



SPORTS & FITNESS

Bible Basis: “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).

Bible Point: Be prepared for spiritual battle at all times.

Badge Goal: Searcher Hunters should begin to understand that it is important to be at their physical best as well as their spiritual best.



Game Plan

As technology advances in the area of computers and video games, children are becoming more and more sedentary. As a result, childhood obesity is on the rise. Children in general are much less physically fit than were children of past generations. The work Hunters do for this badge will help them understand ways to become more physically fit and learn to care for their bodies. It will also provide an opportunity for them to compare the concrete symbols of physical preparation with the more abstract symbols of spiritual preparation as listed in Ephesians 6:14-17.

As you plan for this badge, keep in mind that Hunters tire easily but revive quickly. Their large muscles are developing faster than their small muscles, so they are always on the move. Organized exercise and physical games will help them channel their energy. Also remember to have periodic breaks to let Hunters rest their growing muscles. Use these breaks in physical activity to complete the badge workbook activities.

NOTE: If time allows, consider doing a Sports and Fitness enRICHment activity from page 29.

READY . . . SET . . . GO!

Sports and Fitness **SESSION ONE:**

What to wear?

SUPPLY CLOSET

- examples of exercise clothing
- *Searcher Hunter* student book, page 7
- crayons

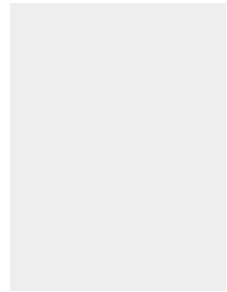


Before class, assemble examples of appropriate exercise clothing. If you do not have access to exercise clothing, bring in pictures from catalogues or magazines.

Getting Directions



- Show the exercise clothing to Hunters. Discuss the importance of dressing properly for both comfort and safety when exercising.
- Have Hunters turn to page 7 in their *Searcher Hunter* student book.
- Review the badge Bible reference and Bible Point on page 7.
- Provide crayons and have children complete the drawing as instructed on the page.



Closer LOOK!



If available, provide examples of clothing for several forms of exercise. Include safety items, as well. For example, show a helmet for bicycling or body pads and a helmet for rollerblading.



**PUMP
it UP!**



SUPPLY CLOSET



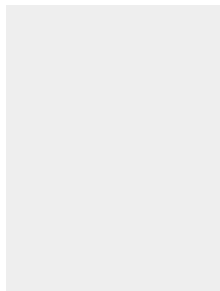
- *Searcher Hunter* student book, p. 8-9
- small adhesive stars
- age-appropriate, energetic music cassette or CD
- cassette or CD player

Before class, locate an energetic, age-appropriate cassette or CD to use during exercise sessions.



Getting Directions

- Have Hunters look at the exercises on page 8 of the *Searcher Hunter* student book. Discuss each exercise with children.
- Begin playing age-appropriate, energetic music on a cassette or CD. Say, ***God made your body. He wants you to take care of it by making good choices about your health. Exercise is a good choice.***
- Have Hunters complete a series of stretches (warm-up), exercises, and repeat stretches (cool down) as shown on *Searcher Hunter* student book, page 8.
- On the chart at the top of page 9, let Hunters put a star beside each exercise activity they completed. Plan to repeat these exercises at the following session.
- If time allows, select one “enRICHment” game from page 29 of the *Searcher Guide*, and let children play.



If you have children in your group with special physical needs, confer in advance with the child's parents or someone with special training in assisting children with special needs. Plan to have the child's parent(s) on hand or another trained assistant.

Sports and Fitness **SESSION TWO:**

Start this session by repeating the exercises from SESSION ONE, as shown on page 8 of the *Searcher Hunter* student book. Let students add stars to the chart on page 9 after they complete the series of exercises.

PLAY Ball!

SUPPLY CLOSET



- basketball
- football
- soccer ball
- baseball

- *Searcher Hunter* student book, pages 9-10
- pencils

Before class, set up a display that includes a basketball, football, soccer ball, and baseball. If you don't have access to all the balls, use photos or drawings instead.

Getting Directions



- When Hunters arrive, encourage them to discuss their involvement with the sports represented by the balls.
- Pass the balls around and discuss their shapes and dimensions.
- Have students complete the activities on *Searcher Hunter* student book, bottom of page 9 and top of page 10.
- When Hunters have completed the workbook activities, select one **"enRICHment"** game from page 29 of the *Searcher Guide*, and allow children time to play before going to the next activity.

safety Equipment Required!

SUPPLY CLOSET



- *Searcher Hunter* student book, pages 10-11
- pencils

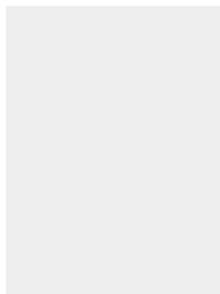
- optional: hockey safety equipment

Before class, if available, prepare a display of hockey safety equipment. Another option is to invite a hockey player to talk with Hunters about safety equipment.



Getting Directions

- Review Ephesians 6:14-17 with Hunters. Say, ***Special equipment is required to keep you physically safe when you do sports. The Bible tells us things that will keep us spiritually safe: truth, righteousness, peace, faith, salvation, the Word of God, and prayer.*** Have them fill in the missing words for Ephesians 6:14-17.
- Discuss the safety equipment the Roman guard is wearing and compare with those listed in the Bible verses.
- Have students draw lines from the Roman guard's equipment to the corresponding equipment the hockey player wears.



BONUS

Let children make up an original game. Have them create the game pieces, game board (if required), and rules of play. Allow time for them to play the game.

1. Are Hunters expressing an increased interest in and enjoyment of exercise?
2. Are Hunters expressing an increased interest in and enjoyment of games or sports?
3. Can Hunters identify appropriate exercise clothing?
4. Do Hunters understand the importance of using proper safety equipment?
5. Do Hunters understand the use of safety practices, such as warm up and cool down?
6. Do Hunters understand the scripture reference, Ephesians 6:14-17?

**MISSION
Acomplished**



1. Games:



- a. I Can! Can You?** Have children stand in a circle. Make a movement, such as a shoulder shrug, and ask children to copy it. Add a second movement, such as a hop, to the first movement. Then ask children to repeat both together: shrug, hop. Add as many movements as the children can remember. Not only will this be a good physical workout, but it will also help children learn sequencing.
 - b. Team Tag** The object of this game is to tag people as a team. Two players start off as "It" holding hands. They use their "free hands" to tag another player, who must then join the team. Only the end players can tag the free players because they are the only ones with free hands. The game ends when everyone has been tagged.
 - c. What Machine Are You?** Explain to children that their bodies are similar to machines. Both have parts that work together. Both bodies and machines need some type of energy source (food for people, fuel or electricity for machines). We must take care of both our bodies and machines. Let children take turns suggesting machines they can pretend to be. The child that suggests the machine can show the others what motion to make, then all the children make the motion until you say, ***Machines rest!*** Some machines the children can pretend to be might include a hair dryer, a washing machine, a lawn mower, or a toaster.
- 2. Select a Saturday for a Hunters' Family Picnic and Games Day.** Ask parents to assist you in organizing games for children to play. Have a variety of activities planned to address different skill levels and interests.
 - 3. Make an Exercise Chart:** If children are interested in continuing the workbook exercises beyond the two sessions designated for this badge, help them prepare a one-month chart to take home. Ask parents to let children put a star on the chart every day they complete the exercises. When children have filled the chart, have them turn it in to you to receive a small prize.
 - 4. Make an Exercise Booklet:** Let children make a booklet of drawings that suggest exercises they can participate in with their families. The drawings might include things, such as taking a walk, going swimming, playing catch, or bicycling. Provide paper and crayons for children to create their drawings. Then hole-punch the pages and tie them together with yarn or ribbon.