

Fitness Emblem



Physical Fitness & Exercise Routine – Requirements 1 & 2

These requirements can easily be combined into one lesson. Organize a field trip to the local YMCA or any local gym. They are often willing to give a tour and explain some of the equipment and the importance of physical fitness. You may want to see if the tour guide would be willing to do a question & answer time. If so, you can give each child a question to ask that will help them better understand the specifics of exercise.

Requirement #1

Although a trip to the YMCA or a gym will answer the questions in the handbook, remember to emphasize that fitness involves three equally important areas: regular exercise, proper nutrition, and staying away from harmful drugs and activities.

Answer Key (Handbook Page 202)

- A strong heart ensures that your body is getting all the blood and nutrients it needs to perform all of the tasks it has to do everyday.
- We can keep our bodies healthy and fit by exercising regularly, by eating a healthy, balanced diet, and by staying away from drugs and activities that will harm our bodies.

Requirement #2

At each meeting, make sure that your time incorporates an exercise time and provides a healthy snack. Ask if they seem to feel stronger and/or if the exercises seem to be getting easier.

Give them an opportunity to do the running exercises during meeting times. Make sure you have already measured out an area where they can do the 40-yard dash and the ½ mile jog.

Encourage your section to keep track of when they exercise and what exercises they do. Make sure that they understand what each element is. Create a chart similar to the one found on page 203 of the Handbook.



- What are some good stretches to begin and end your exercise time with?
- What is an aerobic exercise?
- What is an anaerobic exercise?

Physical Fitness to Others – Requirement #3

Use this time to share what the kids have learned in the handbook work and from their personal experience. Set up a time when the Explorers and Sunbeams can get together for a joint meeting. Have your Explorers decide what they think are the most important things for others to know about fitness and share them with the Sunbeams. Encourage them to come up with their own ideas for how they should teach others.

Some suggestions:



- Make up an obstacle course to race through
- Give each Explorer 1-2 fact(s) to share with every Sunbeam. Have the kids sit in two concentric circles facing each other. The Explorer will have to share his fact and answer 1 question from the Sunbeam. Their circle then moves one person to the right and he has to go through the process again.
- Have the Explorers walk the Sunbeams through the Exercise Chart and provide the Sunbeams with copies for them to try.

Strength of Samson – Requirement #4

Judges 16:23-30

Use a children's bible and read the passage together or individually. Have the kids answer the questions in the Handbook for themselves and then follow-up with a short discussion on how Samson used his body to please the Lord. Make sure the kids understand what a Nazarite was.

Answer Key

- Samson used the jawbone of a donkey to kill 1000 men.
- Delilah was the Philistine woman who tricked Samson.
- The key to Samson's strength was his hair. His hair was so important because he was chosen to be a Nazarite. Nazarites were special servants of the Lord who took a vow to not drink alcohol and to not cut their hair. Samson's hair was a symbol of his promise to God to serve him only.
- Samson lost his strength when Delilah shaved off the hair from his head.

Remind the kids that God gave us our bodies for a reason and that they are temples made to glorify Him. Although they may never be as strong as Samson or have to use their strength like he did, it is important to use our bodies in ways that will be helpful to God.

Devotionals

Devotional #1

According to the New England Journal of medicine, obesity in children has become a major problem. For many AC boys, this may be a difficult emblem to work on. Often times, diet and exercise programs only leave children feeling like they are failures. In Philippians 4:13 we read, "All things are possible through Christ Jesus who strengthens me." What a relief! God will help me to become physically fit. I need to trust that he will give me the courage to be disciplined in my exercise.

Devotional #2

Do several stretching exercises with the AC. Then do a short Sword Drill with the theme word "strong." Then say, "Before beginning to exercise it is necessary to stretch. Stretching prevents the muscles from being hurt. If a person does not stretch there is a good possibility of getting hurt. So in essence, stretching really prepares a person for the stress of good exercise. In our Christian lives, we stretch to prepare from the stress of our spiritual exercise. Instead of battling the treadmill, a weight machine, or an aerobic tape we battle Satan. The Bible says that our struggle is not against flesh and blood but against the powers of the dark. By reading our Bibles, we are preparing for the stress from the battle with Satan. It is so important that we stretch our spiritual minds and hearts, that we strengthen our spiritual bodies through the reading of God's word."

Devotional #3

Ask several adults or older boys to participate in the "Runner" skit. In the skit there is a runner pressing on toward the finish line. He is running towards heaven or eternal life. The runner should run in place looking off into the distance at his goal. Several characters will run in one at a time and try to dissuade him from finishing the race through their tactics. Greed, anger, laziness, lying, pride and other characters can come and try to distract. When each character is unsuccessful, they leave the runner. Ultimately, the runner does not give into the temptation. After all the characters are finished the runner runs out reciting Philippians 3:14, "I press on toward the goal to win the prize for which God has called me heavenward in Christ Jesus."

Devotional #4

Bring in different weights with different degrees of heaviness. Invite the boys to try and lift some of the weights. Be very careful, making sure that each boy is spotted well. Bring in a weight so heavy that it is impossible for anyone to lift. Invite the boys to try. After a moment, explain that the weight of sin is similar. It starts out small in a person's life. It is relatively easy to handle. But the more we continue to sin, the heavier the weight. Explain that Jesus did not come so that we could be weighted down by the burdens of life but so that we could be free. The Bible says that God came so that we could have life and live life to its fullest potential. All we have to do is tell him about the sin in our lives, asking him for forgiveness.