

The Ultimate Race — Week 9



family.fitness.faith.fun



Love and forgive others!

www.family.fit



DAY 1

DAY 2

DAY 3

**Colossians
3:13-14**

**Bear with one
another**

**Forgive as God
forgave**

**Love brings
unity**



Warm-up

**Arm circles and
body shapes**

Knee tag

Burpee relay



Move

Lunges

**Slow deep
lunges**

**Weighted
lunges**



Challenge

Spin the bottle

**Plank and
lunge
challenge**

**Global lunge
challenge**



Explore

**Read the verse
and lift people
off the ground**

**Reread verse
and draw
yourself and
reflect**

**Reread verse
and run
connected as a
family**



Play

Pay it back

Rob the nest

**Human
machine**

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.





Arm circles and body shapes

Arm circles: Stand in a circle and together complete 15 of each arm movement. Small circles forward, small circles backward, big circles forward, big circles backward.

Body shapes: Lie face down, arms overhead and palms facing each other. Move your arms like the hands of a clock into each formation.

Do three rounds.



<https://youtu.be/l1Hfa4VISZI>

Rest and talk together.

Share how you feel when someone is impatient with you.

Go deeper: *Who do you struggle to be patient with? What do they do that makes it difficult to bear with them?*



Partner lunges



Stand straight with hands on hips. Step forward with one leg and lower your hips until your front knee is bent at 90 degrees. Alternate legs.

Practice lunges in pairs facing each other. Start slowly and carefully. Do three rounds of 10 repetitions with a 30 second pause between each round.



<https://youtu.be/SYLI-rMJ8cg>

Go harder: Increase the number of repetitions.

Challenge

**Spin the bottle**

Write labels for the six movements below (one per card) and place in a circle. One person spins a bottle and does the movement it points to. Tap to the next family member.

Challenge: 100 movements as a family.

- 5 lunges
- 5 squats
- 5 burpees
- 5 speed skaters
- 5 supermans
- 10 mountain-climbers



<https://youtu.be/jlN3vU6NmeE>

Go harder: Increase the total number of movements to 150 or 200.



Bear with one another

Read Colossians 3:13-14 from the Bible.

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

Paul challenges believers of Jesus to live differently. We are to “bear with one another.” This describes the patience we need with others when they fail or wrong us. We all make mistakes every day and we all need forgiveness. We all need to forgive others too. Forgiveness is at the heart of love and unity.

Bible passage — Colossians 3:13-14 (NIV)

Bear with each other and forgive one another if any of you has a grievance against someone. Forgive as the Lord forgave you. And over all these virtues

put on love, which binds them all together in perfect unity.

Each person is lifted off the ground by the rest of the family starting with the smallest person and working to the biggest.

How did it feel to bear the weight of others? What does it mean to bear with one another?

We all have to bear the failures of those around us and they need to bear our failures too.

What attitudes do you need to foster to bear others well?

Chat to God: Pray for the others in your family. Pray you would be able to bear their mistakes and failures with grace. Give thanks for each person.



Pay it back

Stand opposite a partner. One person is 'A' and the other 'B'. Player A touches Player B (for example, a shoulder tap). Player B repeats that action back to A and adds a second action (for example, a shoulder tap and a head touch). Continue adding actions until one player cannot remember the sequence correctly.



<https://youtu.be/PQU5eDUzHTg>

Reflect:

Was this hard or easy to do?

How is this like unforgiveness?

A photograph of a woman and two children sitting on a wooden deck. The woman, on the left, is wearing a light blue sweater and has her hair tied back. She is looking down at a white bowl filled with sliced apples and other fruit. Two children are sitting to her right; one is wearing a green floral shirt and the other a white shirt. They are all looking at the fruit. In the background, there is a black metal railing with a diamond pattern and a large window looking out onto a green landscape.

Health tip for living long
Eat slowly.

Warm-up



Knee tag

Compete in pairs. Try to touch your opponent's knees as many times as you can in 60 seconds while you protect your own with your hands and body position. Change partners and try again.

Now go further and try to touch everyone else's knees while protecting your own.



<https://youtu.be/cdXD5KN5iBM>

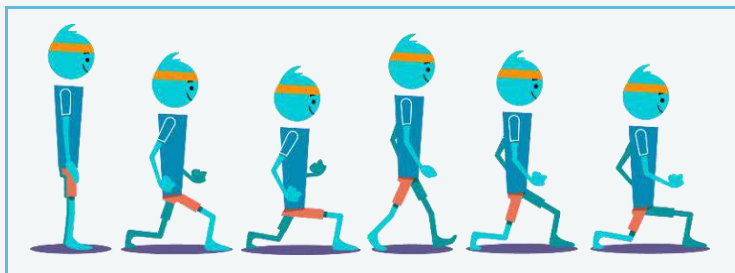
Rest and talk together.

What does it feel like to ask for forgiveness?

Go deeper: *How does it feel to be forgiven when you have wronged someone?*



Slow deep lunges



Practice the slow lunge. Focus on tempo.

Step forward with one leg and count to five as you slowly lower your hips until your back knee touches the ground. Stand up quickly. Repeat for the other leg. Be a turtle, not a rabbit!

Repeat five times per leg.



<https://youtu.be/SYLI-rMJ8cg>

Go easier: Count to three as you lower your knee to the ground.



Plank and lunge challenge



Work with a partner. While one person is in a plank position, the other does lunges. Change places after 10 lunges on each leg. Do four rounds.

Go easier: Do five lunges on each leg.

Go harder: Add weights to your lunges.



Forgive as God forgave

Read Colossians 3:13-14.

What is forgiveness?

Each person draws their picture on a sheet of paper with three arrows to remind them of these questions:

- 1) an arrow pointing away from you – Is there someone I need to say sorry to?
- 2) an arrow pointing towards you – Is there someone I need to forgive?
- 3) an arrow pointing up – Is there something I need God to forgive me for?

Reflect on these questions and share an example of each together.

Read about the Rwandan sitting volleyball team.

Chat to God: Take your paper and spend some time walking and talking with God about it.

Sitting volleyball

How do you go from enemies to teammates?

The Rwandan sitting volleyball team competed at the 2012 London Olympics. Although they didn't win a game, they demonstrated the incredible power of forgiveness and love within their team.

In the 1990s Rwanda suffered a terrible civil war between two tribes, the Tutsis and Hutus. Two volleyball players in the 2012 Paralympic team, Dominique Bizimana and Jean Rukondo, had lost legs from landmines in the civil war. One was a Hutu and the other a Tutsi. They had good reason to hate each other but instead became teammates and friends. They helped bring unity to their whole team.

They rebuilt their lives because they could forgive and accept forgiveness.

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

How can your family take forgiveness to the next level?





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 five minutes wins.



<https://youtu.be/S19OODh8hEw>

A woman with grey hair tied back in a ponytail with a blue scrunchie is sitting on a dark wooden floor. She is wearing a light blue long-sleeved shirt and is looking down at a bowl of fruit. To her right, a young child with dark hair is sitting cross-legged, also looking at the bowl. The bowl is white and contains several red apples and apple slices. In the background, there is a large window with a black metal mesh screen. The scene is brightly lit, suggesting natural light from the window.

Health tip for living long

Eat slowly. Experts suggest you will eat less and feel better if you slow down your eating and chew each mouthful more.

Warm-up



Burpee relay



Set up a course about 10 meters long.

Do this relay in pairs. One person in each pair does a lap of the course doing a sequence of burpees and long jumps while the other person does superman holds at the start line. Tag and swap places.

Do four to six laps each.



https://youtu.be/sYD7_9DTdH0

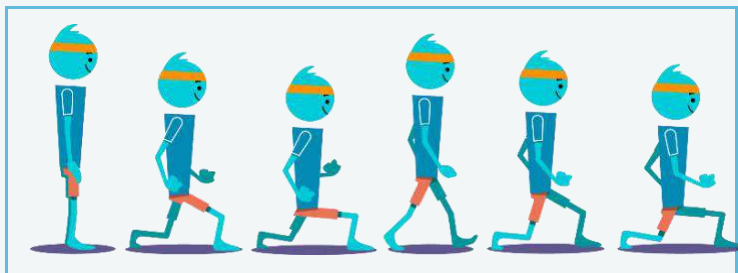
Rest and talk together.

What is your favorite family time?

Go deeper: *Where do you see love working in your family?*



Weighted lunges



Add weight to the lunge. Wear a backpack with a book in it or hold water bottles in your hands. Think creatively to find the right size weights for each person.

Remember to keep the proper technique.

Complete two sets of 10 repetitions. Rest 30 seconds between sets.

Go harder: Do more sets or carry more weight.

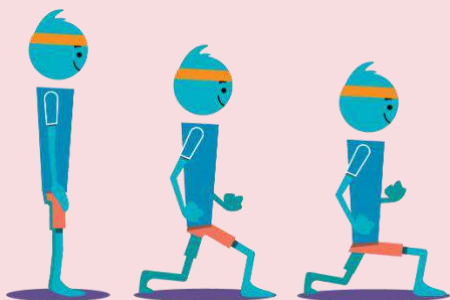


DAY 3

Global challenge

Global lunge challenge

How many lunges can your family do in 90 seconds?



Each family member does as many lunges 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?



Love brings unity

Read Colossians 3:13-14.

Hold hands in a circle and run a course around your house going into every room. Time yourselves. Stay connected at all times.

Was this easy? Why or why not?

Unity can be difficult. If we want to live well with each other, we need forgiveness flowing freely in all our relationships. This is an important way we show love. And love is the quickest way to bring people together.

How can you grow in love as a family?

Chat to God: Who can you show more love to today? Ask God to give you the strength to love them even if they are hard to love and have wronged you.



Human machine

As a family, decide on a machine you want to build using only your bodies (could be a car, airplane, or anything that has moving parts). Each person must be a moving part of the machine. You will need to move and work together as a family.

Was this hard to do? What was hard? When each member did their movement, did the machine work?

Have fun! If it is not working, stop and talk about how you can make it work better.

Check this new video with a family making a refrigerator.



<https://youtu.be/PUpAPyd4uDw>

A woman with dark hair and bangs, wearing a white short-sleeved shirt and a grey apron, is smiling and looking down at a cutting board. A young girl with dark hair in a bun, wearing a blue and white striped shirt, is also smiling and looking down at a pot on the stove. They are in a kitchen with white cabinets and a wooden countertop. Various kitchen items like a green kettle, a bookshelf, and a plate of food are visible.

Tip for parents

Make mealtimes important family occasions where food and relationships are valued. Make it a place of good conversations and fun stories. Let children also take the lead in conversation topics.

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 so it can be shared with others.

Thank you.

The family.fit team



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