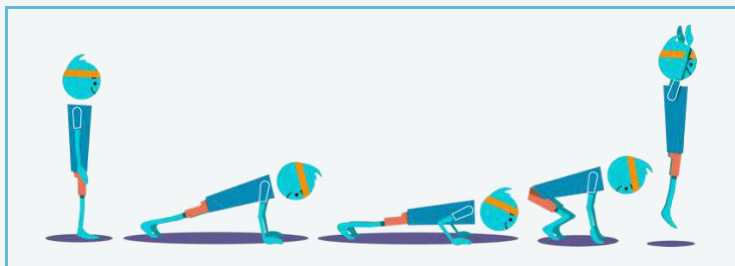
Rest and talk together.

What reward have you been promised for finishing a difficult task?

Go deeper: *Do you have a goal for the rest of the year? How will you keep focused on it?*



Burpee ball toss



Stand two to three meters apart facing a partner. Throw a ball to each other without dropping it. If one of you drops the ball, do five burpees before moving to the next round.

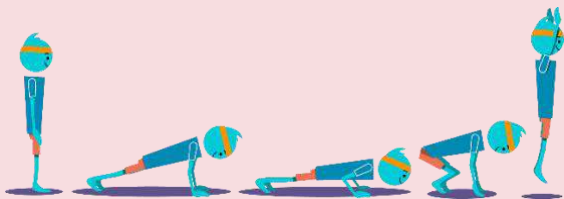
- Round 1: Throw and catch with the weakest hand
- Round 2: Stand on one foot
- Round 3: Close one eye
- Round 4: Lay on your back

Go easier: Do two burpees for dropping the ball.

Global challenge

Global burpee challenge

How many burpees can your family do in 90 seconds?



Each family member does as many burpees 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?



Focus on the finish line

Read Philippians 3:12-14.

On a long strip of paper, write what Jesus promises to give us if we keep following Him to the end.

Why does focusing on the finish line help us achieve our goals?

Make this piece of paper into a finish line and run through it as a family to remember to keep focusing on our biggest goal in life.

Chat to God: Pray for God's help to be an example to others of pressing on 'toward the goal to win the prize for which God has called us'.



Bocce adapted

Find a ball to use as a 'jack' and three pieces of paper per person. Crumple the paper into balls and mark each set of three with a different color. Make a start line on the floor and roll the 'jack' away from you. The aim of the game is to get your balls closest to the 'jack'. The balls must be thrown in the air, not rolled. With feet behind the line, take turns to throw one ball at a time. The winner is the one with the most balls closest to the 'jack'.

Bocce is a sport of the Special Olympic Games which is for children and adults with intellectual and physical disabilities.



<https://youtu.be/vKevfVIX9cg>

Tip for parents

Teach children about recycling. Have clearly labelled bins for different waste at home. Find a natural wilderness close by and help to keep it clean and free of plastic and waste.



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.

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Thank you.

The family.fit team



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