

Engage

7-11s discover the adventure!

GB@home



On your marks

Introduce the theme of these activities.

'You've got to be in it, to win it!'

Famous words, quoted by many a great sports coach. In essence, they're all about influence and the need for each member of the team to play their part.

Enjoying the challenge and doing your best is more important than coming first and beating other people when we play games or sports.

Value/characteristic:

Competition



Plug in

Get your child to think about any sports they might take part in and consider why it is they play them and what it is they get out of them.

Do you know someone who is into a particular sport, either playing or supporting? Your child could interview them (on the phone in this time of social distancing) and use their findings to write a 'newspaper' article.



Activate

This year's Olympic Games has been postponed, because of the Coronavirus pandemic, until 2021. As a family or group who live together, play some Olympic-style games. What you do will depend on your space and your equipment, but some events can be easily adapted.

Consider a wooden spoon relay, a skipping rope-marked long or triple jump and a beanbag shot-put. Team sports like badminton, hockey and football are also Olympic sports, if they're more suitable.

Record the winners' times in any races, distances in any throwing or jumping games and the scores in any team sports.



Get Connected

Read Galatians Ch.6:4 from the Bible and consider with your child what it means. It says: 'You should each judge your own conduct. If it is good, then you can be proud of what you yourself have done, without having to compare it with what someone else has done.'

This verse isn't specifically about sport but it shows the importance of having a good attitude to competition in our lives as Christians.



Next Level

Think of an Olympic or Paralympic sport and talk with your child about the reasons people get into them and what they get out of playing them. Reflect on their earlier Olympic-style games – what were they trying to achieve and what did they get from playing? Did they win? Did they do well?



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GB Ministries accepts no responsibility for any injuries young people sustain whilst undertaking these activities within their own homes. Parents/carers should ensure the safety of their home environment when undertaking activities.