

The Ultimate Race — Week 8



*family.fitness.faith.fun*



**Develop your character!**

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



**DAY 1**

**DAY 2**

**DAY 3**

**Colossians  
3:12**

**Put on  
kindness and  
compassion**

**Put on  
humility and  
gentleness**

**Put on  
patience**



**Warm-up**

**Junkyard dog**

**Hand touches**

**Move to music**



**Move**

**Slow speed  
skaters**

**Speed skaters**

**Obstacle speed  
skaters**



**Challenge**

**Speed skater  
race**

**20,15,10,5**

**Global speed  
skater  
challenge**



**Explore**

**Read the verse  
and put on 2  
shirts**

**Reread verse  
and arm  
wrestle  
competition**

**Reread verse  
and set a stop  
watch**



**Play**

**Ants on a log**

**Rob the nest**

**Family walk**

# 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.





## 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.

Describe someone you would say is really kind.

***Go deeper:*** *How is compassion different from kindness? Give an example.*



## Slow speed skaters



Practice speed skaters to develop leg and core strength. Bend and touch the knee with the opposite hand (one repetition). Start slow then increase speed and make the movements fluid.

Do six. Rest and do 12. Rest and do 18.



<https://youtu.be/oothd4lrmxg>

***Go easier:*** Decrease the number of repetitions.



## Speed skater race



Count how many speed skaters you can do in 60 seconds.

Rest for 60 seconds.

Then stand on a line (rope) and jump in these ways:

- 20 forward/back
- 20 side to side

Complete two rounds.

***Go harder: Do more rounds.***





## Put on kindness and compassion

Read **Colossians 3:12** from the Bible.

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

In this letter Paul gives the believers some very practical and valuable wisdom on how to live for Christ in community with others. Attractive qualities such as kindness and humility come from Jesus. We need to wear them like clothes.

### **Bible passage — Colossians 3:12 (NIV)**

Therefore, as God's chosen people, holy and dearly loved, clothe yourselves with compassion, kindness, humility, gentleness and patience.

What does this verse tell us about how God sees us?

We are chosen, holy and loved. God has set us apart to live and behave as Jesus did and grow more and more like Him each day. Developing Jesus' character is like putting on clothing.

Put on two pieces of clothing (for kindness and compassion) as you talk about what this could look like for each of you this week.

It can be hard to show these qualities but thankfully we have Jesus' help each day.

**Chat to God:** Think of people who need to know God's compassion and kindness today. Draw two shirts and label them COMPASSION and KINDNESS. Write down the people's names. Pray for them now.



## Ants on a log

Everyone stands on a 'log' (a line, low wall or a bench). The goal is to reverse your order on the log without anyone falling off. Work together so everyone is successful. Set a timer.



<https://youtu.be/l1pHjfxleEc>

***Reflect:*** *What helped you be successful?*

## Health tip for living long

Get outdoors and enjoy nature.



## Warm-up



## Hand touches

Stand upright in a push-up position facing a partner. Try to touch the other person's hands while you are protecting your own.

How many touches can you make in 60 seconds?



<https://youtu.be/tT9ATt9fLxE>

Rest and talk together.

Talk about times when you need to be gentle.

***Go deeper:*** Find examples of famous people who showed humility or gentleness.



## Speed skaters



Practice speed skaters. Each time your foot comes forward, try to reach and touch it with the opposite hand. Start slowly and then increase speed and fluency.

Do 10. Rest and do 20. Rest again and do 30.



<https://youtu.be/oothd4lrmxg>

***Go harder:*** Increase the number of repetitions to 40, 50 or 60.

## Challenge

**20, 15, 10 and 5**

Start with 'high fives', then do:



- 20 jumping jacks
- 15 lunges
- 10 push-ups
- 5 squats

End with 'high fives'.

Do three rounds with no rest between them.

***Go easier: Do 10, 8, 6 and 4.***



## Put on humility and gentleness

Read Colossians 3:12.

Are you good at listening to the advice of your parents, friends, or coaches?

Listening to others to learn from them shows we are growing in humility, rather than thinking we know everything.

Put on the clothing you wore for the first session and add two more pieces for 'humility' and 'gentleness'. Hold a family arm wrestling competition. Talk together about ways to speak up which demonstrate humility and gentleness. This is being quietly strong.

Read about sailing and Lawrence Lemieux.

**Chat to God:** Each person draws a picture of themselves. Place them together and write the five words from Colossians 3:12 around your family. As you add color to your photo, pray for each other.



# Sailing

*Canadian sailor, Lawrence Lemieux, was competing in a sailing race in the 1988 Olympics in South Korea when the seas got very rough. Lemieux was out in front of the race with another boat when he saw that one of his competitors had capsized and was in danger of drowning. He changed course, helped rescue the sailors, and then resumed the race. It cost him time. He couldn't win a medal and crossed the finish line in 11<sup>th</sup> place. By putting others first, he lost the race, but he showed the best attributes of an athlete. He chose compassion and kindness over winning.*

*Officials said, “By your sportsmanship, self-sacrifice, and courage you embody all that is right with the Olympic ideal.”*



<https://youtu.be/MS6DcLP7WDc>

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

*How can your family develop in this area?*





## Rob the nest

Place several balls or pairs of socks per person in a container in the middle. It should be an equal distance from all players. Each person also has a 'nest' (small container) in front of them. Set a timer for five minutes.

On "go" everyone runs to the middle and grabs one item for their nest. Continue until all the 'treasure' is gone. Players can steal one item at a time from each other's nests but cannot defend their own. The person with the most 'treasure' in their nest at the end of two minutes wins.



<https://youtu.be/S19OODh8hEw>

**Reflect:** *What qualities does this game bring out in the players?*

## Health tip for living long

Get outdoors and enjoy nature. Go for walks, swim, run, do gardening, or enjoy a local wilderness.





## 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 do you find it hard to wait for?

***Go deeper:*** *When have you seen a sportsperson show patience?*



## Obstacle speed skaters



Do speed skaters with an object such as a rope or book on the ground that you have to step over. Make the speed skaters smooth and then increase speed.

Do 20. Rest and then do 20 again.

Do three rounds.



<https://youtu.be/KdLp2OmhRIs>

***Go harder: Do more rounds or do them faster.***

# Global challenge

## Global speed skater challenge

How many speed skaters can your family do in 90 seconds?



Each family member does as many speed skaters 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?**



## Put on patience

Put on your four pieces of clothing and add one more.

Read Colossians 3:12.

Set a timer for 1 minute and wait in silence as you think about times you or your friends have gone through challenges which test your patience. Talk about these times.

Did anything help? What did you/they learn? While feelings of frustration may arise, these are also opportunities to learn life lessons.

**Chat to God:** We all need patience. Pray and ask God for help to grow in this area.





## Family walk

Is there a place you have wanted to go and explore as a family? If you can, take a walk together and as you go talk about what you have learned this week. Which virtue is hardest for you to put on? Which is the easiest? Choose one you want to work on this week. Pick up a rock or something from nature that will be a reminder of your walk together.

## Tip for parents

Be a good model in spending time outdoors for your kids. Plant vegetables in a garden together. Keep a local wilderness free from rubbish. Go for walks regularly and notice how seasons change.



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

Thank you.

The family.fit team



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