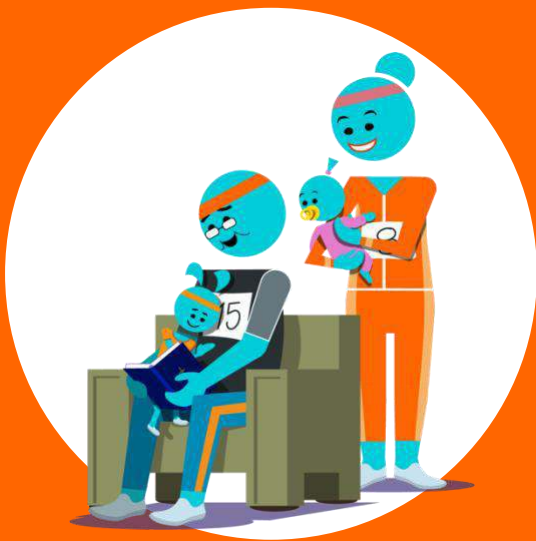


The Ultimate Race — Week 11



*family.fitness.faith.fun*



**Remember all you've learned!**

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



DAY 1

DAY 2

DAY 3

2 Timothy  
3:14-15

Remember the  
most  
important

Learn from the  
right people

Where does  
real wisdom  
come from?



Warm-up

Hand touches

Bear shoulder  
taps

Dance and  
freeze



Move

Basic sit-ups

Sit-up circle

Sit-ups with  
rotations



Challenge

Increasing the  
seconds

Yes and no!

Global sit-up  
challenge



Explore

Read the verse  
and make a list  
of important  
lessons

Reread verse  
and list people  
we can trust

Reread verse  
and discuss  
Holy Spirit's  
help



Play

Jump in, jump  
out

What is this?

Sequence  
memory

# 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.

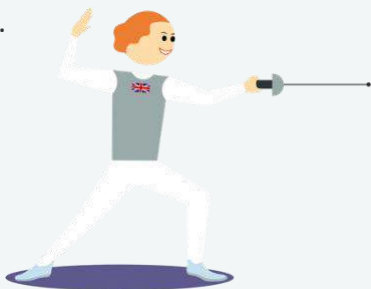
Help your country by getting your friends and family involved.

[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.



## 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.

Can you remember something you started – but then gave up? What went wrong?

***Go deeper:*** *What advice would you give a friend to encourage them to keep going?*



## Basic sit-ups



Lie on your back with legs bent and feet firmly on the floor. Curl your body towards your knees to “sit up”. Return to start position.

Work with a partner. One person does sit-ups while the other holds their feet down. Do five sit-ups and swap places.

Do five rounds.



<https://youtu.be/0xZYM4MkaUE>

***Go harder:*** Increase the number of repetitions to 10.



## Increasing the seconds



Find a clock and perform the following movements for the given time:

- 10 seconds – plank
- 20 seconds – running in place with high knees
- 30 seconds – squats
- 40 seconds – bear crawl around room
- 50 seconds – sit-ups
- 60 seconds – rest

Do three rounds. Share some things you are thankful for during the time of rest.





## Remember the most important

Read 2 Timothy 3:14-15 from the Bible.

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

These verses are Paul's final words of wisdom to Timothy - one of the young leaders he had mentored. If we learn well from trustworthy people we will be able to apply those lessons when we find ourselves under pressure.

### **Bible passage — 2 Timothy 3:14-15 (NIV)**

But as for you, continue in what you have learned and have become convinced of, because you know those from whom you learned it, and how from infancy you have known the Holy Scriptures, which

are able to make you wise for salvation through faith in Christ Jesus.

Good athletes have to remember what their coach has taught them because they won't always be there to help. Paul has been Timothy's 'coach', but he knows he might not see Timothy again. He therefore urges Timothy to remember the things he's learned so that he will stay on track in life.

What do you think Timothy has been learning from Paul about life? About God?

As a family, make a list of 'important things to remember so we stay on track'.

**Chat to God:** Have each person choose which is the hardest thing on the list for them to remember. Pray for help to keep these things in mind in the week ahead.



## Jump in, jump out

Stand in a circle holding hands with a leader in the middle who gives instructions.

**First round** - the leader says 'jump in' and everyone shouts the action and jumps in. Repeat with other instructions like, 'jump out', 'jump right' and 'jump left'.

**Second round** - everyone says and does the opposite to what the leader says (for example jump out when the leader says 'jump in').

**Third round** - everyone does the action the leader says but shouts out the opposite.



<https://youtu.be/KPHYkYP35Nc>

An elderly woman with short grey hair and glasses, wearing a yellow and black patterned top and yellow pants, is walking down a concrete step. A young girl with long dark hair and a pink bow, wearing a white and yellow patterned dress and red shoes, is walking up the same step. They are on a pier with a white railing and a clear blue sky in the background. A white mast of a boat is visible in the distance.

**Health tip for living long**

**Move your body every day.**



## Bear shoulder taps

Get down on hands and knees facing a partner. Try to touch your partner's shoulder with your hand while keeping your 'bear' position. Play until someone reaches 11 shoulder taps.



[https://youtu.be/r\\_09KUsKpK0](https://youtu.be/r_09KUsKpK0)

Rest and talk together.

Who is the best teacher or coach you've ever had? What made them so good?

***Go deeper:*** List the different ways we get information. How do we know it's trustworthy?



### Sit-up circle



Sit in a circle facing each other. Do 50 sit-ups as a family, one by one.

After 25 sit-ups, run as a family to a marker across the room or garden and back. Run to the pace of the slowest runner. Then start sit-ups again.



<https://youtu.be/0xZYM4MkaUE>

***Go harder:*** Increase number of sit-ups.

## Challenge

**Yes and no!**

Choose a leader and put some music on. Dance or do a movement until the leader says 'yes' or 'no'. When the leader says 'yes' everyone does a squat. Go back to dancing. When the leader says 'no' everyone does a sit-up. Keep dancing until the leader speaks. Take turns to be the leader.



[https://youtu.be/Al\\_Ga9lc-LQ](https://youtu.be/Al_Ga9lc-LQ)

***Go easier: Only play for three minutes.***



## Learn from the right people

Read 2 Timothy 3:14-15.

Why is it important to be able to trust those who teach us?

Paul taught Timothy well – as did his grandmother Lois and mother Eunice whom Paul mentions earlier in this letter. What did Paul, Lois and Eunice have in common?

Make another list: ‘People we can trust to teach us well’. Add photos. Talk about what makes each of these people trustworthy.

Read about fencing and Judy Guinness’ lesson in fair play.

**Chat to God:** Thank God for the people on the list. As a family, find a special way to thank each person this week.



# Fencing

*Fencing is a combat sport between two players. It is one of five sports which have been featured in every modern Olympics. (The others are athletics, cycling, swimming and gymnastics.)*

*British fencer, Judy Guinness, was in position to win the individual fencing gold medal against Austria's Ellen Preis at the 1932 Los Angeles Olympics. Ahead at the end of the final gold medal bout, she reminded the judges of two points which needed to be added to her opponent's score for touches they had missed. The judges updated the score sheets and announced that Ellen Preis had won the gold medal and Judy Guinness the silver.*

*Judy Guinness remembered that the foundation of sport is fair play – not just winning. She lost her gold medal but earned respect from everyone.*

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

*What can your family learn from Judy Guinness?*





## What is this?

Everyone finds an object and sits together in a circle. One person holds their object and asks the person next to them, “What is this?” For example, if it is a water bottle the first person can say, “water bottle”. They then ask the next person, “What is this?” The person responding cannot say the same thing (or use water or bottle). They must come up with another way of describing the object, such as ‘a thirst quencher’. Go around the circle and see how creative you can be. Each person takes a turn with their object.



<https://youtu.be/undDYrAH4N8>

An elderly woman with short grey hair and glasses, wearing a yellow and black patterned top and yellow pants, is walking down a concrete step. A young girl with long brown hair and pink bows, wearing a yellow and white patterned dress, is walking beside her, looking down. They are outdoors, with a clear blue sky and a white railing in the background.

## Health tip for living long

Move your body every day. Schedule time to exercise, don't just leave it to chance. Walking is the best type of movement so plan to make it a normal part of your daily routine.



## Dance and freeze

Put on some up-tempo music. Everyone dances using their whole bodies. Take turns to stop the music. Everyone freezes when it stops and then does 10 speed skaters (bend and touch knee with opposite hand).

Repeat until everyone is breathing heavily.



<https://youtu.be/m2robkaZS3I>

Rest and talk together.

Would you rather be famous or wise or popular or rich? Why?

***Go deeper:*** Think about a wise person you know. What makes them wise?



## Sit-ups with rotation



Lie on your back with legs bent and feet firmly on the floor. Curl your body towards your knees to sit-up then twist to the right and touch the floor with both hands by your right hip. Return to start position and repeat for the left side.

Complete six repetitions, three with a right twist and three with a left twist.

Complete five rounds.

***Go easier:*** Complete only three rounds.

# Global challenge

## Global sit-up challenge

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



Each family member does as many sit-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?**



## Where does real wisdom come from?

Read 2 Timothy 3:14-15 from the Bible.

Where can we find wisdom?

Sometimes it's hard to understand the Bible, but Jesus promised that the Holy Spirit 'will teach you all things and will remind you of everything I have said'.

How can we ask Him to help us? Why is it wise to trust Jesus for salvation?

Paul's advice for staying on track:

1. Remember the most important things
2. Learn from the right people
3. Find wisdom in the Bible.

**Chat to God:** Thank God for giving us His Word – the source of truth for salvation and godly living. Ask the Holy Spirit to bring understanding.





## Sequence memory

Everyone faces a leader who thinks of three or more different workout movements in a sequence (for example, jumping jacks, lunges, jogging). The leader demonstrates the sequence of movements and the others mimic the routine in the right order as quickly as possible. Whoever is first to complete the sequence correctly becomes the next leader.



<https://youtu.be/376um0LNpsxk>

***Go harder:*** Include more movements in the sequence.



## Tip for parents

Make moving and exercising a regular part of family life. Do it together and make it fun. Start from an early age. Show children your healthy choices.

# 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)