



SPORTS and FITNESS

"Stand firm then, with the belt of truth buckled around your waist, with the breastplate of righteousness in place, and with your feet fitted with the readiness that comes from the gospel of peace. In addition to all this, take up the shield of faith, with which you can extinguish all the flaming arrows of the evil one. Take the helmet of salvation and the sword of the Spirit, which is the word of God" (Ephesians 6:14-17).



Be prepared for spiritual
battle at all times.

Instructions: Draw a picture of yourself in the clothing you would wear when you do your favorite form of physical exercise.

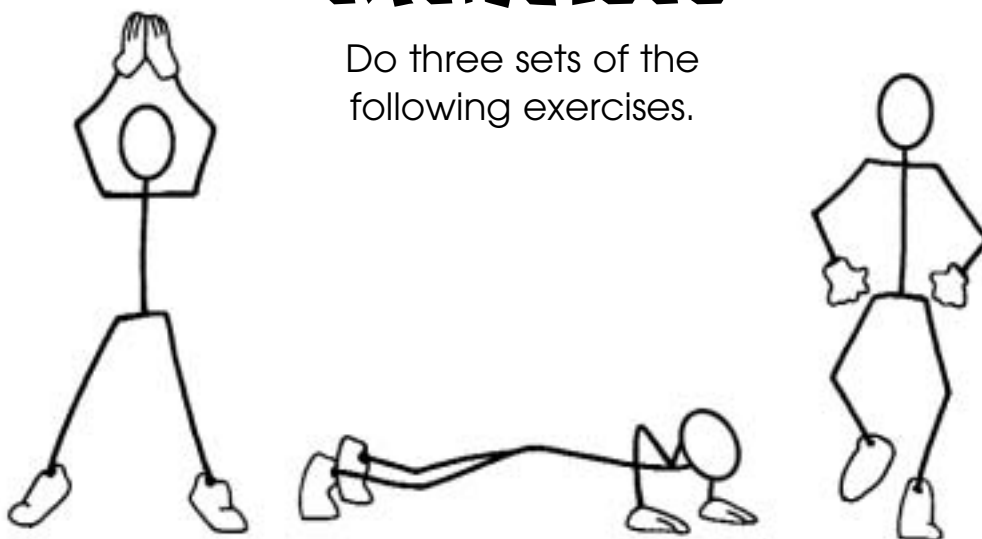
Exercise Routine

Stretches: Before exercising, start by warming up your muscles. Do three sets of the following stretches. You will repeat these stretches as a cool-down after the exercises.



EXERCISES

Do three sets of the following exercises.



COOL DOWN

Repeat the stretching movements.



Put a gold star in each box when you complete the activities.

Exercise

Session 1

Session 2

Warm ups

EXERCISES

cool down

Name That Ball

Trace the words. Then draw a line to match each word to the ball it names.

Baseball

Basketball

Football

Soccer ball



SPORTS Fun!

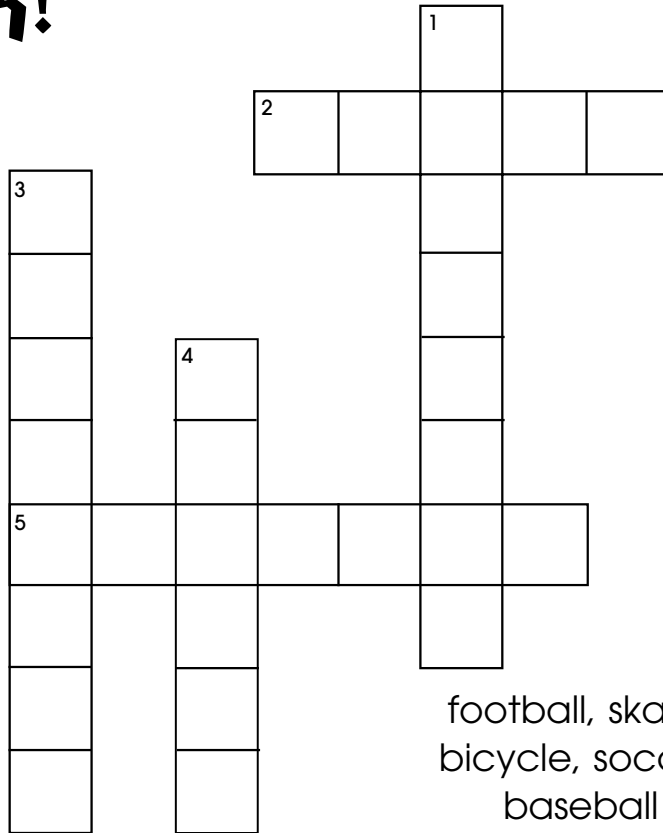
Instructions: Use the clues to complete the puzzle. Select words from the word list below.

Across

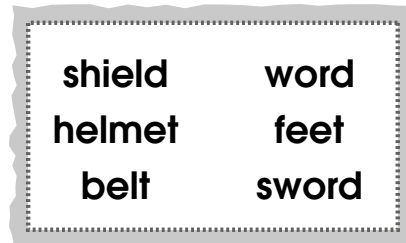
- 2. Wheels on my feet
- 5. Two-wheeled vehicle

Down

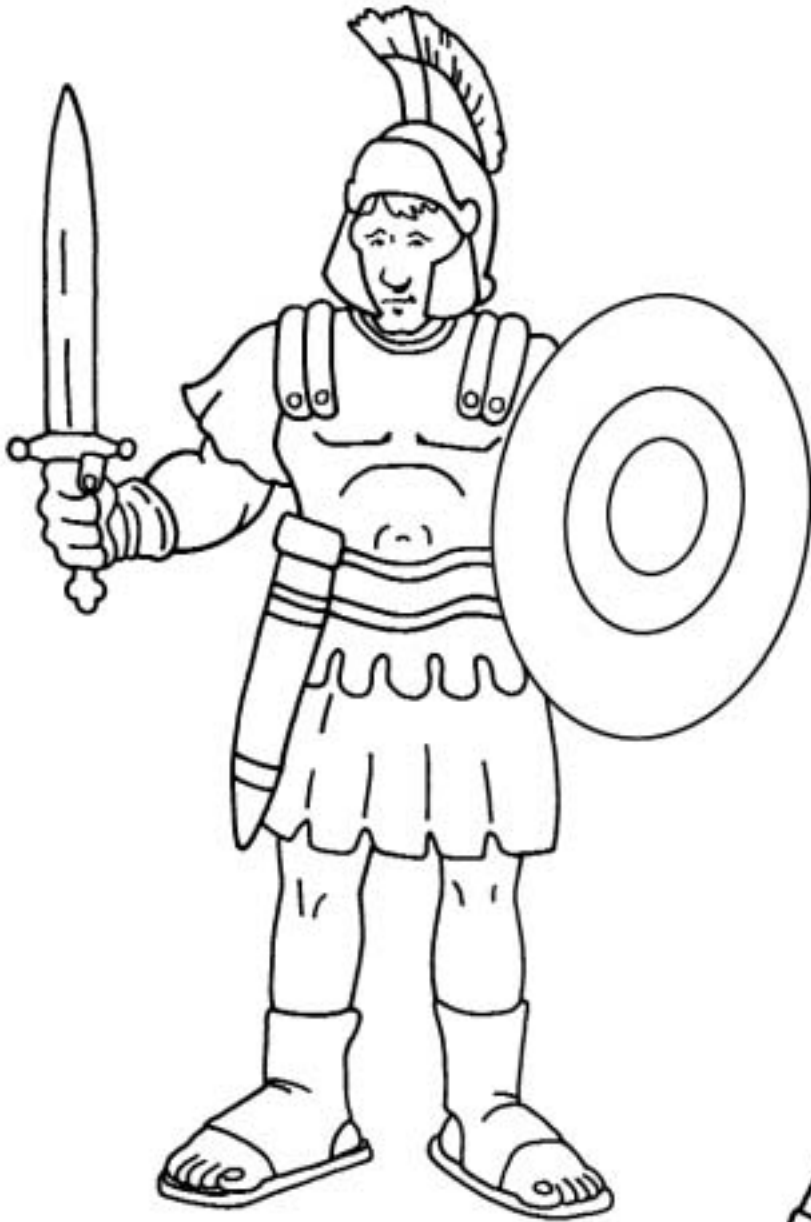
- 1. Batter up!
- 3. Touchdown!
- 4. Goal!



football, skate,
bicycle, soccer,
baseball



"Stand firm then, with the _____ of truth buckled around your waist, with the breastplate of righteousness in place, and with your _____ fitted with the readiness that comes from the gospel of peace. In addition to all this, take up the _____ of faith, with which you can extinguish all the flaming arrows of the evil one. Take the _____ of salvation and the _____ of the Spirit, which is the _____ of God" (Ephesians 6:14-17).



BONUS

If your guide says you have time, work together to make up and play a new game.