

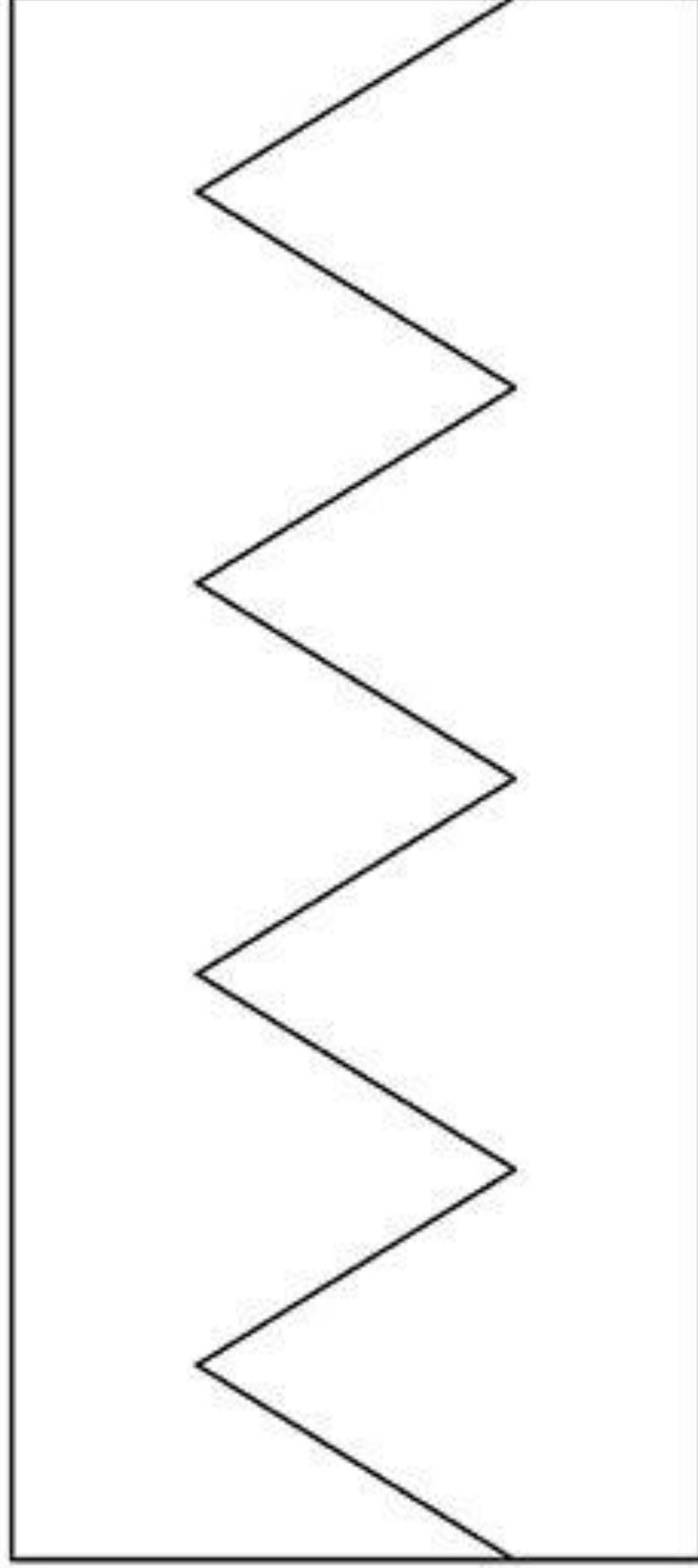
Run a Good Race

- **Register:** Ask the children what's the furthest they have ever run? Or what's their favourite sport?
- **Activity:** 'Races': First do some stretches to warm up, and then do some running races to the end of the room/garden and back. You could time each person and see if they can better their time each turn. If you have bean bags, you could have a bean bag on your head and see how far you can run without it falling off. You could boil some eggs and do an egg and spoon races. You could put a ball between your knees and see how fast you can get to the end of the room/garden.
- **Sing:** Great Big God, Superhero, Lighthouse, Wiggle Freeze, Wiggle like a worm.
- **Talk:** Does anyone know who the Apostle Paul is? **Paul used to be called Saul and he didn't like Christians - he used to search for them and throw them into prison, or worse! One day on the road to Damascus he had a bright vision of Jesus who asked, "Saul, why do you persecute me". Saul asked who was speaking to him - Jesus told him who he was. The vision of Jesus was so bright that for three days, Saul was blind! When he eventually got his sight back, Saul was a changed person. Instead of hunting Christians, he became one himself and told everyone about Jesus. He even wrote letters to the early churches and changed his name from Saul to Paul as a way of marking his new life following Jesus.** Today we are going to look at something Paul wrote to the Church in a city called Corinth, and think about what it means for us in our lives.
- **Watch/Read:** Lottie's 'Run a Good Race' video on YouTube, or 'Slap Stick Theatre: Paul's letter about self-control' on You Tube at https://youtu.be/5TUFWB_U3kc. Read 1 Corinthians 9:24-27 or 2 Timothy 4:7-8, Hebrews 12:1-3.
- **Discussion:** Who was our story about today? **Paul.** Who runs a race? **runners.** Why do people run in races? **For fun and because it is good for their bodies.** Some people run a marathon – a race which is 26 miles (approximately from Burntwood to Telford) which is a long way! Do you think they can just get up one day and run that far? **No, if they did, they would make themselves ill. You need to train and practise to run that far.** How do you think we train for a race? **We stretch to warm up first and then practise running a few miles and build it up slowly over a period of time.** Paul uses the idea of a race to explain how Christians are to live their lives. Living life for God is like running a race. What happens when someone wins the race? **They get a prize/medal.** Paul is telling us to live our lives as if we want to win the prize at the end. Everyone who finishes the race gets the prize: Paul calls this 'the crown of eternal life', which basically means we get to enjoy life with God & with each other forever. There isn't a 'winner' in the race to be closer to God though - *everyone* who finishes the race gets the prize! We don't compete against each other in this race as God loves us all equally. We want to live our best for God which is definitely something worth working for. How do we get ready for the race? **We can pray and ask God how he wants us to run the race of life – being kind & generous, gentle and loving to others. We can make the most of the talents God has given us to run the race (dancing, singing, sports, teaching, art and crafts). We can listen to what God says to us when we pray (You could write any words or pictures that spring to mind while praying to remind you of what God said).** How do we train for the race? **We can practise our talents that God has given us to help us in the race – learning to be more kind and generous, patient and caring. We can practice our talents as a way of saying thank you to God for the abilities**

he gives us: singing, playing an instrument, crafting, teaching. We can also read the Bible and learn how to live like Jesus did – knowing these stories will help us not to give up, but to run a good race.

- **Pray:** 'Dear Jesus, Thank you that we can run a good race in life to be closer to you. Show us how you want us to run the race and what talents you have given us to help us along the way. Helps us to practise and train so that we can become closer to you and be the best version of us we can be. Amen.' Sit quietly and wait to see if God says anything to you in pictures or words that come into your mind. It's ok if nothing comes. (You may wish to have paper and pen ready so the children can write or draw any words or pictures that they get when sitting quietly).
- **Make:** A crown for everyone who will take part in your Sports Day or mini Olympic Games. Take an A4 piece of card/paper fold it in half length ways and cut diagonal lines from half way up to the top from one end to the other to make a crown shape along your paper. Open the A4 paper out and cut along the edge you folded to make two crowns. Glue or sticky tape one end of the crown together to make a long strip. Decorate your crown with felt pens, glitter, gel pens, glitter glue, sequins etc - whatever you have to decorate it with! Make sure you write 'Eternal Life' on them as the prize/crown we get at the end of the race of life lived with God. Once you've decorated your crown(s), measure them around each person's head and cut them to size before sticky taping the ends together (template below),
- **Make:** A Sports Day or a Mini Olympic Games. Design some running races (You will need a timer for this), how many laps of the garden can you do in 1 minute, how many shuttle runs across your garden can you do in 30 seconds, do a three legged race, a skipping race, do some of the races from the earlier activity if you like. Do some Welly wanging - how far can you throw a welly/ a ball (you'll need a tape measure for this). You could set up a long jump - put a piece of wood/string along the ground to show where everyone is going to jump from and then measure the jump from that point to where the person landed see which of your jumps is the furthest. **Do remember that you are not competing against each other – instead, you are trying to beat your Personal Best as God wants us to be the best we can be and not better than others because God loves us all equally.** There are some more suggestions below but see what else you can come up with. Don't forget to give everyone a crown at the end.
- **Make:** An assault course that you can all do. You could use blankets/sheets and chairs/table to make tunnels (you might like to use pegs to stop the sheet/blanket slipping). You could use a plank of wood as a balance beam. Maybe use a ball and a bucket and try to throw the ball into the bucket three times in a row before moving on to the next obstacle. If you have some cones/stones/chairs, you could lay them out and run in and out of them. See how imaginative you can be. There are some more suggestions below!
- **Copy:** The attached and colour in colouring pages, search for the objects and the words, do the crosswords and the anagrams.
- **Play:** Your favourite sports or some more running races you've not already done. Or maybe you could do a teddy and toy sports day by running some of the races or obstacle courses with your favourite teddy or toy!

Zigzag Band



Kid Olympics

using things you already have

Olympic Sport	Household products
Long Jump	Spray a line of Gillet shaving gel on sidewalk as jump mark
Relay race	Use Bounty Paper Towel as batons
Basketball	Ball up wad of Puffs tissue and throw into trash can
Shot Put	Throw bottle of Dawn filled with water into open field (be careful-don't hit anyone!)
Decathlon	Obstacle course with 10 different actions
Rhythmic Gymnastics	Move with bubble wand and bubbles using Dawn dish soap

S U P E R

15
GIANT
STEPS

15
FROG
JUMPS

10
PUSH
UPS

1 MINUTE
CRAB
WALK

10 HOPS
RIGHT
FOOT

25
JUMPING
JACKS

15 SMALL
ARM
CIRCLES

30
SECONDS
RUN FAST

20
TOE
TOUCHES

RUN BACK-
WARDS
1 MINUTE

30
SECONDS
GALLOP

1 MINUTE
WALK ON
HEELS

GO ON A
STORY
WALK

WORTH FACE OF
D'NEEDS ITEM

5 TUCK
JUMPS

20
SIT UPS

5 KARATE
KICKS
EACH LEG

15
SECOND
WALL SIT

15 SKI
JUMPS

1 MINUTE
WALK ON
TIP TOE

20 HIGH
KNEES

1 MINUTE
SKIPPING

10 HOPS
LEFT
FOOT

WALK
UP 50
STAIRS

15
BIG ARM
CIRCLES

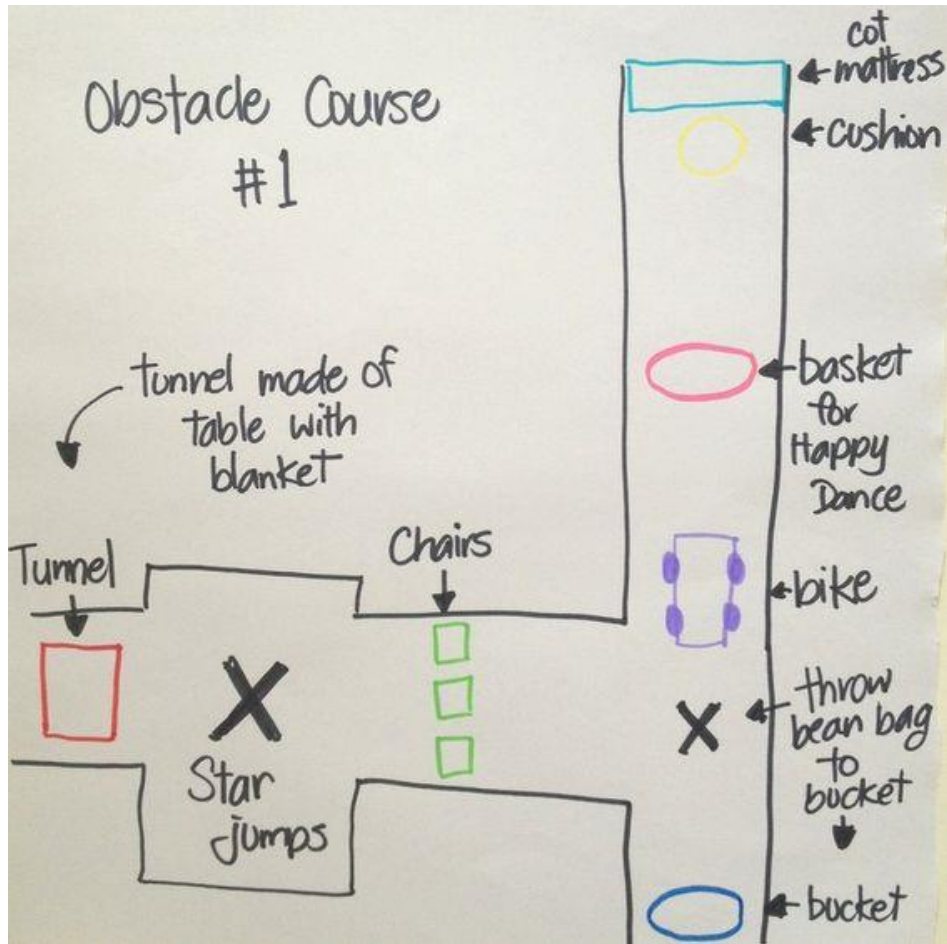
20 WALL
JUMPS

SCHOOL

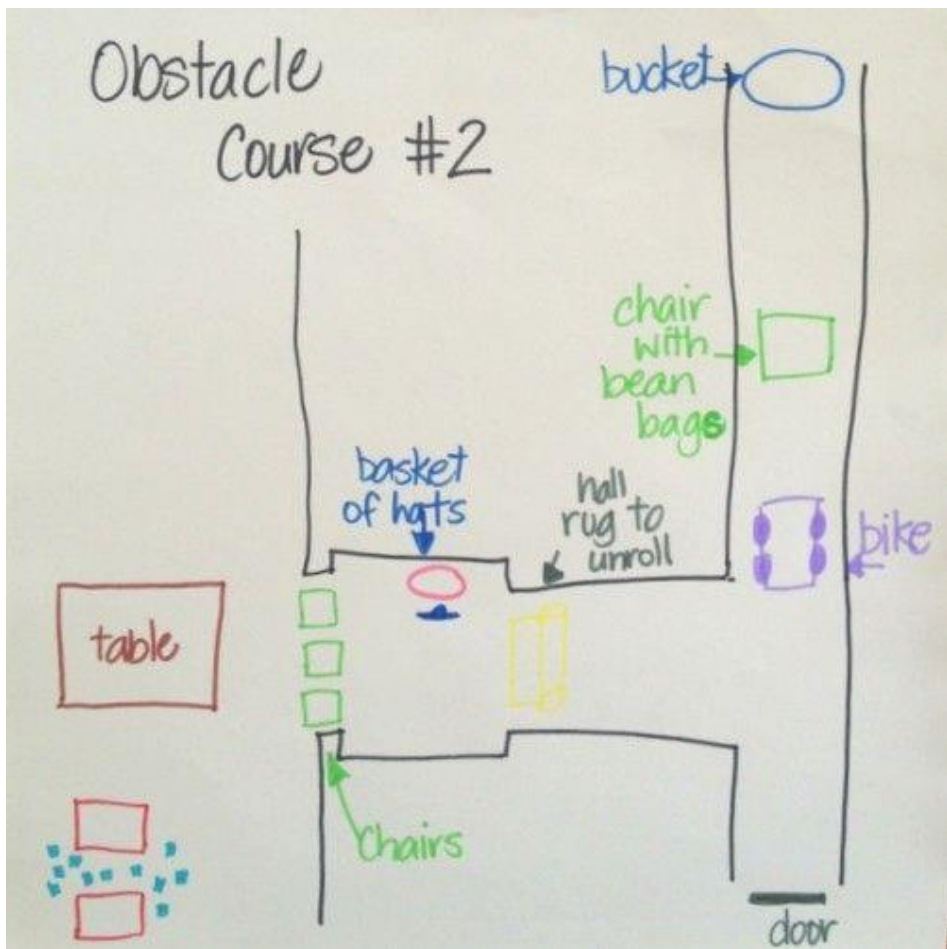
GRADE IN FULL

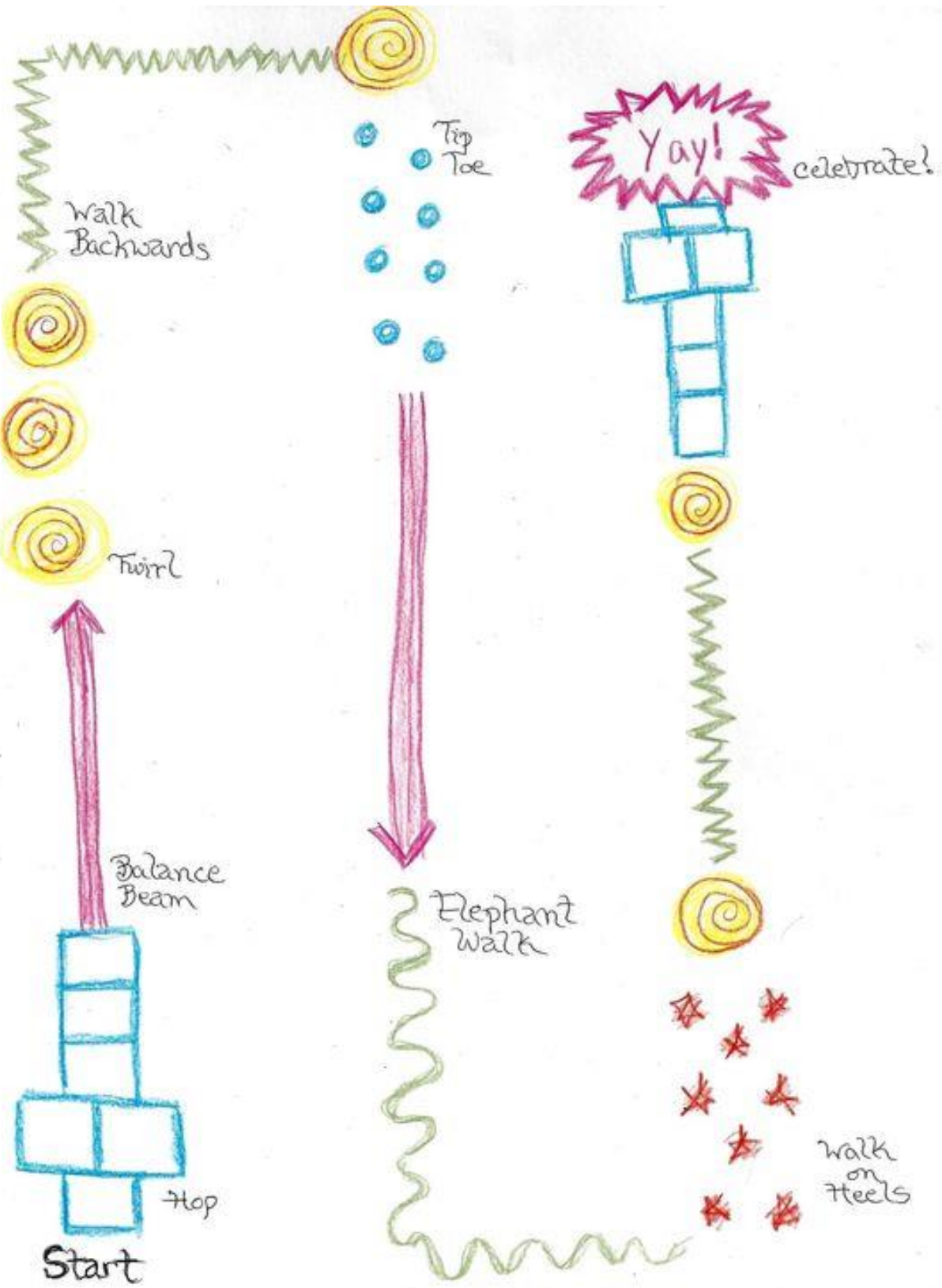
NAME

Obstacle Course #1



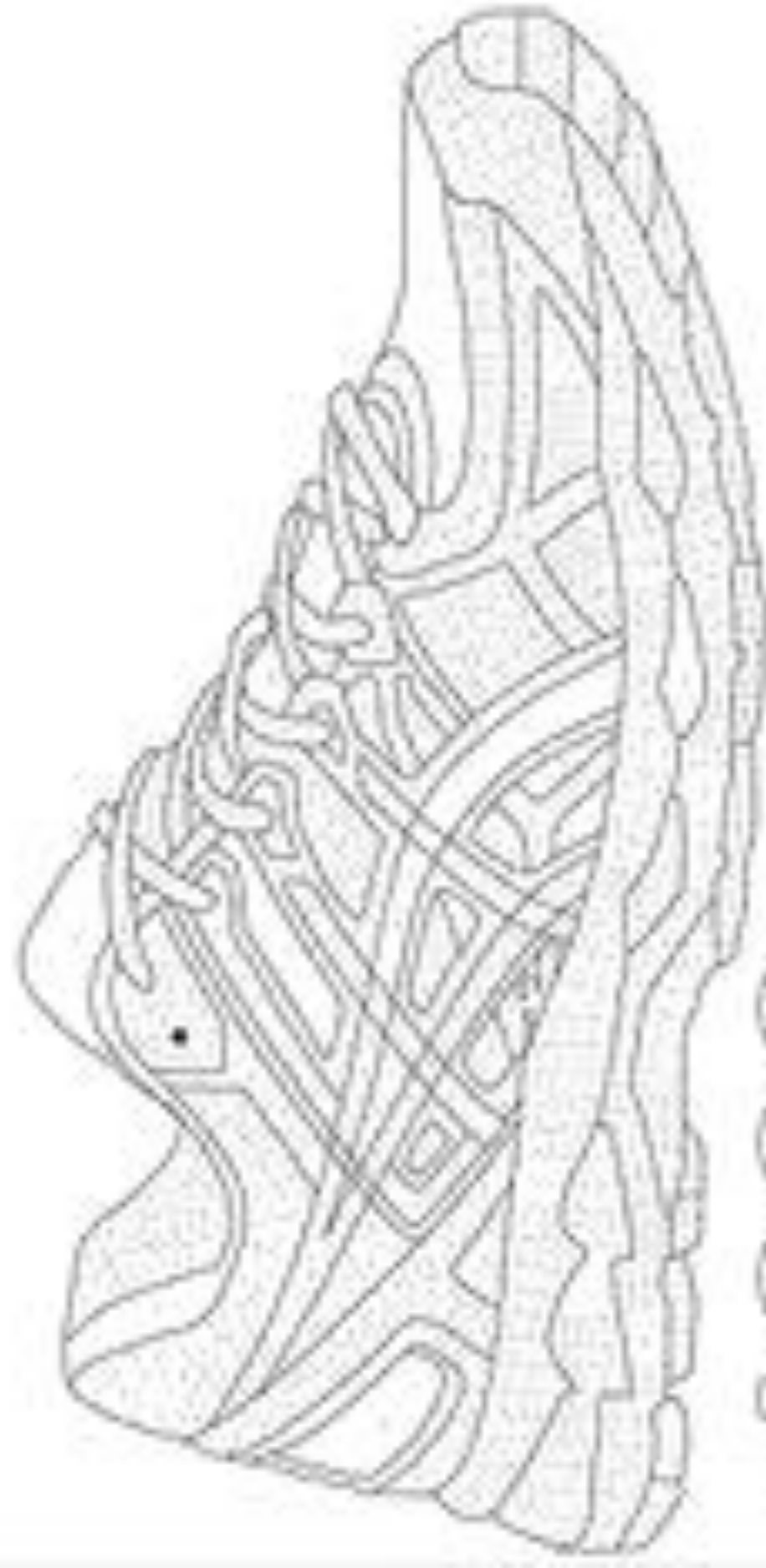
Obstacle Course #2





小朋友，你见过小蝌蚪吗？
小蝌蚪是什么样子的呢？
小蝌蚪是怎样游泳的呢？
小蝌蚪是怎样长大的呢？
小朋友，请你仔细观察小蝌蚪，
画出你心目中的小蝌蚪吧！

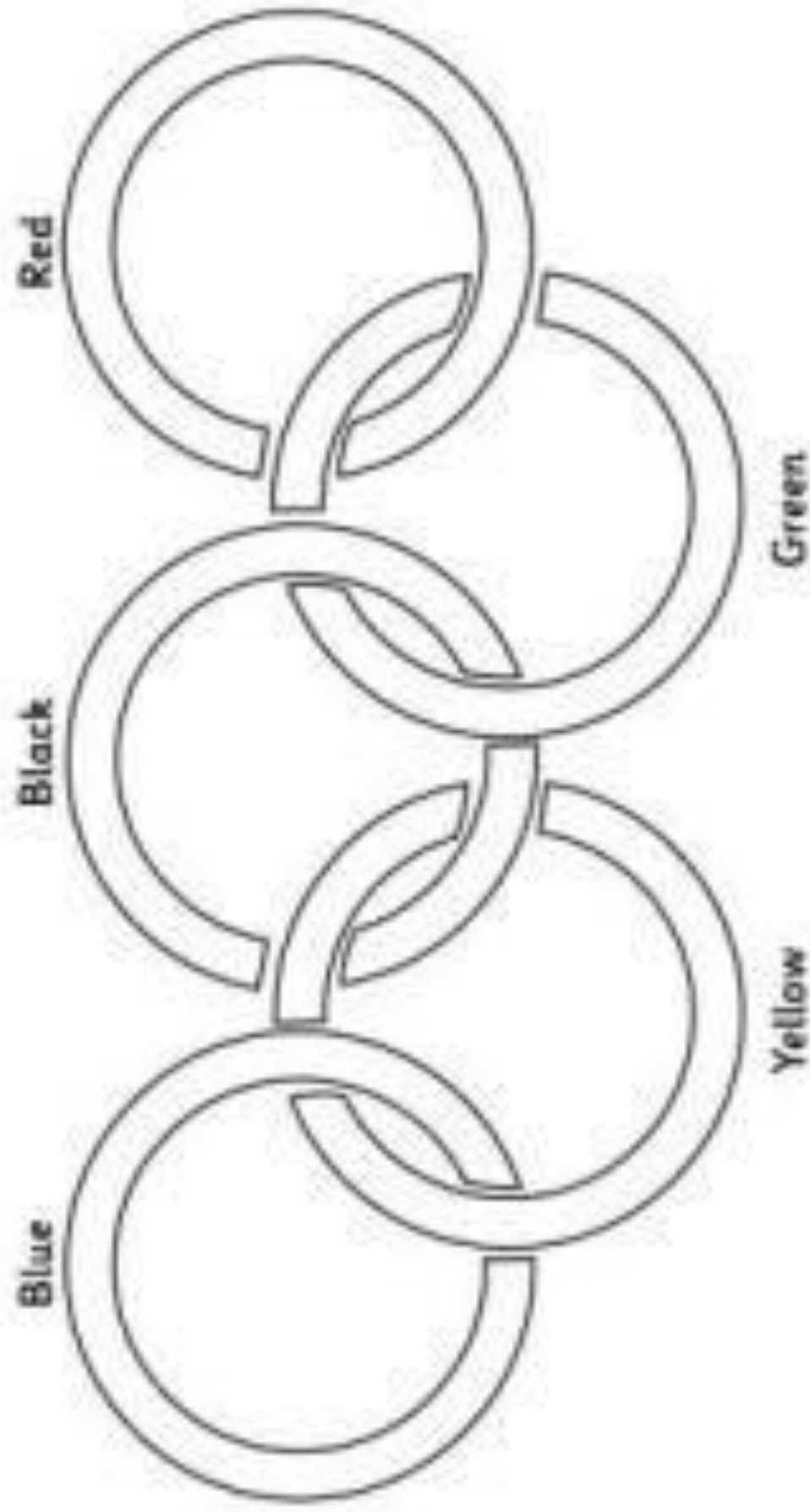


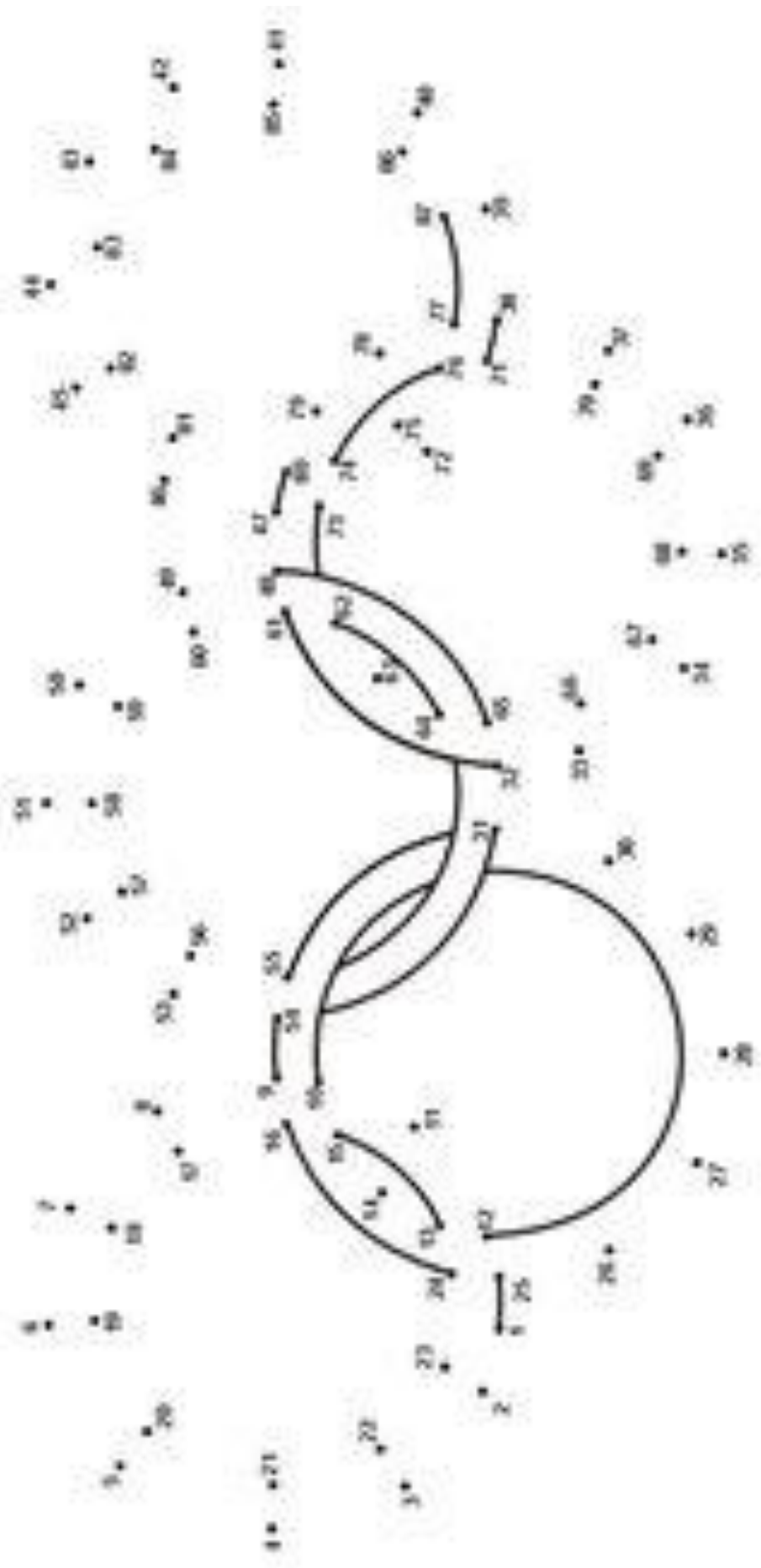


10000 kilometres.



Olympic Rings





Word Search

Find the list of words at the bottom of the page in this jumble of letters!

A	K	N	Y	V	F	X	R
C	F	Z	S	M	O	Y	O
P	T	F	U	H	E	W	A
A	U	B	I	B	L	E	D
U	L	P	M	J	K	T	F
L	E	L	E	T	T	E	R
R	O	I	B	V	X	A	F
W	C	S	E	R	O	M	E

WORDS TO FIND:

PAUL

ROME

BIBLE

ROAD

LETTER



Word Search Puzzle Olympics Games

H	A	M	M	E	R	T	H	R	O	W
T	A	B	L	E	T	E	N	N	I	S
G	Y	M	N	A	S	T	I	C	S	H
C	A	R	V	H	O	C	K	E	Y	O
F	E	N	C	I	N	G	E	N	T	T
M	I	N	H	I	G	H	J	U	M	P
A	J	A	V	E	L	I	N	S	E	U
L	W	B	O	X	I	N	G	L	P	T
T	S	I	H	H	T	D	A	E	R	C
D	I	S	C	U	S	T	H	R	O	W



Words From Paul

HOLY LAND TOUR

To answer the question, use the number below each line to find its matching letter in the boxes.

Paul tells all those who believe to practice
the message of the Christ because...



14 7 20 6 1 5 13 4 5

17 5 15 16 6 2 5

R ¹	G ²	C ³	H ⁴	E ⁵
A ⁶	O ⁷	N ⁸	W ⁹	B ¹⁰
I ¹¹	V ¹²	T ¹³	Y ¹⁴	S ¹⁵
S ¹⁶	M ¹⁷	F ¹⁸	N ¹⁹	U ²⁰



Olympic Sports Word Scramble 2



itnse

cengfn

floobtia

lidfe eoyckh

stquneirae

onmdtniab

heyrca

lolyllbvea

ylncige

omnred paehtlontt

gnüdv

wtgilems

rhhtolat

baeti teinns
