

## Youth Ministry Ideas

20.03.20

<p><b>Major Theme:</b> “Smile at the face of fear”</p> <p><b>Weekly Theme:</b> “Don’t let Fear Paralyze You”</p>	
<b>Overview:</b>	<p>Don’t let the fear of a long workout keep you from overcoming the challenge. This one is going to take mental, spiritual and physical perseverance. You will start with a run and then perform sit-ups and supermans. After that you will finish with a run. Set a timer and see how long it takes you to perform the workout.</p>
<b>Goal:</b>	<p>This workout is going to test your mental discipline just as much as your physical capacity. There will come a time in this workout where you might feel like giving up. Remember, don’t let the fear of discomfort paralyze you. Set a smart pace in the beginning and try to hold that pace throughout the entire workout.</p>
<b>Guidelines:</b>	<p>During the run always try to maintain a tight midline (core) and try to run without bouncing up and down. The sit-ups can be done by butterflying your feet and using your arms as momentum. When performing the supermans make sure your legs and chest come off of the ground on each repetition.</p>
<b>Coaching Notes:</b>	<p>Always make sure the workout is scaled properly to accommodate for the right amount of intensity for each athlete. Watch for athletes going to failure on sit-ups. Try not to let this happen and encourage them to use their arms as momentum. When performing the supermans use the command “squeeze” your glutes, which will allow the hips to extend to full extension.</p>
<b>Scaling Options:</b>	<p>The first way to scale this workout is to shorten the run if athletes will have a hard time running the entire time. Also, look at shortening the number of repetitions performed on the sit-ups and supermans.</p>

<p><b><u>General</u></b> <b><u>Warm-up:</u></b></p>	<p>Look back; three questions: (What are you thankful for? Are there any needs we can help with? What is stressing you out the most?) Walk on your toes for 10 meters Jog backwards to the start Hop on your toes for 10 meters Jog backward to the start High knee jog for 10 meters Butt kicker jog 10 meters back to the start 10 repetitions of good mornings 10 leg swings side to side (each leg) 10 leg swings front to back (each leg) 20 repetitions of arm circles</p>
	<p>Look up; Accountability question: What have you done since the last workout that you committed to do?)</p>
<p><b><u>Skill:</u></b></p>	<p>Sit-up <a href="https://www.youtube.com/watch?v=ab48kqiD6WY">https://www.youtube.com/watch?v=ab48kqiD6WY</a> Superman <a href="https://www.youtube.com/watch?v=Zem90lygAIE">https://www.youtube.com/watch?v=Zem90lygAIE</a></p>
<p><b><u>Workout of the Day:</u></b></p>	<p>“Midline Mile” Run 800 meters Perform 50 sit-ups Perform 50 supermans Run 800 meters</p>
<p><b><u>Cooldown</u></b></p>	<p>Look forward: (What will you do to respond to the lesson? Who can you reach out to and connect with or help? What will you do to respond to the healthy lifestyle habit?) Walk 200 meters Straight leg kicks for 10 meters Sampson stretch (1 minute each side) Cobra stretch (1 minute)</p>

<b><u>Story:</u></b>	<p>Hebrews 10:36 “You need to persevere so that when you have done the will of God, you will receive what he has promised.”</p> <p>This is an interesting time for everyone, right? Stuck in our apartments or house all day long. We need perseverance to be kind to the people in our home all day long, EVERYDAY!</p> <p>Our brothers and sisters, parents, kids, spouses, or roommates need our love. Maybe our neighbor needs help with something. A great way we can show love in this interesting time is to simply be kind. Persevere in it as it will NOT be easy!!! When we are tempted to raise our voice in frustration, take the last cookie, or demand you get to choose the next video -&gt; remember this workout! Persevere in kindness today.</p>
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