



10-14s meet real life head on

GB@home



Switch on: the real life of 10-14s

2020 would have seen the Olympic and Paralympic Games taking place in Tokyo this summer, with the focus being on success, winning and gold medals. Instead the Games have been postponed, because of the Coronavirus pandemic, until 2021.

Enjoying the challenge and doing your best is more important than coming first and beating other people, so turn your 10-14s focus to those aspects of the Games.

Play: Try-athlon

Why not play some Olympic-style games and see if you can improve your performance just like the Heptathletes do?

Consider a wooden spoon relay, a skipping rope-marked long or triple jump and a beanbag shot-put. Or if you have limited equipment a straw javelin, paper plate discus, mini hurdles in the garden, and running a lap of your garden.

Record the winners' times in any races, distances in any throwing or jumping games.

Rewind: Aim of the game

Think together of an Olympic or Paralympic sport and talk about the reasons people get into them and what they get out of playing them.

Write a list of of five reasons to play that particular sport and five things people get out of taking part in that sport.

Give your young person a few minutes to reflect on their earlier Try-athlon – what were they trying to achieve and what did they get from playing? Did they win? Did they do well?

Fast forward: Their turn

Research Christian sports people, find out what you can about them and create a newspaper article or display.



Pause: Success

Share Galatians Ch.6:4 and ask your young person to consider what it means.

'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.'

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

Switch off: connect

Get your 10-14s to organise a virtual sporting challenge for their friends and family. They should organise and keep score for the event to identify the highest scorer. Make a certificate and/or a medal and send this to the one with the highest score.

www.girlsbrigadeministries.org.uk

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.