

The Ultimate Race — Week 12



*family.fitness.faith.fun*



**Run to the finish!**

*www.family.fit*



DAY 1

DAY 2

DAY 3

2 Timothy  
4:7-8

Run to the  
finish

Know your  
reward

Share the  
experience



Warm-up

Corners warm-  
up

Drop to the  
ground

Junkyard dog



Move

Mountain-  
climbers

Twisted  
mountain-  
climbers

Mountain-  
climbers tap-  
out



Challenge

Who is faster?

Family.fit  
finale

Global  
mountain-  
climber  
challenge



Explore

Read the  
verses and run  
an obstacle  
course

Reread verses  
and make a  
crown

Reread verses  
and write  
encouragement  
notes



Play

What do you  
know?

The longest  
line

Treasure hunt

# 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.





## Corners warm-up



Label the corners of the room with the numbers 1-4. Each person starts at a different corner and does a different warm-up. Move around the room to the next number. Do two rounds.

1. 10 jumping jacks
2. 10 running on spot
3. 10 mountain-climbers
4. 10 squats



<https://youtu.be/wjLIb-GaFjl>

Rest and talk together.

What race/competition would you love to win?

***Go deeper:*** *What lessons do you learn from a race whether you win or lose?*



## Mountain-climbers



Put hands and feet on the ground and keep your whole body straight like a plank. Move one knee up towards your elbows and then move foot back to the starting position. Repeat with other leg.

Do 30 repetitions. Build speed and fluency.



<https://youtu.be/ZNx5leoyKa8>

***Go harder: Complete two rounds.***

## Challenge



## Who is faster?



Measure the total time it takes for every person to complete 10 of each of the following movements:

- 10 mountain-climbers
- 10 sit-ups
- 10 push-ups
- 10 lunges

After each 10 movements, tap out for the next person to take over.

***Go easier:*** Do five of each movement.

***Go harder:*** Increase the number of rounds.



## Run to the finish

Read 2 Timothy 4:7-8 from the Bible.

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

Looking back on his life, Paul is confident he has done what God has asked of him. He now looks forward to receiving his heavenly reward. Our encouragement comes from knowing that we too can receive this reward if we keep the faith throughout our own 'race'.

### **Bible passage — 2 Timothy 4:7-8 (NIV)**

I have fought the good fight, I have finished the race, I have kept the faith. Now there is in store for me the crown of righteousness, which the Lord, the righteous Judge, will award to me on that

day—and not only to me, but also to all who have longed for his appearing.

Set up an obstacle course in your home, garden or public space using everyday items. After you've each had a turn, talk about which bits you found easy or more difficult and why.

Give each other advice on how to improve. Have another go and see if you can apply what you learned.

What do you think Paul learned on his life 'race' by keeping the faith?

Why might keeping the faith be important in our race of life?

**Chat to God:** Pray for God's help to keep the faith and finish the race.



## What do you know?

Give everyone a pen and paper.

Play three rounds. Give as many answers as you can in 45 seconds for each round:

1. Different sports
2. Things you might find at a sports competition
3. Things you know about God

Share your responses.

The winner is the person with the most correct answers.

### **Reflect:**

*Which round was easier? Why?*

*What did you discover about God?*



**Health tip for living long**

Keep your mind active by  
learning new things.



## Drop to the ground

Run around the room or yard as you do this activity.

One person is the leader. When the leader shouts out a body part such as elbow, knee, back, or ear, everyone must put that body part on the ground.



<https://youtu.be/i1LOFXnidV4>

Rest and talk together.

Why do people like to win?

***Go deeper:*** *What is the best prize you could give someone?*



## Twisted mountain-climbers

Perform 10 'twisted' mountain-climbers.

Try and reach the right knee toward the left arm, and then the left knee toward the right arm. Start slowly, then increase speed and fluency.

Do three rounds.

***Go harder:*** Increase the number of rounds or do the mountain-climbers faster.



## family.fit finale



Complete the season with a challenge that includes all we've learned!

In pairs complete these movements as fast as possible, but with good technique:

- 20 seconds of planks and superman
- 20 burpees, dips, speed skaters, lunges, push-ups, sit-ups, mountain-climbers, squats.

Do three rounds.

Don't forget to use a timer!

Compare your score to last season.



<https://youtu.be/XXhZ720PzfE>



## Know your reward

Read 2 Timothy 4:7-8 again.

Use household items to make a crown.

What do you think the word 'righteousness' means? Look up a definition.

Why do you think this is a reward Paul is excited about? Talk about what Paul might have done to deserve such a reward.

Place your crown somewhere in your home to remind you of the rewards God gives us when we 'keep the faith'.

Read about Niel Louw and Elliot Mujaji.

**Chat to God:** Pray for teamwork, communication, encouragement and deepening faith to be the rewards we seek within our homes and families.

# The sprints

*There can be more than one winner! Niel Louw and Elliot Mujaji were competitors in the 100 meters. They were competing at the 2000 Sydney Paralympics because they had both suffered arm amputations in electrical accidents when they were younger. As they rebuilt their lives they became good sprinters and rose up in international competition. Niel went into the competition as the favorite but in the heats had a leg cramp, came last in his race, and missed the final. Elliot ran his heat and won. He was ranked third for the final. The final was a photo finish, but Elliot triumphed as the world's fastest T46 sprinter.*

*What is most surprising, however, is that while these were important and life defining races in the world's toughest competition, both men considered that the greatest prize was still to come. They will both be winners*

*in the greatest race of life, finishing with eternity with God as their prize.*



<https://youtu.be/qYVYLb10ELc>

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

*What can your family learn from this?*





## The longest line

Divide into two teams. Allow two minutes for everyone to gather 10 objects (clothing, books, shoes, and so on). Each team then has to make the longest line they can with their objects. The objects must touch end to end. Which team can make the longest line?

Can you go even further? What else can you use to make your line longer without running to gather more objects? Be creative!



<https://youtu.be/s3cqvxHWRIw>



## Health tip for living long

Keep your mind active. Keep learning new things: new sports, new ideas, new skills. Read widely. Learn formally or informally. Be intentional and share what you are learning.



## 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.

What's your favorite memory to share with other people?

***Go deeper:*** *Why do humans need to share what we've done or where we've been with others?*



## Mountain-climbers tap-out



Do 10 mountain-climbers and tap out to the next person. Continue until you have completed 100 as a family.



<https://youtu.be/ZNx5leoyKa8>

*Go easier: Do five and then tap out to the next person.*

## Global challenge

Global mountain-climber  
challenge

How many mountain-climbers can your family do in 90 seconds?



Each family member does as many mountain-climbers 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?**



## Share your experience

Read 2 Timothy 4:7-8.

Why is it important that Paul reminds us his heavenly reward is available to us too?

On cards, sticky notes or slips of paper, write down some simple sentences of encouragement, a scripture verse or a faith experience that you'd like to share with someone. Deliver to a neighbor or friend.

**Chat to God:** Pray for opportunities to share experiences of faith and the good news with others in your community. Pray they will be open and willing to listen and positively impacted as a result.



## Treasure hunt

Divide this week's Bible verse, 2 Timothy 4:7-8, into six parts and write each part on a different piece of paper.

One person hides the papers around the house or yard. The rest of the family races to find the papers. Combine the papers to make the verse and say it together.



## Tip for parents

Help kids discover a love of lifelong learning. Show them that you are always learning and growing yourself. Give everyone the chance to share new ideas at meal times and bedtime.

# 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)