

The Ultimate Race — Week 6



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Work through worry!

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4:6-7

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and make
'thank you'
poster

Reread verses
and mime
'worry' and
'peace'



Play

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words

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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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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.





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/dCW0_H0vpGg

Rest and talk together.

Talk about a time when you felt anxious.

Go deeper: *What were the consequences of this anxiety? How did you deal with it?*



Superman



Lie face down on the floor or on a mat with your arms stretched above your head (like Superman).

Raise your arms and legs as far as you can. Hold for 3 seconds and relax.

Do 10 repetitions and rest. Repeat.



<https://youtu.be/7nInrrd51H8>

Go harder: Increase repetitions to 20.



Burpee time challenge



Choose four areas in your home or yard where you can all do burpees together. Start a timer, run to the first area and do 20 burpees. Complete 15 burpees at the second area, 10 burpees at the third, and five burpees at the fourth.

Stop the timer.

Go easier: Reduce the number of burpees per area to 8, 6, 4 and 2.

Go harder: Increase the distance between the four areas.



Everyone worries

Read Philippians 4:6-7 from the Bible.

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

Paul focuses on one of the biggest problems in life's race – anxiety. It restricts our capacity to think and act. It robs us of life. The solution is to pray with thanksgiving. As we trust in Jesus, we deal with the fear that produces anxiety. This gives us peace to go on with life.

Bible passage — Philippians 4:6-7 (NIV)

Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard

your hearts and your minds in Christ Jesus.

Place 10 objects in a line on your floor in order of size to make a 'worry scale'. Name some common activities that might cause anxiety. For example, going to the doctor or starting at a new school. Each person uses the line of objects to show their level of anxiety about that activity – small or larger worries.

Talk about the kinds of things that worry each person most.

Paul reminds us that while everyone worries, it doesn't have to rule us.

Chat to God: Rearrange your 10 items into the shape of a cross. Pray that God will help you in times of anxiety.



Quick topic words

Sit in a circle. Select topics such as countries, names, sports or objects.

Someone goes through the alphabet in their head until someone else says stop. Take turns to quickly say a word on the topic which starts with the chosen letter.

Continue until someone cannot think of a word, then start a new round. Rotate the topics every round.

Optional: Make it competitive.



Health tip for living long

Drink water often.



Follow the leader

Put on your favorite music. Run around in a circle.

One person is the leader and uses hand claps to communicate instructions:

- One clap – one plank
- Two claps – two mountain-climbers
- Three claps – three squats

Change leaders after one minute.



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

Rest and talk together.

What do you pray when you are feeling anxious?

Go deeper: Talk about how prayer changes your anxiety levels.



Superman opposites



Lie face down on the floor or on a mat with your arms stretched above your head (like Superman).

Raise your right arm and left leg as far off the ground as you can.

Hold for three seconds and relax.

Repeat with opposite arm and leg.

Do 10 repetitions and rest. Repeat.

Go harder: Increase the number of repetitions.



Sports challenge

The family runs together. One person shouts out a sport – for example, football. Everyone runs around pretending to play football. Do the same with other sports such as archery, tennis, and long jump. Be creative!



<https://youtu.be/D7rvj9ICaXM>



Pray about everything

Read Philippians 4:6-7.

Paul says we can bring every situation to God. Why is this comforting?

When we bring our concerns to God, we also bring our thanks. Why is thanksgiving so important?

Take a sheet of paper and write a big 'Thank You' in the center. Around the outside add your individual prayer requests to God.

Read about wheelchair racing and Daniel Lee.

Chat to God: Find a soft toy to hold and pass as you pray for each worry named on your 'Thank You' poster.

Wheelchair racing

Daniel Lee is preparing for the Tokyo Paralympics in wheelchair racing. Daniel wasn't always an athlete. He was born with a brittle bone disease. He has lost count of the number of times he has broken bones. He had to be carried to school because his family couldn't afford a wheelchair. Other children teased him. When he was 14 years old his father died suddenly. Although in a wheelchair, Daniel felt responsible to help as the only man in his family. Instead of being consumed by worry, he trusted in God and set about becoming more independent. He learnt to cook and get himself from place to place. He grew stronger and became faster in the wheelchair. A worrying situation became an area of growth and strength.

He lives by this creed, 'we don't all have the best start in life, but it's how you finish that really matters.'



<https://youtu.be/FqXn2omQdtQ>

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

How can your family learn from Daniel?





Catch in the middle

Gather three or four objects you can throw safely to each other.

Split into three teams, one on each side of the room or yard and one in the middle.

The teams on the outside throw the objects to each other while the team in the middle tries to intercept and catch an object. Once all the objects have been caught, a new team comes to the middle.



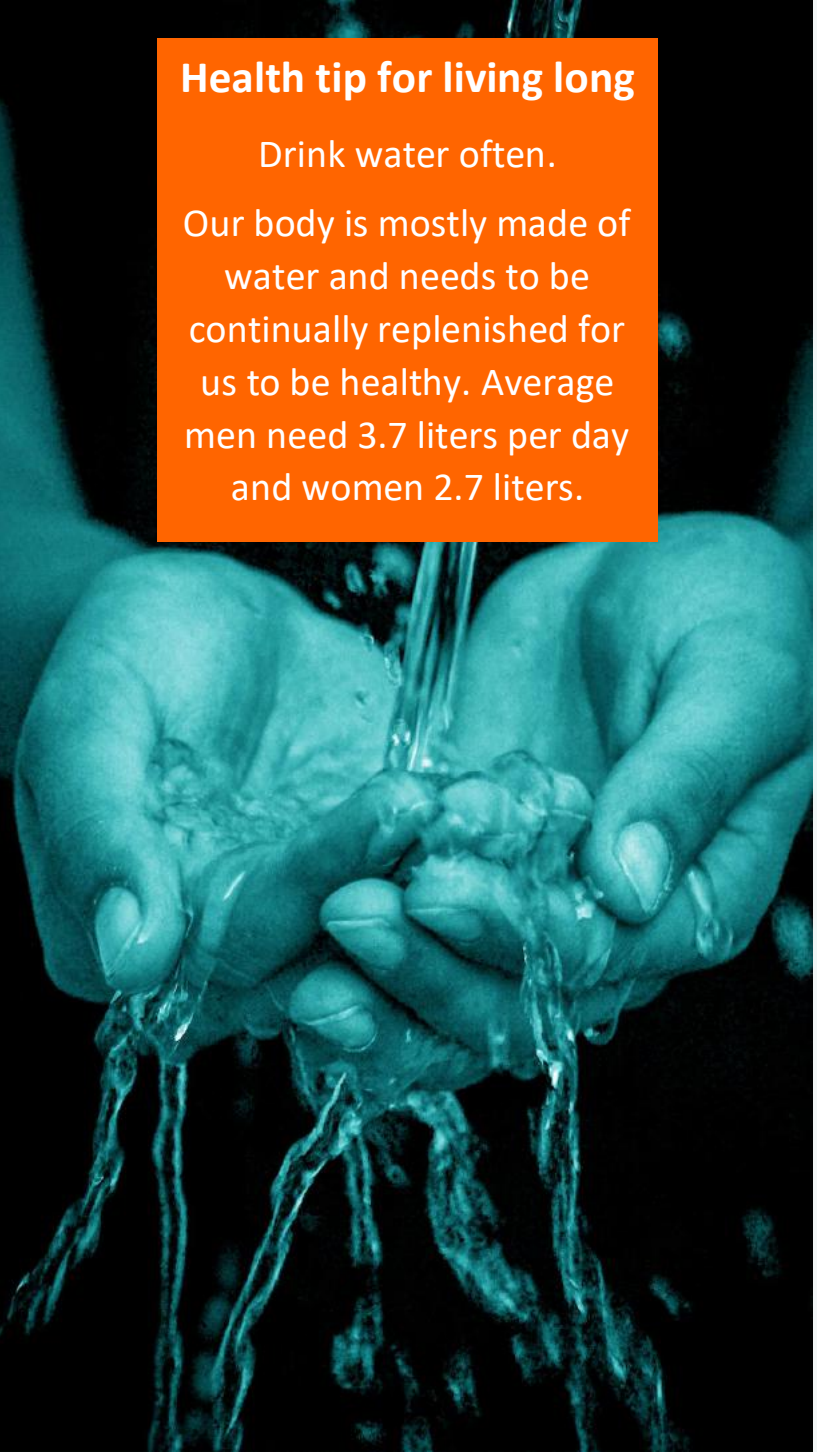
<https://youtu.be/Av56iFdtOLk>

Reflect: Which position did you like best?
Was one harder than the other? Why?

Health tip for living long

Drink water often.

Our body is mostly made of water and needs to be continually replenished for us to be healthy. Average men need 3.7 liters per day and women 2.7 liters.





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 the actions.

Swap roles after 60 seconds.



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

Rest and talk together.

What do you think of when you hear the word 'peace'?

Go deeper: Talk about a time when you had a sense of God's peace in a difficult situation.



Superman hold



Lie face down on the floor or on a mat with your arms stretched above your head (like Superman).

Raise your arms and legs as far as you can. Hold for 10 seconds and relax for 10 seconds.

Repeat 10 times.



<https://youtu.be/7nInrrd51H8>

Go easier: Hold for 5 seconds.

Global challenge

Global superman challenge

How long can you do a superman hold for?



Each family member does a superman hold and is timed (maximum of 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?**



Peace in action

Read Philippians 4:6-7.

Mime words like worry, conflict, and anxiety. Now mime words like peace and rest. What did you notice?

We often think of peace as the absence of conflict – a passive thing. However, Paul describes peace as active. It guards your heart and mind.

Why does your heart and mind need guarding?

What are you worried about right now?
How can you take action?

Chat to God: Play quiet music. Now pray for what is worrying you and allow God to bring peace into your life.



Thanksgiving toss

Give everyone a piece of paper and a pen. Write or draw something you are thankful for and something you are worried about. Then crumple up the paper.

Place a trash can or basket in the middle of the room. Start two meters away and try tossing the crumpled balls into the can whilst shouting, “Thank you God for hearing my prayer.” To make it more challenging increase the distance from the can and throw again.

Who can throw the furthest?



<https://youtu.be/KGY3ekTMKIo>

Tip for parents

Teach children about drinking water regularly. Model it so they know parents think it's important too. Take drink bottles when you go out.



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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<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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