

The Ultimate Race — Week 10



*family.fitness.faith.fun*



**The race is a battle!**

*www.family.fit*



DAY 1

DAY 2

DAY 3

1 Timothy  
6:11-12

Flee from what  
is evil

Pursue what is  
good

Hold on to  
eternity



Warm-up

Move to music

Running on hot  
lava

Starfish



Move

Wall push-ups

Knee push-ups

Partner  
push-ups



Challenge

Push-up relay

Obstacle  
course

Global push-up  
challenge



Explore

Read the  
verses and  
play tag

Reread verses  
and do a  
treasure hunt

Reread verses  
and create a  
human chain



Play

Flip-flop relay

Battle of skill

Samurai, Ninja  
and Sumo

# 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.





## 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>

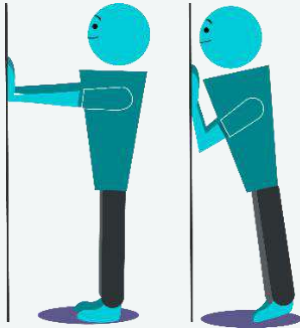
Rest and talk together.

Do you run faster when something is chasing you or when you're chasing after something?

***Go deeper:*** Tell of a time when you wanted to run from a situation or problem.



## Wall push-ups



Stand with arms outstretched towards a wall. Lean forwards, place palms on the wall, bend elbows and push back to standing position.

Complete 10 wall push-ups and rest.  
Repeat.

***Go harder:*** Push up from the knees or toes.

## Challenge

**Push-up relay**

Divide into two teams and stand on opposite sides of the room. Put 21 objects such as toys, spoons, or balls in the middle.

Members of each team take turns to run to the center, do five push-ups, pick up an object, and run back to tag the next person. Continue until all objects are picked up.

Which team collected the most?



<https://youtu.be/dTqhZRONbCE>

***Go easier: Do the push-ups on a wall.***





## Flee from what is evil

Read **1 Timothy 6:11-12** from the Bible.

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

These words are written by the apostle Paul in a letter to his good friend and student, Timothy. Timothy is much younger than Paul. Together they had travelled and served many believers in different cities. Paul seeks every opportunity to give advice and teach Timothy how to live a godly life.

### **Bible passage — 1 Timothy 6:11-12 (NIV)**

But you, man of God, flee from all this, and pursue righteousness, godliness, faith, love, endurance and gentleness. Fight the good fight of the faith. Take hold of the eternal life to which you were called when you made your good

confession in the presence of many witnesses.

Play tag. One person is 'in'. When the person who is 'in' tags someone else, they join the tagger's team. (If your family is small, you only join the other team after being tagged three times.) Play until everyone is tagged.

Reread the verses. It contains a list of things we must strive for. Can you name their opposites?

We often underestimate evil and think we can easily resist it, but it entangles us. It is a fight! That's why Paul encourages us to always flee from what is evil. What do you need to flee from today?

**Chat to God:** Write a personal list of evil you must flee from. Pray that God would give you strength and wisdom.



## Flip-flop relay

Work in pairs. One person will be the walker, the other will move the flip-flops. The walker walks slowly across the room while the other person moves the two flip-flops so the walker always steps on a flip-flop. Swap roles.

The walker can close their eyes in the last round.



<https://youtu.be/dFu3aQ8zDWE>

### *Reflect:*

What happened when the walker closed their eyes?

A photograph of a man and a young girl in profile, facing each other. The man is on the right, and the girl is on the left. They are both looking towards each other. The image has a teal overlay. A white text box is centered over the image.

**Health tip for living long**

Be assertive but not  
aggressive.



## 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/dCWo\\_H0vpGg](https://youtu.be/dCWo_H0vpGg)

Rest and talk together.

What qualities should a good detective or tracker or hunter have?

***Go deeper:*** Share what you most want to accomplish in life.



## Knee push-ups



Start in plank position with knees on the ground. Keeping a straight back, lower your body by bending your arms so your chest touches the ground. Push back up to the starting position.

Complete two sets of 8 repetitions. Rest 30 seconds between sets.

***Go easier:*** Push up against a wall.

***Go harder:*** Increase number of repetitions.

## Challenge

**Obstacle course**

Set up an obstacle course. Use the space you have inside or outside (for example, run to the tree or chair, leap over the path or rug, and so on). Be creative! Take turns to get through the obstacle course as quickly as possible. Time each person.



<https://youtu.be/0wf6zfkzmCQ>



## Pursue what is good

Read 1 Timothy 6:11-12.

Organize a small treasure hunt. One adult hides a couple of simple clues, leading the rest of the family to the 'treasure'.

What is the treasure Paul calls us to pursue? Pursuing these is a 'good fight of the faith'. It requires concentration, discipline, and constant effort.

Why is it worth making these things your lifelong pursuit?

Read about judo in Japan.

**Chat to God:** Draw your family. Ask God to help you to pursue righteousness, godliness, faith, love, endurance, and gentleness.



# Judo

*Judo is a combative sport where two athletes compete against each other to make their opponent yield. It was invented in Japan in 1882 and unsurprisingly, Japan is the most successful nation in judo. They have won more medals than any other country. Why have they been so successful?*

*Japanese judo students start young and learn the basic judo moves from a master. They then practice those moves thousands of times as they perfect them. The best Olympians still practice the basic moves so they become automatic in a fighting contest. The highest scoring move is called an 'ippon' where an opponent is forced onto their back.*

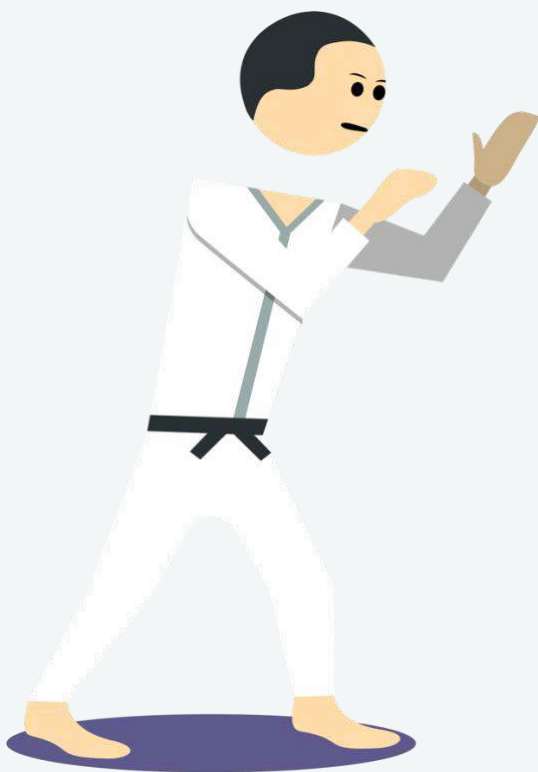
*They follow the idea of 'repetition to perfection.' 'The spirit of Judo and the spirit of Japan are similar. They are connected'.*



<https://youtu.be/ET3rM0c8Uh0>

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

*Where does your family need to practice repetition?*





## Battle of skill

Form two teams. Each team chooses one representative to compete for each of the skills. If your family is small, each person can compete in each skill and count their points.

Try these: Highest jump, hold breath the longest, clap the loudest, hop the longest on one foot, Hula hoop the longest ...

Make up your own!

Count the points to see who won the battle.



<https://youtu.be/VVORLgWHeXc>

A young girl with curly hair stands on the left, looking towards a man sitting on the right. They are both looking at each other. The image has a teal color cast. An orange text box is overlaid in the center.

## Health tip for living long

Be assertive but not aggressive. Express your ideas without humiliating others. Stay positive. Avoid accusing or mocking one another.



## 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.

What is the longest time you've done something for?

***Go deeper:*** How do you imagine yourself in 10 years? What will you be doing?



## Partner push-ups



The key to a good push-up is keeping your body in a straight line and your elbows close to your side.

Face your partner on the floor with your knees on the ground and your hands in line with your shoulders. Do a push-up at the same time and then give each other a one-handed 'high five'.

Complete 10 and rest. Do two rounds.



<https://youtu.be/AZnZ7xXam00>

# Global challenge

## Global push-up challenge

How many push-ups can your family do in 90 seconds?



Each family member does as many push-ups 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?**



## Hold on to eternity

Link hands and create a human chain. The person at one end touches an immovable object. What is the farthest point your chain can reach without breaking?

Read 1 Timothy 6:11-12.

Have you ever imagined what eternity will look like? It has no beginning and no end ... it's perfect!

Why does Paul ask us to hold on to eternity like a lifeline? Even more than that – to fight for it. What makes eternity so valuable?

**Chat to God:** Who would you like to spend eternity with? Think of all those you do not wish to part from. Gather one stone or button for each one and pray for them by name.





## Samurai, Ninja and Sumo

Make up a simple action for the three different characters – Samurai, Ninja and Sumo. Stand facing each other and choose a leader.

Everyone, including the leader, secretly chooses a character to act out. At the count of 3, everyone does the action for their chosen character. Anyone with the same character as the leader gets a point. The first person to five points wins.

Swap leaders and play again.



<https://youtu.be/VOSEtmEtljw>



## Tip for parents

Teach children to resolve conflict from an early age. It requires constant practice. Value relationships, stop bullying, and teach respect.

# 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



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