

## Olympic values

A 10 week programme focusing on how the Olympic values can effect our lives and help us to live as God wants us to, through Bible a stories, games, songs, activities and application.

Week	Theme	Story	Application
1	Why do we celebrate the Olympics?		Celebrating unity.
2	Respect	Ruth <b>Ruth 1 &amp; 2</b>	Ruth earned the respect of Boaz. We should respect others.
3	Friendship	David and Jonathan <b>1 Samuel 20</b>	David and Jonathan teach us about being good friends. Are we always good to our friends?
4	Courage	Daniel and the lions <b>Daniel 6</b>	Daniel kept praying to God even when it was tough. He needed lots of courage.
5	Equality	Body of Christ <b>1 Cor 12:12-26</b>	We all have an equal part to play in God 's kingdom.
6	Inspiration	Pentecost <b>Act 2</b>	The Holy Spirit inspires people to do things for God.
7	Excellence	Building of the temple <b>1 Kings 5-9</b>	Solomon wanted to do his best for God, he built the very best temple he could.
8	Determination	Blind Bartimaeus <b>Mark 10: 46-35</b>	Bartimaeus was determined to get healed.
9	The great big Olympic quiz		Quiz looking at the terms teaching.
10	Olympic ceremony		Fun time putting values into practise.

# Olympic values

I've been excited writing this teaching and I am really looking forward to delivering it. I am sure many of you are in a similar position to me as I write this. I've been delivering clubs in this sort of format for quite a few years and have played 'Cat and mouse' and 'Stuck in the mud' far more times than I could possibly count. I have also taught the stories of David and Goliath and Noah's ark a few times! This teaching gave me the opportunity to look at things just a little bit differently, you will find lots of things you recognise but a few things that are hopefully a bit different too!

When writing a set of teaching the obvious starting point is 'what does God want me to tell the children?', this term I've had the challenge of looking at how do the Olympics fit in with what God wants us to tell the children. Looking at the Olympic values, I found that God can use all sorts of things to teach us how he wants us to live.

When delivering training I am often asked for new games, this teaching is not full of new games but adaptations of games that have been played many times before - the Olympic games! Each week you have the chance to try out three different sports either from the Olympics or the Paralympics. Some games are there to be won, some to be worked at and some to hone a skill, others just to have fun together as a group.

We are only looking at two memory verses this term, both with a similar message. Whilst I am sure you can all identify a child in your group that is very good at learning memory verses, most will struggle learning a new verse every week. Having 5 or 6 weeks to really get to grips with a verse will hopefully give the children the opportunity to really learn it and be able to remember it long into the future.

So to conclude, I will use one of those verses, Colossians 3 verse 23 says 'Whatever you do, work at it with your whole heart, as if working for the Lord and not for men.' So whether you're planning and preparing, playing with the kids or reminding a child that 'we don't do that at Kingsquad' again, remember this verse - you're working for the Lord and not the approval of men.

Faith Martin

On behalf of the Family Trust



## Olympic Values Week 1

### Why do we celebrate the Olympics?



**For your info:** The Olympics is all about celebrating unity. As we go through the term and try out lots of different Olympic sports encourage your group to work together and be a team. It is also really an opportunity for us as leaders to demonstrate the values we live our lives by. Each of the Olympic values can easily be aligned with teachings from the Bible making these values a good place to start if we want to live God's way.

#### Activities:

**Lost Olympic rings:** Make 5 coloured rings for a set of Olympic rings and hide them around the room. Get the children to find the Olympic rings before any of the Olympic games can start! You may also like to put a scroll with the creed on. (available in the resources section).



**Olympic relay:** Have a relay race with some of the Olympic torches you have made.

**On your marks get set ... :** In order to run a race you need to be ready! Show the children how to kneel down and start a race. When you say 'On your marks, get set, go' the children have a race to the finish line. However if you say one of the following commands there are other actions. Any child that runs at the wrong time has to miss a go!

**On your marks, get set, Googly Eyes:** Make spectacles with hands

**On your marks, get set, Gangster Face:** Fold your arms and have attitude!

**On your marks, get set, Giggly Wiggly:** Wiggle and Gigggle!

#### Exploring the story:

There is not a story from the Bible this week as we are starting by exploring the theme. There is however a fact sheet all about the Olympic torch in the resources section. This explains about how the Olympic Games bring together different nations and different people.

#### Memory verse:

Have a go at making your own Olympic torches. On the side of your torches write the memory verse as stated below. When you have finished making them try having a simple relay race and explain to your group all about the journey the Olympic torch goes on.



*'Whatever you do, work at it with your whole heart as working for the Lord and not for men.'*  
Colossians 3:23

#### Worship:

**Prayer:** With the children sitting in a circle, pass one of the Olympic torches around. As the child holds the torch they can say a prayer either in their head or out loud. Alternatively you could write your prayers on post-it notes and stick it on the torch instead.

**Song:** 'Be Happy' by Doug Horley (Lovely Jubbly CD)

#### Application:

**Start with a Big Question:** As an introduction ask the group why they think we have the Olympic Games. I'm sure you will get a varied response!

The Olympic Games bring together people from all different nations to compete in one competition. Throughout the competition people show their very best skills and talents. The Olympic creed states that "The most important thing is not to win but to take part". Every country celebrates their competitors whether they win or not. The most important thing is trying your very hardest!

### The Olympic torch relay:

The modern use of the Olympic Flame began in 1936. It coincided with a long relay of runners carrying torches to bring the flame from Olympia to the site of the games. Once there, the torch is used to light a cauldron that remains lit until it is extinguished in the Closing Ceremony.

The first such relay took place for the 1936 Berlin Games. Some 3,330 runners brought the flame through Greece, Bulgaria, Yugoslavia, Hungary, Austria, Czechoslovakia, and Germany. Similar relays have taken place for every Summer Games since.

The 2004 relay was the first to start and end in Greece; it was also the first to visit every continent, crossing 34 cities in 27 countries before returning to Greece. The flame travels by plane between cities and is relayed by foot within cities.

Being a torch-bearer is considered an honour, one given to local residents with a record of community service, in addition to athletes and celebrities.

### How to make an Olympic torch:

#### What you'll need:

- sheet of white paper or card
- Clear tape
- Squares of red, yellow, and orange tissue paper
- White craft glue

#### How to make it:

1. Stick the squares of tissue paper along one side of the white card.
2. Roll the card into a cone shape and sellotape the joining edges.
3. Arrange the tissue paper to look like a flame.



**The most important thing ...  
is not to win but to take part,  
just as the most important thing in life  
is not the triumph but the struggle.  
The essential thing  
is not to have conquered  
but to have fought well.**

**- Pierre de Coubertin**





## Olympic Values Week 2

### Respect



**For your info:** There is a lot we can learn from the character of Ruth. In fact in this short book we can see all of the Olympic values modelled for us. Ruth was **determined** to look after her mother-in-law and stick with her wherever she went, this also showed great **courage**. Boaz treated Ruth as an **equal** allowing her to eat with his farm hands despite her being a foreigner in the land. I'll leave you to think about how the book of Ruth models the values of **Inspiration, Excellence and Friendship**.

#### Activities:

**Gymnastics:** Have a Gymnastics competition giving each child an opportunity to show you what they can do. Encourage the children to show respect to each other especially whoever is performing. Only do this if you have made sure the area is safe and put mats on the floor.

**Fencing:** In our story today, the soldiers were ready to draw their swords on Esther's people. For this game you will need two swimming woggles (long foam floats) as swords. Two children each have a woggle, they have to touch the other person's torso with their woggle whilst defending their own torso.

**Horse Riding (Equestrian):** Cut out some horse head shapes (available in the resources section) and attach them to a broom handle or some sort of pole. Get the children to have hobby horse races, you may like to put in some obstacles such as a jump or something to go round, if you're feeling really brave you could try a water jump!

#### Exploring the story:

**Story:** There is a story in the resources section, it's quite a long one but there is a lot to fit in. You may like to have some children acting or some big pictures to give the children something to look at.



If little time, a shortened version is on the Funsheet.

**Memory verse:** *'But more than anything else, put God's work first and do what He wants.'* Matthew 6:33 (Contemporary English Version)

Use last week's Olympic rings but put the memory verse on them. With your hobby horse and a woggle for the fencing game, have a race to collect the rings pretending to be knights with lances! A leader will need to stand at the other end of the room with the rings held out for the children to get them on their lances, the children then take it in turns to charge at the ring and collect it.

#### Worship:

**Acrostic prayers:** Write the word RESPECT down the side of the page. As a group write a prayer where each line starts with the next letter of the word respect. e.g.

Remembering your greatness fills me with joy  
Everything you created is amazing  
Sorry when we mess up and do the wrong thing

...

**Song:** 'Every move I make (Spring Harvest: 'Kid's Praise Party: We wanna be like Jesus' CD)

Use actions from 'Macarena - they fit really well.

#### Application:

**Start with a Big Question:** What does it mean to show respect to someone? Discuss this as a group before you start.

Ruth earned Boaz's respect by working hard and looking after her mother-in-law. Earning people's respect is really important, if we want others to show us respect we need to show them respect. Jesus always showed great respect to the people he met even when others didn't think they deserved it.

# Ruth

“Listen to me, Naomi!” As she spoke, Ruth took hold of her mother-in-law's hands and looked straight into her eyes. “Where you go, I will go. Where you stay, I will stay. Your people will be my people and your God will be my God. Where you die, I will die, and there I will be buried. May the LORD punish me severely if anything but death separates me from you.”

As she heard those words, tears began to flood down Naomi's cheeks. She thought she had lost everything. Her family had been driven from their home in Bethlehem by a famine. In search of food, Naomi and her husband had travelled to the country of Moab with their two sons – God's people were forbidden from having anything to do with the Moabites, but they were desperate. Then Naomi's husband had died and her sons had married Moabite women. Now, ten years later, Naomi's sons were gone too and she had told their wives to return to their own families. One had left, but one had stayed and what she had just said changed everything.

“Oh my child,” Naomi whispered, “When your husband died I thought I had lost a son and a daughter, but you have put your faith in the LORD and become one of the Children of Israel.”

That very day Naomi left Moab forever and returned to Bethlehem with Ruth by her side. Now Ruth and Naomi had no food to eat, but the barley harvest was just beginning and God had given the people of Israel a law which said that when a crop was harvested any that fell on the ground must be left behind for the poor to collect for themselves. So Ruth went out into the fields, followed the men harvesting the barley and began to pick up the leftover grain. It was hard work, bending over to scrape up a few specks at a time from the dust, trying to keep it all gathered together in the folds of her apron without spilling any and all the time the spring sun beating down on her. Every now and then Ruth would stand up straight and stretch her back to ease the pain. It was at one of those moments when she saw a man at the edge of the field she was working in. He was talking to the foreman who was in charge of the harvesters, they were both looking in her direction and the man was pointing at her. Then he began to walk towards her and even though it was hot, a shiver ran down Ruth's spine, but as the man came close he waved a hand at her in greeting and his face broke into a smile.

“Hello there,” he began, “Allow me to introduce myself, my name is Boaz and this is my field. Please, feel free to stay here and work alongside my servant girls until the end of the harvest. I've told the men not to bother you and to let you take a drink from their water jars whenever you want one.”

“Thank you”, replied Ruth, bowing her head, “but why are you being so kind to me?”

“I hear you're the young woman who has shown Naomi such devotion,” he explained, “leaving your family and your homeland to stay with her. May the LORD, the God of Israel, reward you richly for what you have done. Now come and join the rest of us for lunch.”

When the meal was over Ruth went back to work. The men harvesting the barley seemed to be leaving behind more for her to collect than they had that morning, sometimes whole stalks, and she began to suspect that Boaz had something to do with it. The work went on until the sun began to set and then Ruth carefully separated the grains of barley from their husks.

“Naomi, come and see!” Ruth cried out as she arrived home. When Naomi saw how much barley Ruth had gathered, enough to feed them for several days, she was astonished. “Where did you work today?” she asked. Then Ruth told her all about her meeting with Boaz and what he had done for her. “Of course,” said Naomi, nodding, “God bless him! He is related to my husband. Do as he says, go back to his fields tomorrow and every day until the harvest is finished.” So that's just what Ruth did.

Every day Boaz would visit his fields to see how the harvest was going, every day he invited Ruth to join him and his workers for lunch and every day as they ate he sat and talked with Ruth.









**For your info:** Friendships are one of the hardest things for children, they are forever falling out and making up. Yet it's the skills we learn as children that help us to be good friends into adulthood. Even as adults we will have different opinions than the friends around us. We need to remember how the friendship is more important than the differences and work to understand each other's beliefs. These are the skills we are trying to promote in the children we work with, especially as we encourage them to share their faith with their friends who may believe differently from them.

### Activities:

**People Bingo:** You will need the sheet out of the resources section photocopied for each child. The children move around the room finding different people who fit each category. They then write that person's name in the relevant box. For example, if Paula has been on an aeroplane you write Paula in that box. See who can be the first to get a line and a full house.

**Rowing:** Gather your group into teams of 3,4 or 5, this forms one 'boat'. The children stand quite close together and then sit backwards onto the person behind's legs, when the person at the back (the cox) shouts 'row' the whole team jump forward. This is repeated until they reach the finish line. The team need to work together in order to cross the line as a team.

**Hockey:** Teamwork is really important in hockey. Using a Unihoc set play a game of hockey reminding the children to pass to each other and work as a team to score that all important goal. If you don't have access to a hockey set, try using rolled up newspaper and a small ball.

### Exploring the story:

**Who is your friend?** Give each child a copy of the picture frame in the resources section. Ask the children to sit back to back in pairs. They then have to draw each other from memory. Have some fun comparing the masterpieces and see how they compare to the person they were drawing!

**Story:** David and Johnathan (1 Samuel ch. 20)

Act out this story with the children. You could dress King Saul in a crown and give Jonathan a pretend bow and arrow for costumes. See the resources sheet for an abridged version of the story.

**Craft:** Create a ring of friends. Give each child a strip of paper with people shapes on. Ask them to decorate each person to look like one of their friends, stick the last two people together to make a ring. Put this somewhere on display, every time you see it remember how important our friends are.

### Worship:

**Wonder time:** Invite the children to find themselves a space and lay down quietly. Explain that we are going to think about some questions in our head. Slowly, and with plenty of gaps in between, read the questions from the resources section. You may like to finish with a simple prayer.

**Memory verse:** *'But more than anything else, put God's work first and do what He wants.'* Matthew 6:33 (CEV) Work with a friend to try to learn the new bit of the memory verse and add it on to last weeks part. Try testing each other and helping each other when you go wrong.

**Song:** 'You've got a friend in me' from Toy Story.  
Put this song on and listen carefully to the words.

### Application:

**Start with a Big Question:** What makes a good friend? Discuss this as a group before you start.

Everyone needs good friends in their life. Jesus told us that the two most important commandments in life are to 'Love God with all your heart and love your neighbour as you love yourself'. Being a good friend is all about showing love to each other just like David and Jonathan.

## Prayer: Wonder time

I wonder if I am a good friend

I wonder if you're a good friend

I wonder what I do that makes my friend happy

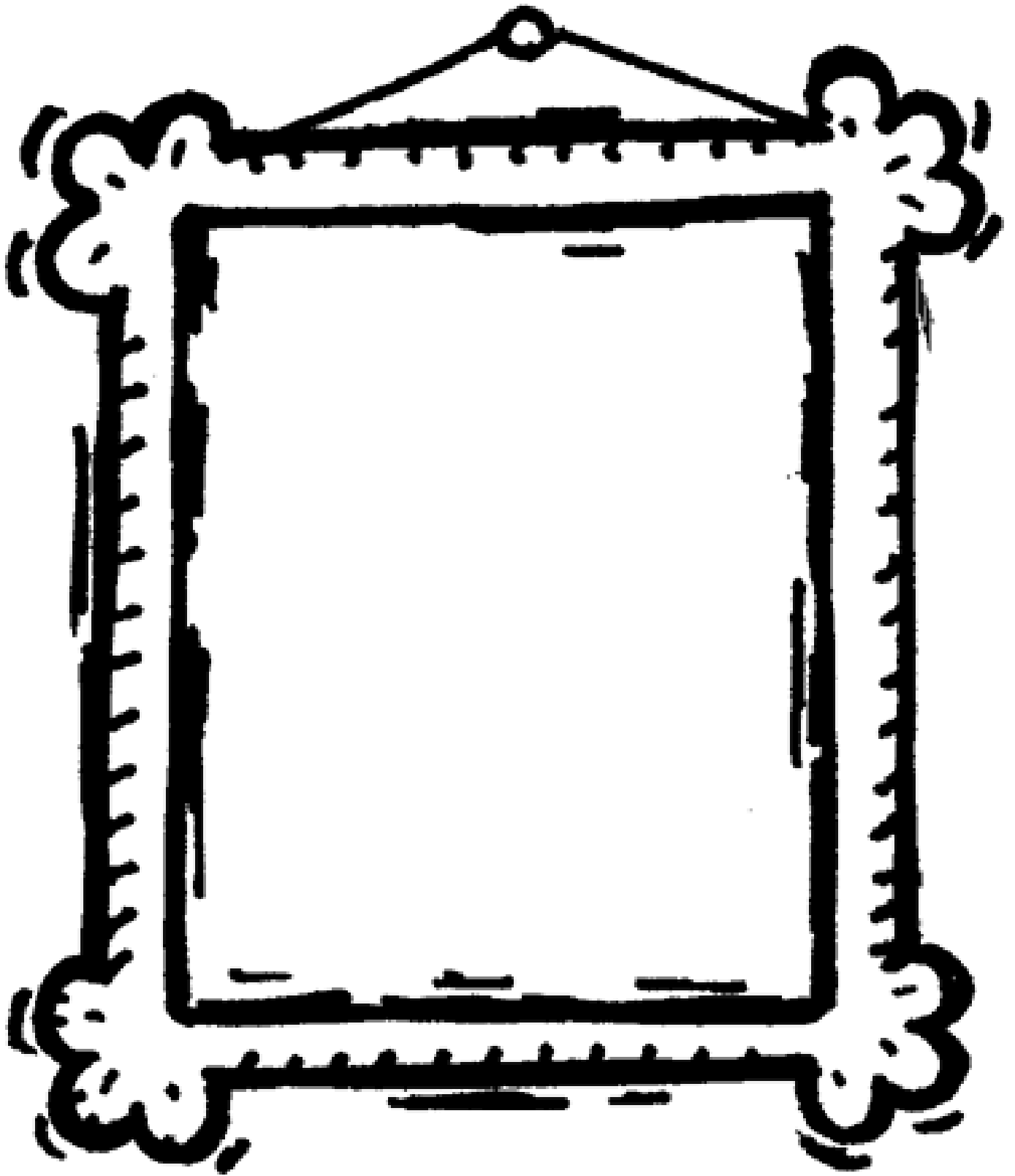
I wonder what I do that makes my friend sad

I wonder why Jesus thought it was important for us to be  
friends

I wonder if God is my friend

I wonder if God wants to be my friend

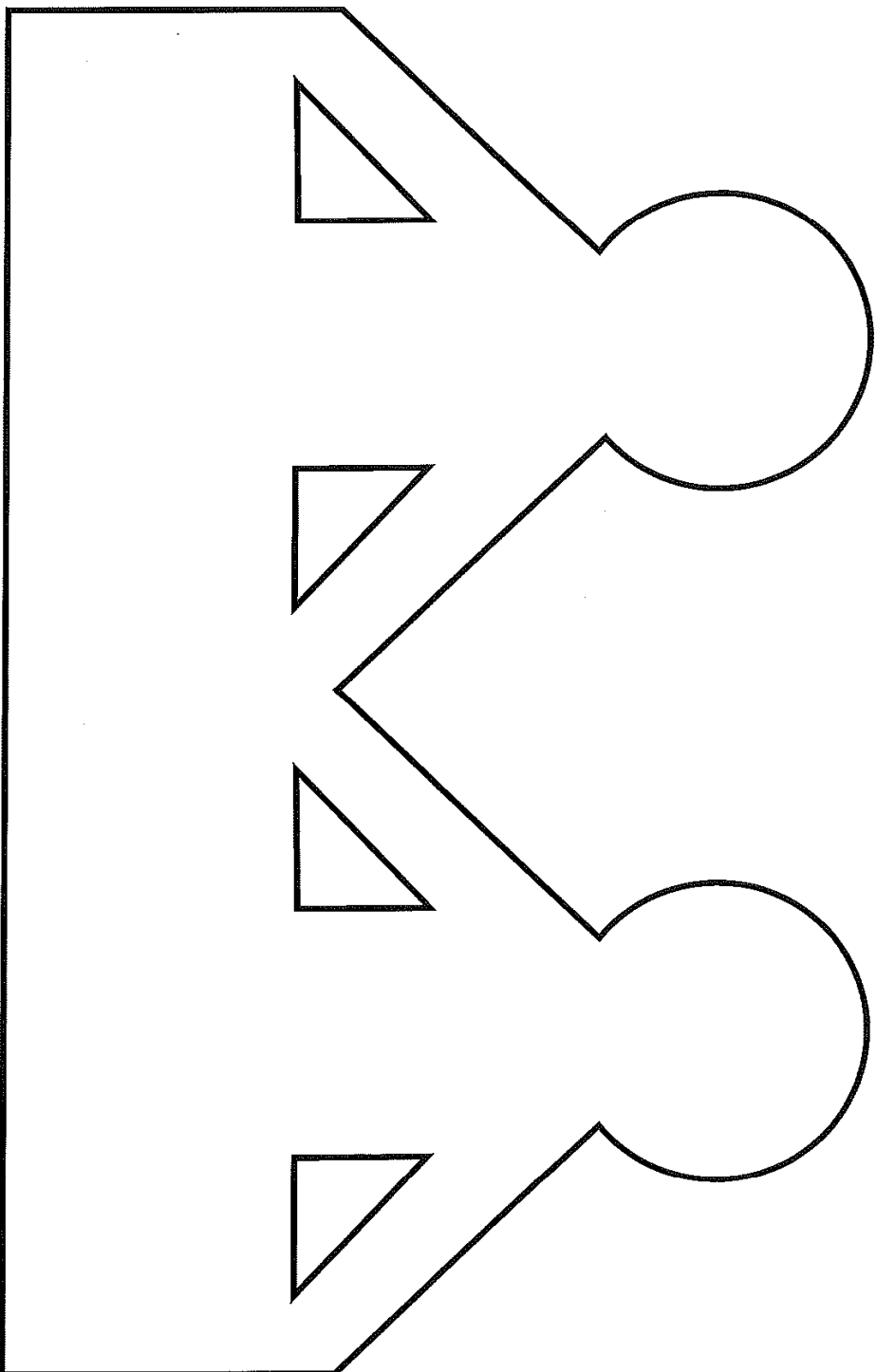
**God does want to be your friend, all you have to do is ask him  
to be your friend**



**My Friend**

## CROWN OF FRIENDS TEMPLATE

Print and cut out the template. Make a crown by following the directions in our Crown of Friends craft.



# PEOPLE BINGO

**This Board belongs to.....**

<b>I walk to school</b>	<b>I have a cat</b>	<b>I have been to America</b>	<b>I have a sister</b>	<b>I am a twin</b>
<b>I have blue eyes</b>	<b>I get the bus to school</b>	<b>I play a musical instrument</b>	<b>I was born in another country</b>	<b>I am the oldest child in my family</b>
<b>I have a pet fish</b>	<b>I can speak another language</b>	<b>I have my ears pierced</b>	<b>I have a hamster</b>	<b>I like to eat chicken</b>
<b>I have a red car</b>	<b>I know all the words to 'Let it Go'</b>	<b>I am wearing white socks</b>	<b>I like to sing</b>	<b>I play football</b>
<b>I was born in August</b>	<b>I am a vegetarian</b>	<b>I like to dance</b>	<b>I haven't seen the film Frozen</b>	<b>I have ridden a horse</b>

## God helps us in all situations!

This is King Saul (*dress child in crown and robe*)

He is very jealous of David who is a better warrior than Saul. The Israelites sing, "Saul has killed his thousands but David has killed his tens of thousands!" and Saul is very angry. So jealous and angry that he wants to kill David!

This is Jonathan (*child holds a bow and arrow*)

He is Saul's son but also the best friend of David. Jonathan doesn't believe that his Dad would want to kill his best friend!

This is David (*plain cloak*)

He knows that one day God will make him King. While he waits, he is very scared that King Saul wants him dead! He asks Jonathan to help him escape from Saul. Together they decide that Jonathan will tell King Saul that David cannot join them for the special festival meal because he has had to return to be with his family. If King Saul is really angry at hearing this, Jonathan will fire three arrows into the air, near where David is hiding, so David will know he has to run away. If Saul is not angry, Jonathan will fire the arrows to the other side of David, to let him know he is safe.

King Saul hears that David is not to attend the meal and he is furious! He tells Jonathan that he wants David dead!

Jonathan fires the arrows to let David know he must run, as King Saul is after him! Jonathan and David hug, promising to be friends forever before David flees from the wicked King Saul.





**For your info:** We all find different things make us nervous or unsure, some of you may love speaking to large groups, some may find this terrifying. This week see if you can take the challenge to try something you find challenging yourself. This will then give you a great opportunity to share with the group!

### Activities:

**Human Hurdles:** Divide players into 2 teams...with each team laying in a circle. (Be sure there is a wide space between each player and heads are towards the centre of the circle. Assign each team member a number. (If there are 6 players on each team, each team player will be number 1 through 6) Player 1 on each team, gets up and jumps over the legs in the group until they get back to their own spot. Player 2 then gets up and does the same. The first team to have all runners 'hurdle' is the winner!

**Guided Running:** In the Paralympics people run with a guide, they can't see where they are going but they still have the courage to run! Set up an obstacle course and blindfold one person. Choose another child to guide them round the course.

**Football:** One person stands in a goal. The rest of the group line up with a soft ball each. All together they shoot the balls at the goal. The goalkeeper needs to try to defend all the balls at the same time. Afterwards ask them how they felt about being in goal, did they need courage?

### Exploring the story

**Story:** Daniel and the scary sleepover—The Jesus Story Book Bible.

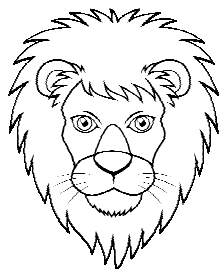
*If you have access to the DVD then there is an excellent video you can show the children. If not you can read it to them from the book.*

### Are you brave like Daniel?:

Have some covered boxes with things inside. For example a toy car, a piece of fruit, some rocks, and something not as nice like jelly! Pick a child who thinks they are brave enough to put their hand inside.

### Craft:

Using the lion in resources, make a lion with a growing mane! You may want to have a go at home yourself a week or two beforehand so that you have an example with a full head of hair to show off!



### Worship

**Prayer:** Give the children the opportunity to think of some times when they have needed courage. See if any of them have the courage to share them!

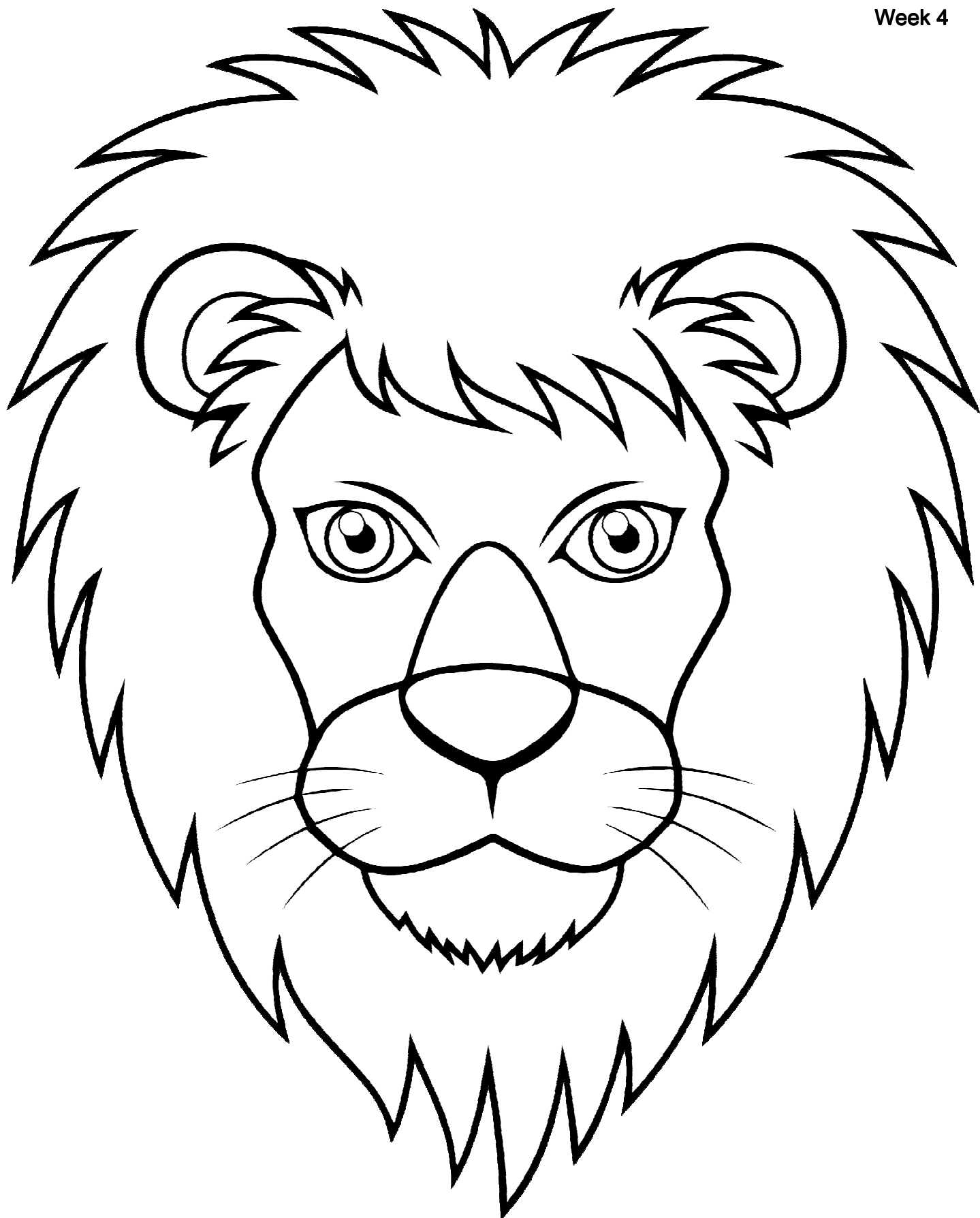
**Memory Verse:** "But more than anything else, put God's work first and do what He wants. Then the other things will be yours as well." Matthew 6:33 (CEV)

See if anyone in your group has enough courage to say the memory verse out loud to the whole group on their own.

**Song:** God Can Do Anything' (Doug Horley, Chuffed)

### Application

Daniel had great courage to keep on doing what he believed was the right thing. I don't suppose we will be thrown into a pit full of lions for standing up for what we believe, but it is still hard sometimes. Share with the children a time when you have needed courage that God has helped you with.



Cut out the lion shape, stick it onto a plastic or Styrofoam plate. Colour in the lions face and stick cotton wool to the mane. Lightly water the cotton wool mane and sprinkle with grass or cress seeds. Remind the children to water it daily and watch the mane grow!



**For your info:** Sometimes we don't feel very equal, we feel like others are treated differently or better than us. But the Bible tells us that we were all created as equals. What does it mean to treat people equally? I don't believe it means to treat everybody the same but to treat everybody fairly. For example in a group of children there may be all sorts of individual needs, in your church people may need help and support in different areas. Encourage the children to think about how equally they treat everyone in their class.

### Activities:

**Hokey Cokey Song:** Have some fun singing the Hokey Cokey song together! Olympic athletes all need to warm up before the start when competing in their games; use this fun song as your warm up time or you could use "Be happy".

**Synchronised swimming:** This activity is about being equal! Get the children to pair up, with both hands nearly touching. One child moves and the other has to copy their movements. After a couple of minutes swap over.

**Discus:** This game is designed to not be fair! Give the children paper/plastic plates of different weights, some should be designed not to throw well, e.g. have floppy edges. See who can throw their plate the furthest. Use this in your application; as the competition was not equal, it made it unfair and not such a fun game.

**Memory Verse Relay:** Each team collect cut out body parts and then stick them to a sheet of paper to make up the memory verse. You could do the relay in the style of your favourite Olympic sport; set it up so it is unfair! For example you may have one team member blindfolded or hopping on one leg or going backwards. *See resources section for a template of the body.*

### Exploring the story:

**The sun shines on...** The children sit in a circle on chairs or mats with one person in the middle. The person in the middle says 'The sun shines on people who ...' anyone who fits into this category swaps places whilst the person in the middle finds a chair. There should be someone new in the middle. Play a bit of it so that only some people such as the leaders get to join in, e.g. the sun shines on people over 20, the sun shines on people who have a driving licence. Ask the children who did not get a turn how they felt when they could not join in.

### People Jigsaw

Print out pictures of people's whole bodies (clothed) or use magazines you may already have. Cut the picture up into jigsaw type pieces. Give each child one or two pieces of the puzzle to work together to make the jigsaw.

### Story: Body of Christ, 1 Corinthians 12:12-26

Read this passage from the Bible. Sometimes it's important to just read something from the Bible so the children start to get used to reading it. If they want to look at a Bible at home or in the library they need to have an idea of what it is like. Please try to use a version of the Bible that is easier for the whole group to understand.

### Worship

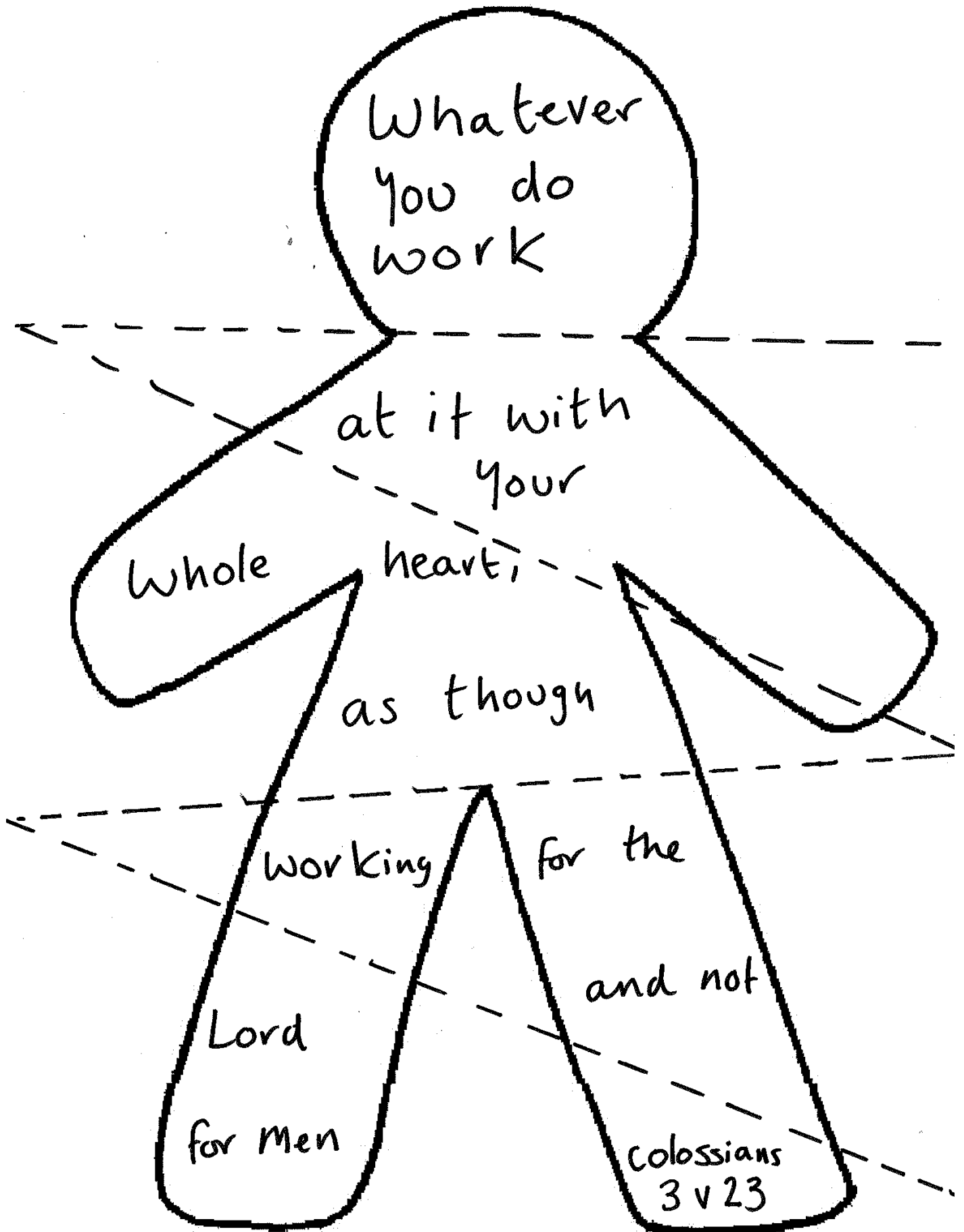
Draw a **body outline** on a roll of wall paper; you could draw around one of the children. Sit around the body outline and think about what part the children have to play in Kingsquad, write the ideas in the body. Talk about the gifts and talents of each of the children in your Kingsquad group that have been given by God. If you have a lot of children you could do this in small groups.

**Wonder Time:** Play some quiet music to your group and think about these wonder time questions.

**I wonder what talents God gave me? I wonder how God wants me to use them? I wonder how I could be a better part of the body? I wonder how I can use my talents to work with other people?** Have some time for the children to share any of their wondering.

### Application

**Application** Equality is not about treating everyone the same but treating them equally. We are all different and so may need different things to help us join in; look at the Paralympics, some need special equipment or guides to help them. In our story we learnt that we are all different, yet we all have a part to play in God's Kingdom. We need to work together and be tolerant of other people's differences in order to complete a task and to please God.





**For your info:** The Holy Spirit gave the disciples inspiration in order to tell others all about Jesus and the amazing things he had done. This week see if you can ask the Holy Spirit to give you inspiration as to what is the best thing for your group at this time. It may be they need to hear a particular testimony or it may be a message for just one child. It's amazing what we hear from God when we're not expecting it!

### Activities:

**Sailing:** Get the children to make a paper boat each (see resources). If there is extra time they could decorate their boats to personalize them. Line up the boats and give the children a countdown. On the word 'GO' the children then blow their sails along the floor to the finish line. Be careful not to blow them too hard or they will fall over.

**Gymnastics:** Ribbon dance. You may be able to borrow some flags and ribbons from a local church, put some music on and give the children some time to make a short dance, either by themselves or in a small group.

**Basketball:** Split the children into two teams, one child or leader from each team stands on a bench, at opposite ends of the hall with a hoop. The children have to pass the ball between them to get the ball into their hoop in order to score a point, they cannot move with the ball.

### Story: Pentecost, Acts 2.

There is a powerplay in resources

### Craft

Make a Pentecost headband. The children can wear it during the story. You could also write the memory verse onto the headband.

- 1) Cut strips of paper long enough to go round each child's head.
- 2) Make flames out of red, orange and yellow paper, card, or other craft materials.
- 3) Stick the flame to the headband.

### Memory Verse

'Whatever you do, work at it with your whole heart...'  
Colossians 3:23 (Good News Translation)



### Worship

If possible, put on some quiet music and encourage the children to find a space and sit quietly. There are some wonder questions that you can ask as they sit quietly.

I wonder what the Holy Spirit looks like  
I wonder what the Holy Spirit sounds like  
I wonder what the Holy Spirit feels like  
I wonder who the Holy Spirit talks to  
I wonder what the Holy Spirit wants to tell me

### Application

What made the boats move? It was the wind, but you can't see it. The Holy Spirit is a bit like wind, you can see its effects but we can't see him. We know he exists because we can see the effect he has in our lives and on other people.

The Holy Spirit guides us. He shows us what God wants us to do, and helps to inspire us. It's a little bit like a conscience but it is God talking to us. The Holy Spirit can come in lots of different ways. Sometimes he can be like a gentle breeze with a little nudge here and there. But sometimes he can come like a big gust of wind, strong and powerful.

## Pentecost Powerplay

**Jesus** had promised His **disciples** that when He went back to Heaven, they would receive the **Holy Spirit**. It was Pentecost, a special day of **celebration**, when the **disciples** were gathered in a room near the Temple. Suddenly there was a noise like a great **wind blowing**. Some people outside heard it and ran into the room. There they saw men praying and praising **God**. What looked like flames seemed to be hovering above their heads but did not burn them. The **disciples** shouted for joy because **Jesus** had sent the **Holy Spirit** as He had promised. Some people thought the believers were drunk but Peter said, “No, we’re not drunk! It is the **Holy Spirit** in us which has been sent by **Jesus**. He was killed by lawless men, raised to life and returned to be with **God** His father in Heaven. The people asked Peter, “What shall we do?” He replied, “Ask **God** to forgive you for the bad things you have done, believe in **Jesus** and be baptised”. About 3000 believed and were baptised that day and they all received the **Holy Spirit**. What a **celebration**!

**Jesus:** touch wrists

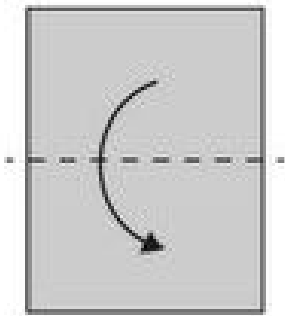
**Disciples:** walk on spot

**Holy Spirit:** both hands as flames

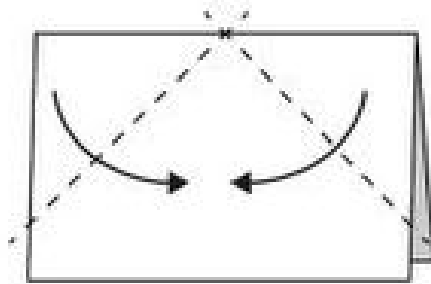
**Celebration:** play trumpet and say “Toot! Toot!”

**Wind blowing:** blow

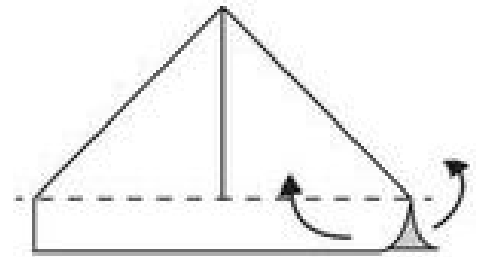
**God:** point up



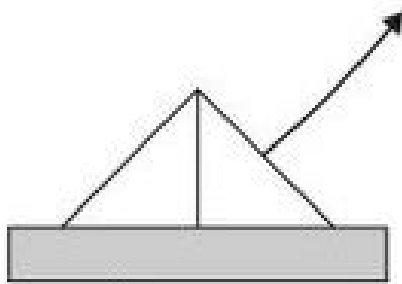
1. Fold paper  
(A4 or letter size)  
in half



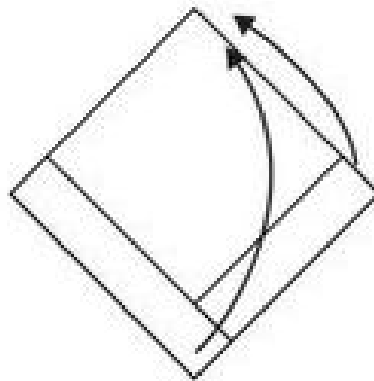
2. Fold corner in



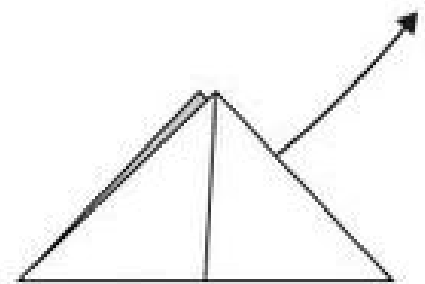
3. Fold along bottom  
on both sides



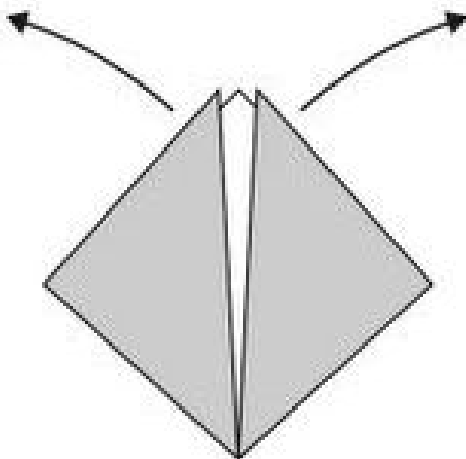
4. Lift the  
middle and push  
sides together



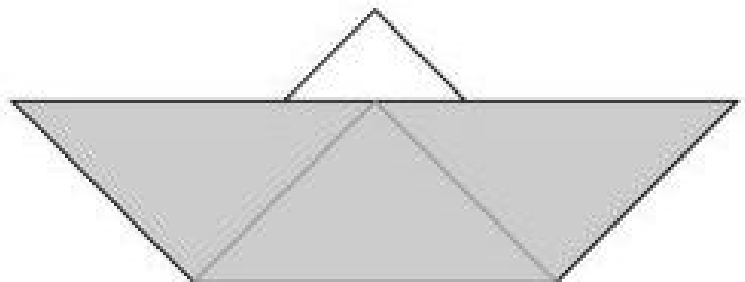
5. Fold bottom  
points up



6. Lift the  
middle and push  
sides together



7. Pull apart the  
sides and shape  
into a boat



8. A boat! ;)







## Olympic Values Week 7

### Excellence



**Aim:** This week we are focusing on the theme 'Excellence.' In this Kingsquad we want to encourage the children to achieve excellence by doing their best in daily tasks such as school work or jobs they are asked to do. The Bible verse we are using tells us that whatever we are doing we should work at it wholeheartedly as though we are working for the Lord. The story being used is based on 'Building of the Temple' in 1 Kings 5-9. King Solomon and his workers did their very best when building a temple for God. The Temple was made of stones and stacks of wood; mountains of iron and bronze; the chests full of silver and gold and jewels— it was so beautiful!

#### Activities:

**Design your own church:** As the children arrive, ask them to design a church that they think would please God, just like Solomon wanted to please God with the temple he built. You may want to use pens and paper. Feel free to use other materials as well.

**Long Jump:** You might want to do this after the children design their church! Mark a line on the floor with some masking tape for the children to jump from. They can run up to the line but must not put a single foot over it. Encourage the children to jump as far as they can. If possible, you may want to use some mats for them to land on. At the end of Kingsquad, give them a chance to improve on how far they jumped.

**Boccia:** For this game you will need one small ball to be the jack and several larger ones that are about tennis ball size. Pick someone to throw the jack into a space. The aim of the game is to get your large ball closest to the jack. Whoever is closest to the jack wins! If you have a big group you may want to split the children into teams.

**Archery:** Archery is not about speed but about precision or should I say excellence! Create an archery-style target on a big piece of paper or card. Mark each section of the target with a different score. Lay the target on the floor with the children stood a small distance away from it – you may want to mark a line for them to stand on so there's no cheating! The children must throw a bean bag at the target and try to get the highest score they can.

#### Introduction: Thinking hat

Use any hat and randomly place the questions below inside it. Choose a different child each time to pick a question from the thinking hat to read out loud to everyone. As a group share with each other your answers to each of the questions. If you find the children are struggling you may want to have your own answers up your sleeve!

#### Questions:

What do you try really hard at?

What makes you want to try hard at something?

What difference does it make when we try really hard at something?

**Story:** Building of the Temple, 1 Kings 5-9

'Solomon the Magnificent' from 'The Lion First Bible'. Read pages 226– 231 . Emphasise the part where it says, '**They all did their very best for the temple of God**'. Story is in resources section.

#### Worship:

**Bible verse:** '*Whatever you do, work at it with your whole heart, as though working for the Lord and not for men*' **Colossians 3.23**— Have the memory verse beautifully written on a scroll and explain to the children that you made it very carefully for them to use.

**Song:** 'Building up the Temple' chant - see resources for lyrics or 'Our God is a Great Big God' (Vineyard Kids)

**Prayer:** In the resources you'll find a picture of an arrow pointing to a brick— print one off, one for each child. Ask the children to write one thing they want God to help them try their best at (*make sure they write on the brick the arrow is pointing to*). Encourage them to write as neatly as possible. Once they have finished get them to cut out the brick they wrote on and ask them to stick it onto the church they designed when they arrived.

#### Application:

Solomon knew he was building something for God; because of this he wanted it to be amazing and the very best he could. The Bible verse we've learnt tells us that whatever we are doing we should do it like we are working for God and put as much effort in as Solomon did. So when we are doing our school work, or jobs we've been asked to do, we should work at it with our whole heart as though working for the Lord and not for men.

**Solomon the Magnificent - pages 226-231**

King Solomon was going to build the temple for God. Everything was ready. His father, King David, had gathered together the piles of stones and stacks of wood; the mountains of iron and bronze; the chests full of silver and gold and jewels— all ready to build.

“Let’s get started!” King Solomon said to his workers.

“*You* must cut the stones.”

Chip. Chip. Hammer. Hammer.

“*You* must carve the wood.”

“*You* must melt the gold.”

The workers did as King Solomon said. **They all did their very best for the temple of God.** It was so beautiful.

At last the temple was finished. All was ready for the grand opening.

The King was there - and all the workers; and all the people; the family of Levi who looked after the temple; the priests who helped the people come to God; the choir and the band.

It was a *very* special occasion.

The Ark had a place of its own in the temple. The Ark was the special box where they kept the copy of God’s good rules for the best way to live.

The trumpets blew:

TARAA! TARARAA!

CRASH! CRASH! went the cymbals. And the people sang at the tops of their voices:

“God is good. God’s love is for ever!”

Then King Solomon spoke out loud to God:

“You are the one who made the whole world,” he said. “We know you can’t really live in a house, like us. But we want your temple to be a very special place: a place where we can come to you; a special place to say our prayers.”

King Solomon spoke to the excited people.

“God bless you and make you happy!” he said. “And now— let the fun begin!”

The party went on and on. It was seven whole days before the people went home, tired but still happy.

THE END

## **Building up the Temple**

Building up the temple,

Building up the temple.

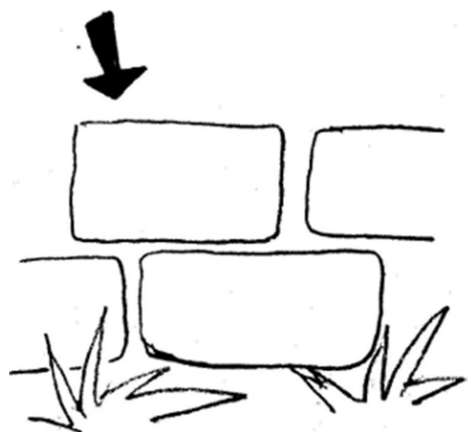
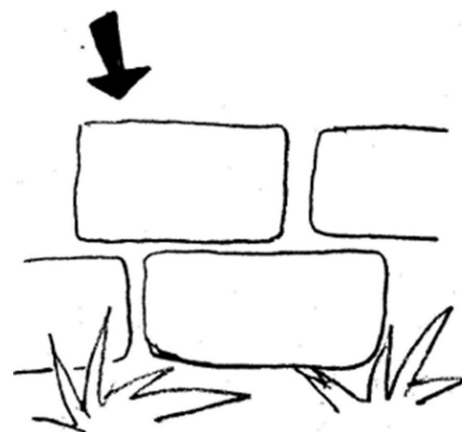
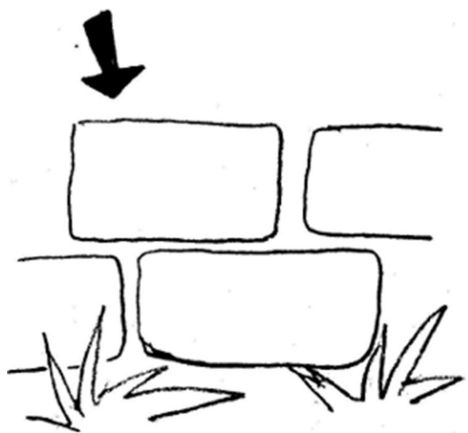
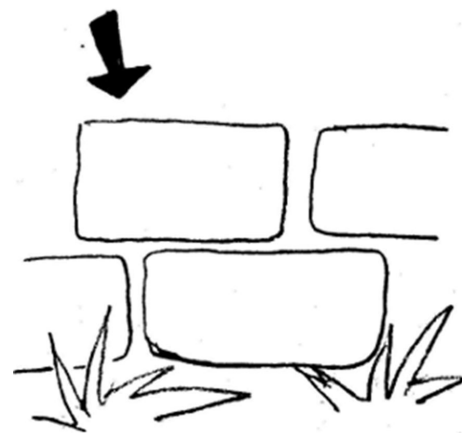
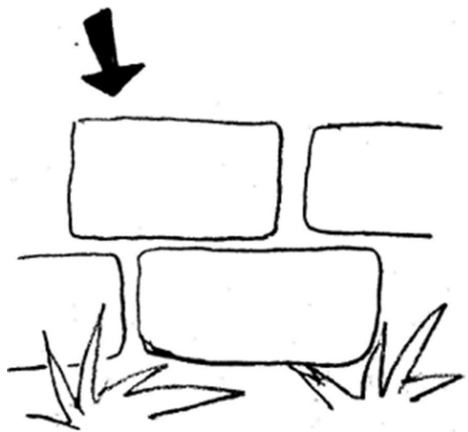
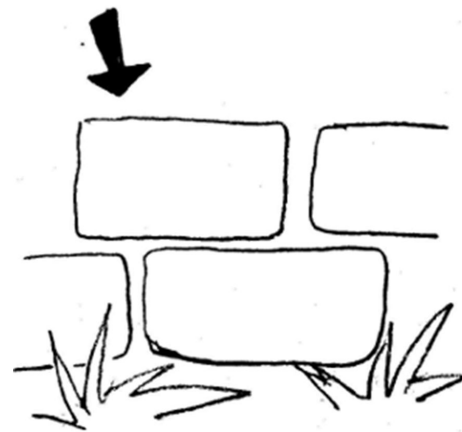
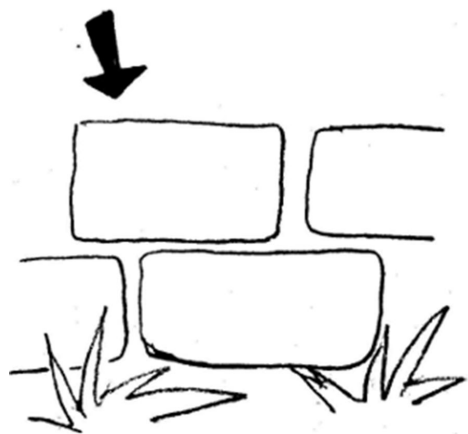
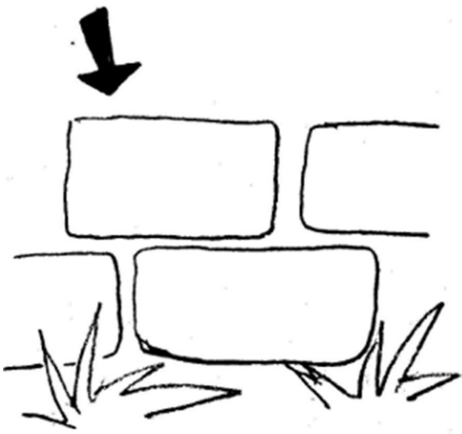
Building up the temple of the  
Lord.

**Girls shout:** Boys, won't you help  
us?

**Boys shout:** Girls, won't you help  
us?

Building up the temple of the  
Lord.

x2





**For your info:** We need to encourage the children to never give up. So many children feel like they can't succeed at school, or feel that they are already failing. Use this week's notes to highlight how good it is to be determined and that anything can happen when they put their minds to it and have faith that God has it in hand!

### Activities:

**Volleyball:** You need two rows of children facing each other about two metres apart. Throw 5 balloons into the middle, the children have to try to get the balloons to touch the floor behind the opposite team to score a point, whilst defending their side. You will need someone behind each team keeping score and throwing the balloons back.

**Table Tennis:** Set up a challenge with ping pong balls that is hard but possible. Make sure the children have more than one attempt to try the challenge. Example challenge: Bounce the ping pong ball on the floor then into a paper cup or drop the ball into a pot from standing without it bouncing out.

**Blind obstacle Memory Verse course:** 2 Chronicles 15:7 "*But you must be strong and do not lose courage, for there is reward for your work.*" Create two memory verses and split each verse up into 10 pieces. Place the pieces at one end of the room and create an obstacle course for the children to go around. Each team needs a guide to help their team across, once across remove blindfold (giving it to the guide for the next child to use) collect a piece of the verse then run back to their team. The first team to get across and back with all pieces of the MV wins.

**Blind drawing:** Hand out some pens and paper and ask the children to place the paper on their head. They then need to draw whatever you decide on the paper without looking but leaving it on their heads. You'll get some funny results.

### Exploring the story:

**Introduction:** Allow them to take it in turns to do the 'trust fall'. *MUST BE WELL SUPERVISED!* When they fall back into their partner's arms, did they find it scary because they had their eyes shut? What was it like? Were you still determined to fall back? Today's story is about a blind man who was determined to get what he really wanted.

**Prep:** Before you begin the story at Kingsquad create voting cards 1-9. The children will then vote on how determined they think Bartimaeus was after the story.

**Story:** Jesus heals blind Bartimaeus read from Mark 10:46-53. Make sure you have read it beforehand and explain any words that may be hard for the children to understand.



### Worship:

**Quiet time:** This may not work with all Kingsquads but if you feel it's appropriate then ask your children to find a space and sit down. Play a quiet piece of music and ask the children to listen and ask them what they think God is saying to them through the music. You may be surprised by their response.

**Athletes:** Find a picture of one or two athletes that the children may know of, with a little bit of their background included. Ask the children how determined you think the athletes were to get where they are today. Give the children each a picture of a gold medal (*see resources*) ask the children to pray to God and ask Him to help them be determined. Once they have prayed they write their name on the medal for them to keep to remind them of Bartimaeus and what Jesus did for him.

### Application:

Bartimaeus was a very determined man! Who gave him a 9 for his determination? If you did, you were right, as Bartimaeus really wanted to be able to see again. He didn't let the crowd who scolded him and told him to be quiet put him off, he didn't stop trying to get Jesus' attention. It encouraged him to seek Jesus out even more. His faith and determination got him back his sight! If we have a positive and determined attitude every day then we too can do anything when we put our minds to it. If we ask God to help us to be determined every day, He can help us achieve so many things!





## Olympic Values Week 9

### Great big Olympic quiz



For your info: This quiz is split into all different rounds. Try to mix your teams up so that they each have children who are good at different areas. Some will love the sports, others will have a great memory for the stories!

#### Round one:

**Name the Olympic sport:** Players take it in turns to pull an Olympic sport out of a hat. They have to mime the sport without speaking to the rest of the group who have to guess the sport.



**Olympic True or False:** Ask the group if the statements below are true or false, see who scores the most points.

London hosted the Olympic games in 1908, 1948 and 2012	True
Karate is <i>not</i> an Olympic sport	False
World wars led to the Olympics being cancelled in 1916, 1940 and 1944	True
The United States has hosted more Olympic games than any other nation	True
The Olympics has never been held in any African countries	True
The Olympics has always presented Gold, Silver and Bronze medals	False
<i>(From 1896-1904 silver was 1st place and bronze second with no Gold medal)</i>	
Water skiing is an official Olympic sport	False
The oldest Olympic competitor was 72 years old	True

#### Round two: Memory verse

Play a game of hangman to guess different words from the memory verses. If the children can remember the verses they have a greater chance of winning the game!

***Whatever you do, work at it with your whole heart as working for the Lord and not for men.' Colossians 3:23***

***But more than anything else, put God's work first and do what He wants.' Matthew 6:33***

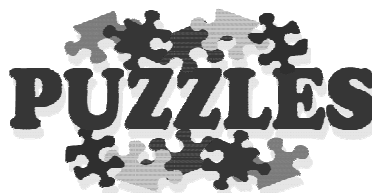
#### Round three: Know your values

Below is a list of Olympic values all jumbled up. Spread these around the room and get the group to walk around and see how many they can unscramble. You might like to make it a timed activity to give an extra challenge; try giving the oldest ones slightly less time.

Respect	peRtecs
Friendship	snipFriedh
Courage	agerouC
Determination	termaDenniito
Inspiration	ratsInpoini
Excellence	lenxcelceE
Equality	qualityE

#### Round Four: Stories

There are some pictures in the resources section, cut these out to form simple puzzles. Give the group the puzzles to work out the stories, it might get tricky with more than one puzzle on the go!



#### Round five: Application

Sit all together in a circle and have a think about some of the questions below:

**What have we learnt about God this term?**

**What have we learnt about how to treat each other?**

**What have I done differently because of something I learnt at Kingsquad?**

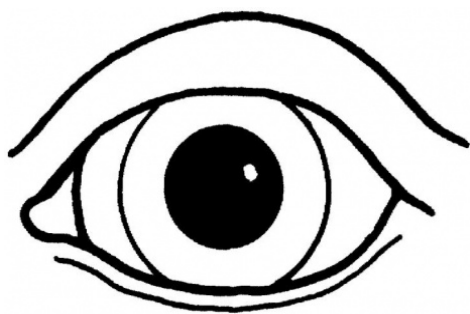
**What does God want me to do in the future?**



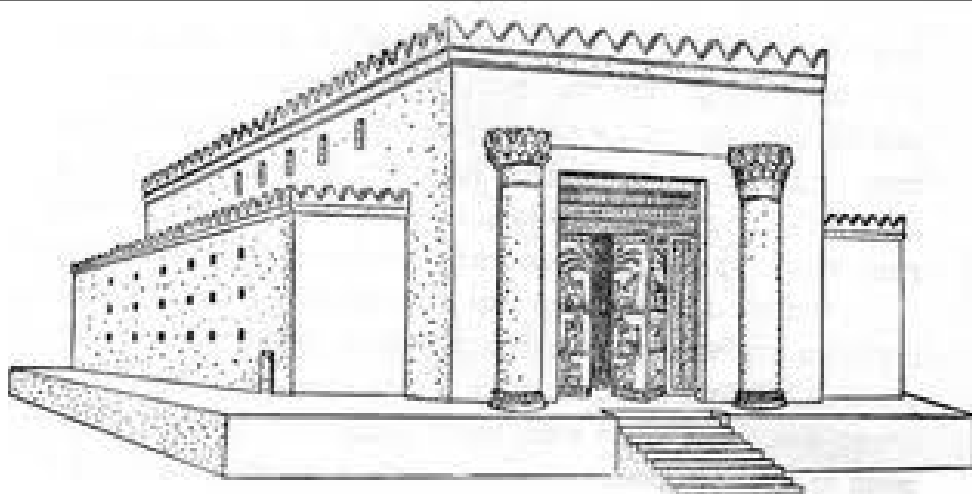
Pentecost



Ruth



Parts of the Body

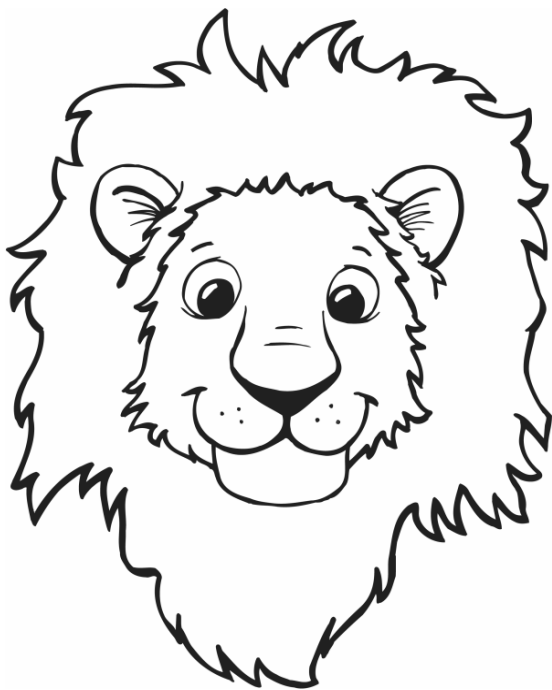


Building the Temple





David and Jonathan.



Daniel in Lions' Den



Bartimaeus





**For your info:** Make sure your children and parents all know when you are back in September!

**Thank you**

We want to say a huge thank you to every single one of you who makes it possible to run so many Kingsquads all across the world (mainly Kent but we don't want to forget our friends in Egypt and Hong Kong!).

You make a huge difference to hundreds of children's lives and we are so impressed by all that you do.

Once again Thank You!

**Preparation:** Laurel wreath

Traditionally the winners of each Olympic sport would receive a laurel wreath to wear during their prize ceremony. Start your session by each making a laurel wreath to wear, we are all winners in God's eyes!



**Games:**

Play any of the games you have particularly enjoyed this term, you could make it into a triathlon or pentathlon! You could improvise and choose different sports to make up your pentathlon.



**The ceremony:**

If your group meet outside of school hours, invite parents and carers to join you for the last 30 mins of your club to take part in your ceremony. Lots of parents/carers love to hear what their child gets up to at Kingsquad and will be very proud of their child's achievements.



- 1) Open with a song that your group all enjoy and know well.
- 2) Prepare certificates for each child in your group, praising them for the Olympic values they have shown during Kingsquad. Try not to just give everyone a certificate for everything but think about the individual children and the strengths they have shown.
- 3) Have all the children stand with their medals or certificates whilst you play the national anthem. This is a perfect photo opportunity for parents!
- 4) Get the group to tell their parents what the memory verse has been.
- 5) If you have teams, end with the big announcement of which is the winning team!



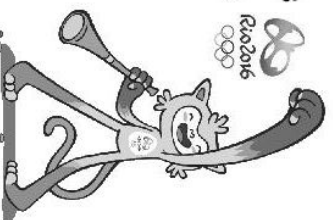
### Fun Olympic Facts

- The early Olympic Games were celebrated as a religious festival from 776 B.C. until 393 A.D., when the games were banned for being a celebration of the Greek god Zeus
- Host Greece won the most medals (47) at the first Olympic Summer Games in 1896.
- Norway has won the most medals (263) at the Winter Games.
- The United States has won more medals (2,189) at the Summer Games than any other country.
- The five Olympic rings represent the five major regions of the world – Africa, the Americas, Asia, Europe and Oceania, and every national flag in the world includes one of the five colours, which are (from left to right) blue, yellow, black, green, and red.
- Up until 1994 the Olympics were held every four years. Since then, the Winter games have alternated two years after the Summer games.
- Three continents – Africa, South America, and Antarctica – have never hosted an Olympics.
- The Summer Olympic sports are archery, athletics, badminton, basketball, beach volleyball, boxing, canoe / kayak, cycling, diving, equestrian, fencing, gymnastics, handball, hockey, judo, modern pentathlon (shooting, fencing, swimming, show jumping, and running), mountain biking, rowing, sailing, shooting, soccer, swimming, synchronized swimming, table tennis, taekwondo, tennis, track and field, triathlon (swimming, biking, running), volleyball, water polo, weightlifting, and wrestling.
- The Winter Olympic sports are alpine skiing, biathlon (cross-country skiing and target shooting), bobsled, cross-country skiing, curling, figure skating, freestyle skiing, ice hockey, luge, Nordic combined (ski jumping and cross-country skiing), skeleton, ski jumping, snowboarding, and speed skating.

### Hi I'm Vinicius! I am the mascot for the Rio 2016 Olympics

I am so excited about the upcoming Olympics, but before the Olympics begin we must make sure we are ready mentally and physically! Look out for me here and I will be giving you handy tips and helpful thoughts on your Olympic values to prepare you for this year's Olympian games!

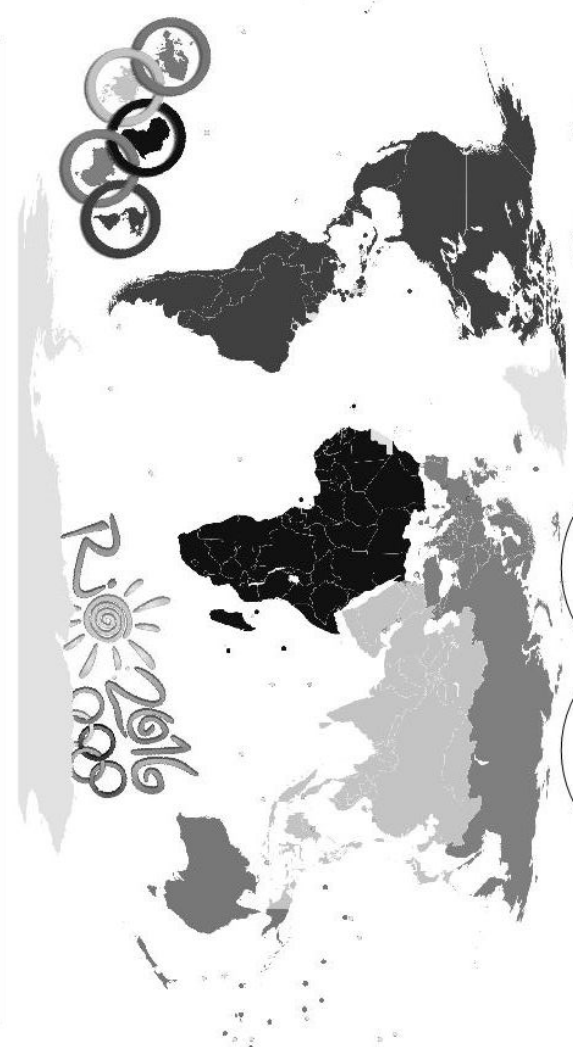
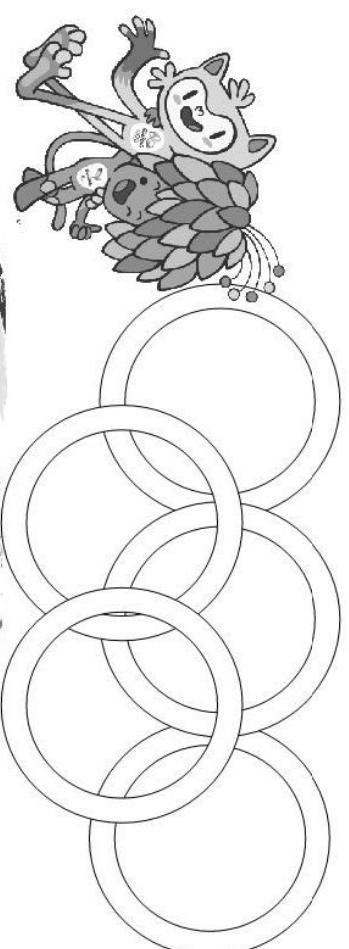
Get set and go!



### Olympics Values

Week 1

# Why do we celebrate the Olympics?



Name: .....

'whatever you do work at  
it with your whole heart as  
working for the Lord and  
not for men'

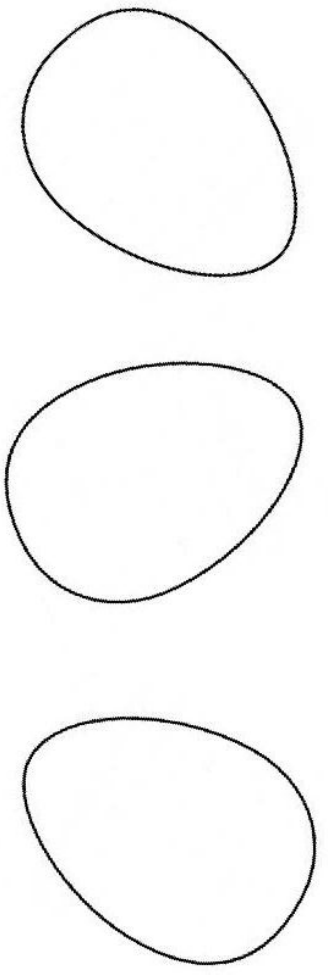
**Colossians 3 v 23**

Unscramble the Olympic words and write them in the spaces below

erwnni	mdeal	hgihjupm	wingor	sikngi
smumre	grins	jduo	tnneis	score



These are the sporting icons that represent three Olympic sports. Can you name them and write them below? Next week there will be three more for you to name so look out for them on your travels!



- Olympics
- Torch
- Rings
- Rio
- Countries
- Four
- Years
- Gold
- Medal
- Winter
- Summer

c	g	h	f	o	u	r	p
o	o	w	i	n	t	e	r
u	l	s	u	m	m	e	r
n	d	y	e	a	r	s	u
t	q	f	m	e	d	a	l
r	v	c	s	p	z	n	f
i	k	q	i	r	i	o	l
e	m	n	t	o	r	c	h
s	r	t	r	i	n	g	s

	4	2	
1		3	
4		2	
	3	1	

Sudoku is a great way to exercise your mind. Can you place the numbers 1-4 in each line and 4 by 4 square so that no line or square has the same number in it more than once?

## Ruth

During the time when the judges ruled, there was a famine in the land. A man named Elimelech took his wife Naomi and his two sons to the country of Moab because there was food in that land.

Elimelech died, and Naomi was left as a widow with two sons. The sons married. One married a woman named Orpah, and the other married Ruth. After about ten years, the two sons died also. Naomi decided to go back to her home country, to the town of Bethlehem.

Both of her daughters-in-law wanted to go with her, but she told them that they should stay in the land of Moab. Ruth insisted on going with her mother-in-law. The two of them went to Bethlehem. Naomi's friends were so glad to see her again!

In those days, according to God's command, when a farmer harvested his field, he had to leave the grain that fell for the poor people to pick up. This gathering of the left-over grain was called "gleaning". Ruth went to "glean" in the field of a man named Boaz. He was a relative of Naomi's family. Ruth worked hard gathering grain to feed herself and Naomi. Boaz noticed how hard she was working and told her to stay in his field to glean. He invited her to eat with him and he said he would protect her from harm.

Boaz wanted to marry Ruth, but there was another relative who had first choice of taking care of Ruth. The two men had a meeting. The other man decided that he couldn't take care of Ruth, so he took off his sandal, as the custom was, to seal an agreement. He told Boaz to buy the land and marry Ruth.

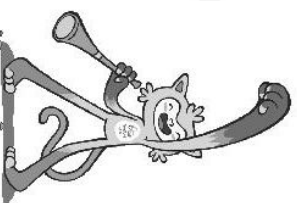
They were married and later had a son named Obed. Obed, when he was grown, had a son named Jesse. Jesse's son was David. The great-grandson of Ruth became king of Israel, King David!

## Hi I'm Vinicius! I am the mascot for the Rio 2016 Olympics

Today we talked all about respect. To show respect we often have to think hard about what we say to people. For your training today I have a tongue twister to remind us to be careful of what we say to others.

**Can you can a can as a canner can can a can?**

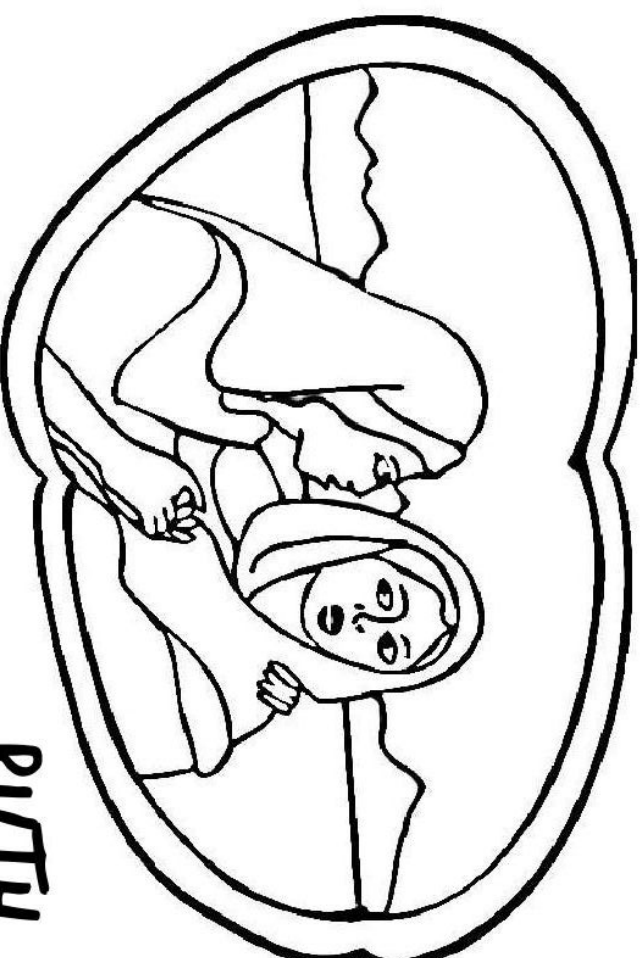
**Seth at Sainsbury's sells thick socks.**



## Olympics Values

Week 2

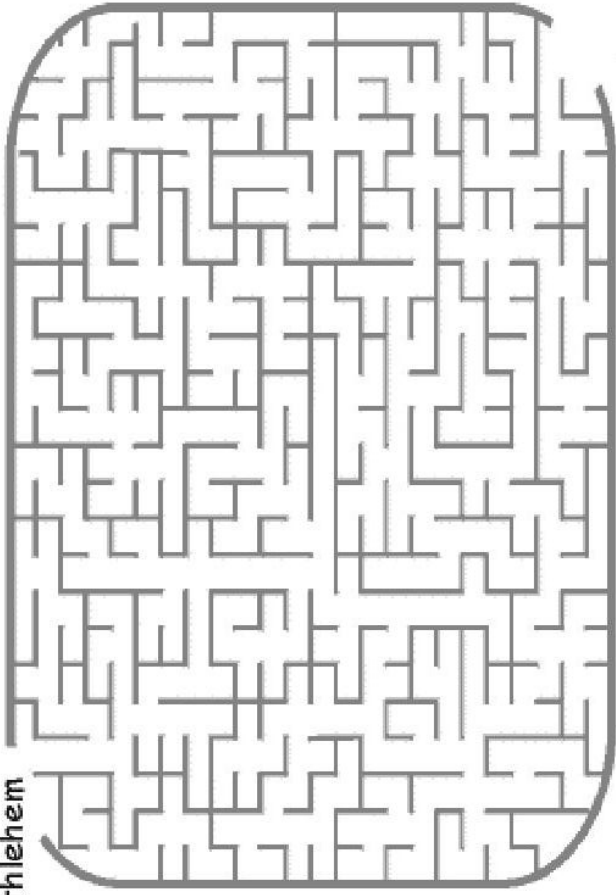
# RESPECT



## RUTH

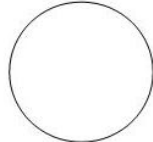
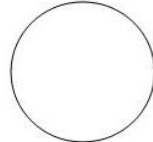
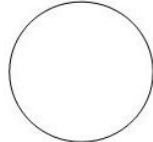
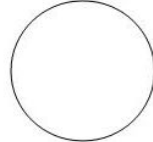
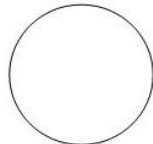
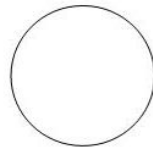
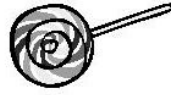
# RESPECT

Bethlehem



Ruth and Naomi

Can you help Ruth and Naomi find their way to Bethlehem?



What was growing in Boaz's field where Ruth was working? Use the first letter of each picture to find the 6 letter word.

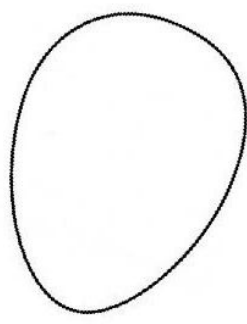
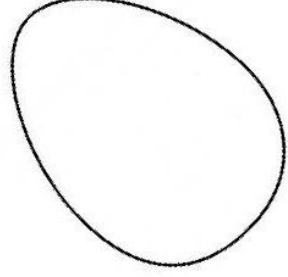
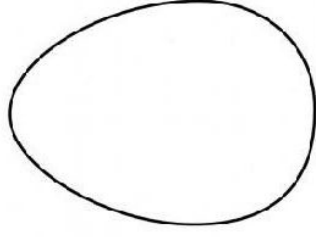
Colour in the letters with dots in to reveal today's memory verse.

Bsut muorey trhann  
aonythvinsg elswae,  
pyut Gqoid's wzorck  
fihrst avnpd do whoat  
hje wganmts.

Matthew 6 v 33



These are the sporting icons that represent three Olympic sports. Can you name them and write them below? Next week there will be three more for you to name so look out for them on your travels!







**This is King Saul**

He is very jealous of David who is a better warrior than Saul. The Israelites sing, "Saul has killed his thousands but David has killed his tens of thousands!" and Saul is very angry. So jealous and angry that he wants to kill David!

**This is Jonathan**

He is Saul's son but also the best friend of David. Jonathan doesn't believe that his Dad would want to kill his best friend!



**This is David**

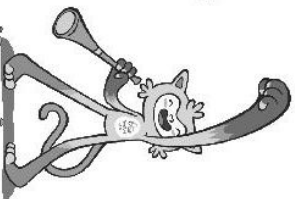
He knows that one day God will make him King. While he waits, he is very scared that King Saul wants him dead! He asks Jonathan to help him escape from Saul. Together they decide that Jonathan will tell King Saul that David cannot join them for the special festival meal because he has had to return to be with his family. If King Saul is really angry at hearing this, Jonathan will fire three arrows into the air, near where David is hiding, so David will know he has to run away. If Saul is not angry, Jonathan will fire the arrows to the other side of David, to let him know he is safe.

King Saul hears that David is not to attend the meal and he is furious! He tells Jonathan that he wants David dead!

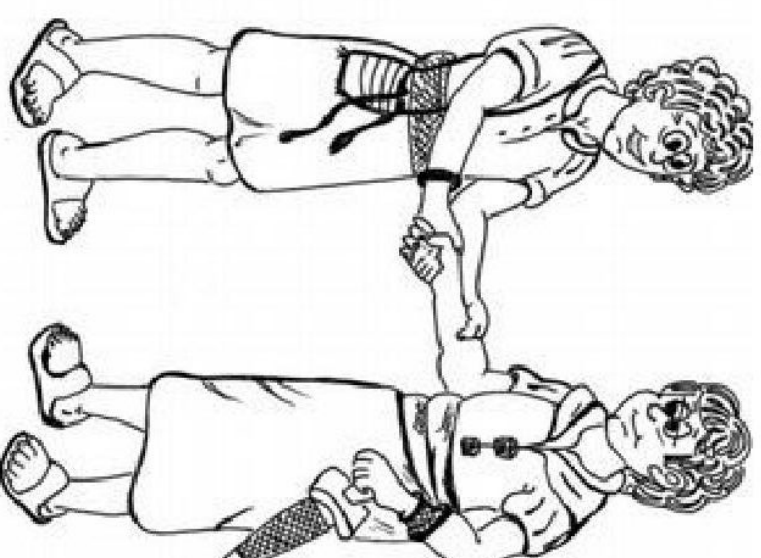
Jonathan fires the arrows to let David know he must run, as King Saul is after him!

### Hi I'm Vinicius! I am the mascot for the Rio 2016 Olympics

Today we talked all about friendship. My challenge to you this week is to make an extra effort to be friends with someone who is playing on their own in the playground. Invite them to join your game or find out why they are on their own. You never know, you could make a friend for life, just like David and Jonathan.



# FRIENDSHIP



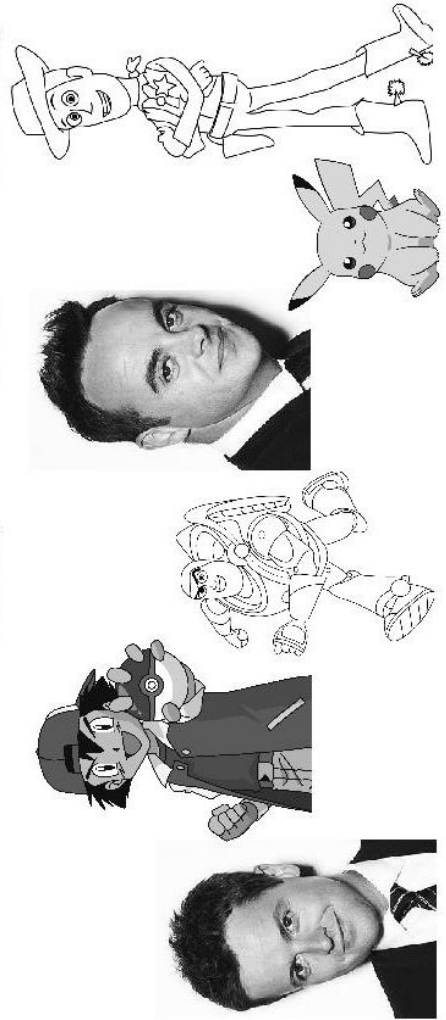
## DAVID AND JONATHAN

Name: .....

# FRIENDSHIP

E	O	F	M	E	M	O	R	I	E	S	T	V
A	E	D	Q	N	U	Z	A	O	B	K	X	N
S	Y	G	C	O	P	E	R	A	T	E	S	
U	N	D	E	R	S	T	A	N	D	I	N	G
H	E	L	P	S	L	I	K	E	O	H	Z	R
L	R	W	Z	A	L	P	O	F	W	L	L	F
A	F	R	I	E	N	D	S	H	I	P	I	R
U	H	K	I	N	D	N	E	S	S	I	S	I
G	O	N	M	E	R	E	S	P	E	C	T	E
H	S	P	E	C	I	A	L	P	W	H	E	N
T	C	T	I	H	P	L	A	Y	B	P	N	D
E	V	D	C	A	R	I	N	G	K	L	S	L
R	X	B	T	U	A	C	C	E	P	T	S	Y

- |            |          |               |
|------------|----------|---------------|
| Accepts    | Helps    | Memories      |
| Caring     | Kindness | Play          |
| Cooperates | Laughter | Respect       |
| Friendly   | Like     | Special       |
| Friendship | Listens  | Understanding |



Can you match and name these famous friends?

## A RECIPE FOR A GREAT FRIENDSHIP

From the Kitchen of...

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*'But more than anything else, put God's work first and do what He wants,' Matthew 6:33*



These are the sporting icons that represent three Olympic sports. Can you name them and write them below? Next week there will be three more for you to name so look out for them on your travels!

## Daniel

Darius was the new King of Babylon. He was smart. He picked a hundred and twenty of the very best people in his Kingdom to help him rule. Then he picked three of them to be in charge. Daniel was one of those men. King Darius respected Daniel so much, he thought about making him the ruler over the whole Kingdom.

The other leaders were jealous and did not like Daniel. No matter how hard they tried, these leaders couldn't find anything bad about Daniel. The jealous leaders knew there was only one way they could trap Daniel. They knew that nothing on earth would stop him from worshipping God. The jealous leaders had a plan. They made a new law for King Darius to sign. The law said that everyone should pray only to King Darius. Anyone who disobeyed would be thrown into a den of lions!

The new law made no difference to Daniel. He did what he always did and prayed to God. The jealous leaders rushed to tell King Darius what Daniel was doing. King Darius had no choice but to arrest Daniel. Daniel was sentenced to be thrown in to the hungry lions. King Darius said to Daniel, "May your God, whom you serve continually, save you from the lions". King Darius didn't sleep that night. Very early the next morning he rushed back to the lions den. King Darius shouted out "Daniel, Daniel!"

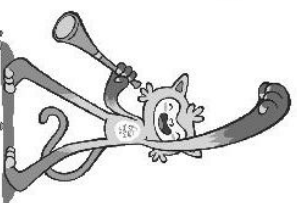
Daniel called out, "O King Darius, my God sent his angel and shut the lions' mouths so that they have not hurt me". King Darius was delighted. He ordered Daniel to be lifted out of the lions' den.

King Darius knew God had delivered Daniel and had the jealous leaders thrown into the lions' den. The lions ate them.

## Hi I'm Vinicius! I am the mascot for the Rio 2016 Olympics

Today we learnt about courage and heard a story all about Daniel and the lions. Did you know lions can run at 50 miles per hour? For your training this week I'd like you to practise your running.

How fast can you run 100 metres?

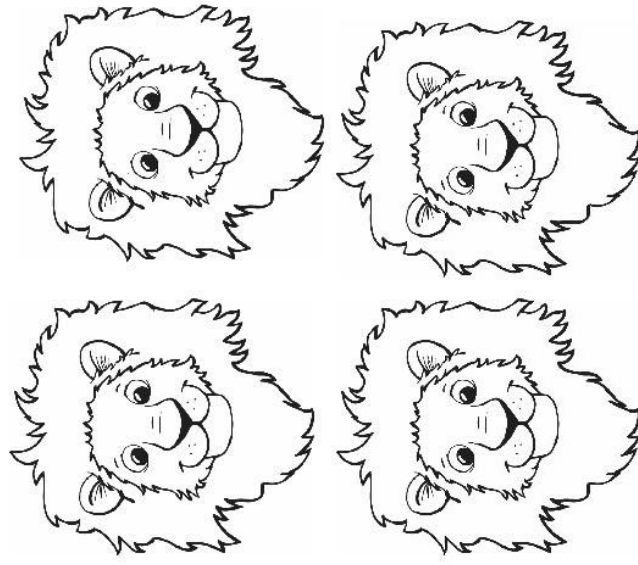


# COURAGE



## DANIEL AND THE LIONS

Name: .....

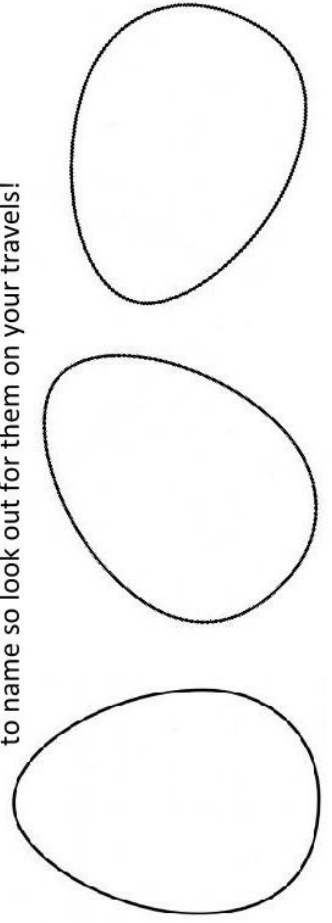


**Did you  
know a lions  
front teeth  
can grow up  
to 10  
centimetres  
long?**

**"But more than anything else, put God's work first and do what He wants. Then the other things will be yours as well." Matthew 6:33**



These are the sporting icons that represent three Olympic sports. Can you name them and write them below? Next week there will be three more for you to name so look out for them on your travels!



cat	<input type="checkbox"/>	cub	<input type="checkbox"/>	claws	<input type="checkbox"/>
carnivore	<input type="checkbox"/>	golden	<input type="checkbox"/>	lion	<input type="checkbox"/>
mane	<input type="checkbox"/>	prides	<input type="checkbox"/>	roar	<input type="checkbox"/>

## Can you fit all these words into the grid?

Daniel	Courage	King	Angels	Brave	God	

### One Body With Many Parts - 1 Corinthians 12:12-26

Christ is like a single body, which has many parts; it is still one body, even though it is made up of different parts. In the same way, all of us, whether Jews or Gentiles, whether slaves or free, have been baptized into the one body by the same Spirit, and we have all been given the one Spirit to drink.

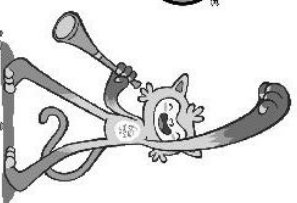
For the body itself is not made up of only one part, but of many parts. If the foot were to say, "Because I am not a hand, I don't belong to the body," that would not keep it from being a part of the body. And if the ear were to say, "Because I am not an eye, I don't belong to the body," that would not keep it from being a part of the body. If the whole body were just an eye, how could it hear? And if it were only an ear, how could it smell? As it is, however, God put every different part in the body just as he wanted it to be. There would not be a body if it were all only one part! As it is, there are many parts but one body.

So then, the eye cannot say to the hand, "I don't need you!" Nor can the head say to the feet, "Well, I don't need you!" On the contrary, we cannot do without the parts of the body that seem to be weaker; and those parts that we think aren't worth very much are the ones which we treat with greater care; while the parts of the body which don't look very nice are treated with special modesty, which the more beautiful parts do not need. God himself has put the body together in such a way as to give greater honour to those parts that need it. And so there is no division in the body, but all its different parts have the same concern for one another. If one part of the body suffers, all the other parts suffer with it; if one part is praised, all the other parts share its happiness.

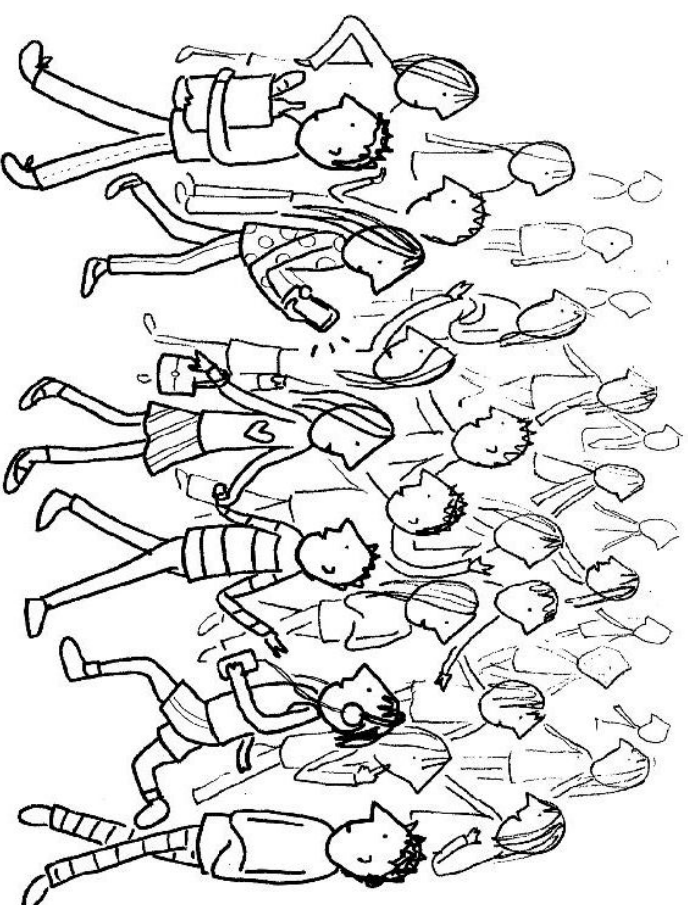
### **Hi I'm Vinicius! I am the mascot for the Rio 2016 Olympics**

Today we learnt about equality. Equality is about treating people fairly. Fairtrade is a company that works to ensure farmers get paid fairly for what they have grown.

**Can you find something in the supermarket with the Fairtrade logo on?**



# EQUALITY



Name: .....



# EQUALITY

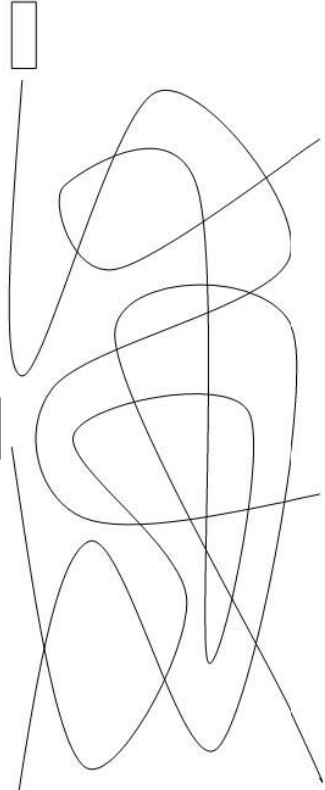
## Sport Alphabet Challenge



Can you come up with a sports themed word for each letter of the alphabet?

A	_____	N	_____
B	_____	O	_____
C	_____	P	_____
D	_____	Q	_____
E	_____	R	_____
F	_____	S	_____
G	_____	T	_____
H	_____	U	_____
I	_____	V	_____
J	_____	W	_____
K	_____	X	_____
L	_____	Y	_____
M	_____	Z	_____

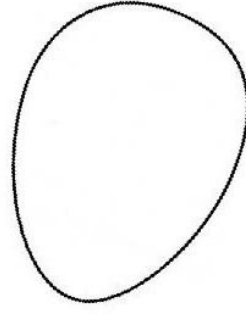
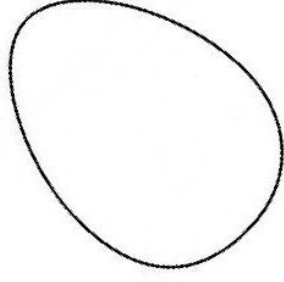
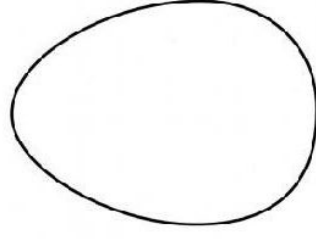
Which eye can see the equal sign?



*'Whatever you do, work at it with your whole heart as working for the Lord and not for men.'*  
Colossians 3:23



These are the sporting icons the represent three Olympic sports can you name them? Next week there will be three more for you to name so look out for them on your travels!



## Pentecost

Jesus had promised His disciples that when He went back to Heaven, they would receive the Holy Spirit. It was Pentecost, a special day of celebration, when the disciples were gathered in a room near the Temple. Suddenly there was a noise like a great wind blowing. Some people outside heard it and ran into the room. There they saw men praying and praising God. What looked like flames seemed to be hovering above their heads but did not burn them.

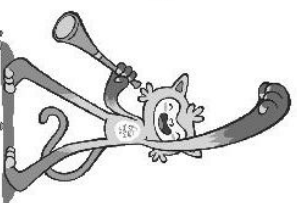
The disciples shouted for joy because Jesus had sent the Holy Spirit as He had promised. Some people thought the believers were drunk but Peter said, "No, we're not drunk! It is the Holy Spirit in us which has been sent by Jesus. He was killed by lawless men, raised to life and returned to be with God His father in Heaven. The people asked Peter, "What shall we do?" He replied, "Ask God to forgive you for the bad things you have done, believe in Jesus and be baptised". About 3000 believed and were baptised that day and they all received the Holy Spirit. What a celebration!



### **Hi I'm Vinicius! I am the mascot for the Rio 2016 Olympics**

This week we talked all about inspiration and looked at how things move in the wind even though we can't see the wind. I have a challenge for you all about wind today!

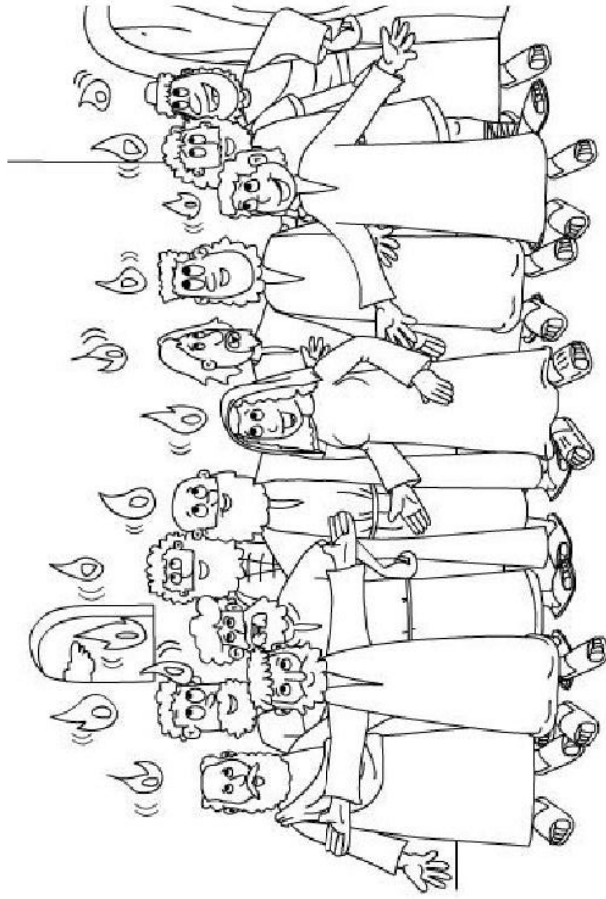
**Can you make your own kite that flies in the wind? Try using a carrier bag and some string.**



# INSPIRATION



# INSPIRATION



How many flames can you find in the picture above?

WNID

IFER

SIRITP

SEKPA

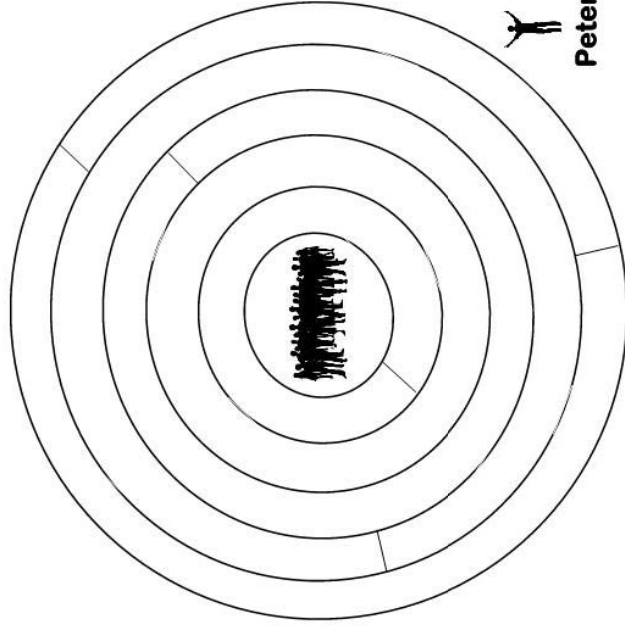
CDORW

1 2 3 4 5 6 7 8 4

Wh\_t\_ver i  
y\_u do i  
w\_rk at o  
\_t w\_th  
a y\_ur e  
o wh\_le  
h\_art. o

Colossians 3:23

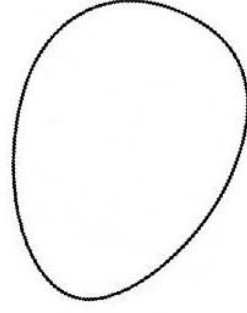
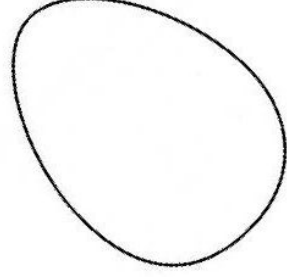
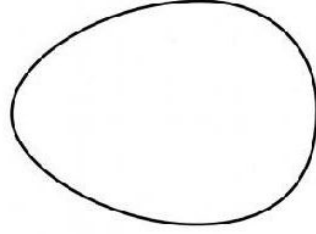
Help Peter find the crowds to tell them all about Jesus!



Peter



These are the sporting icons the represent three Olympic sports can you name them? Next week there will be three more for you to name so look out for them on your travels!





## Solomon's temple

Perhaps the most important thing Solomon did was build the temple of God in Jerusalem. The huge building took seven years to build but it would last four hundred years.

King Solomon sent people far and wide to collect the very best materials, cedar wood and gold covered the temple, inside and out, even the floor was covered with gold. He gathered 30,000 men to collect the wood, 80,000 stone cutters, 70,000 men carrying the stones, 3,300 supervisors to ensure the work was done to the finest of standards! The best bronze-smiths, artists and sculptors made beautiful figures. They covered the ceiling and walls with bright designs, it was magnificent.

When the temple was finished, Solomon called together all of God's people. The priests brought the ark containing the Ten Commandments which they placed in a special room inside the temple. A cloud which covered the Lord came down upon the temple and the people knew the Lord was very close to them.

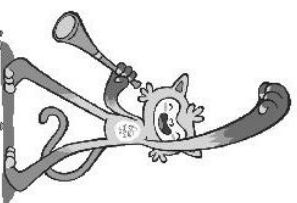
Solomon prayed: "God, thank you that I was able to build this temple for You. Thank You that my father David planned it. But even this temple is not good enough. No place is big or high enough for You. You made the earth and the sky. Please, Lord, let this temple be a place where we can always find You."

People worshipped God in that temple for many, many years. Solomon was so famous for building such an excellent temple that people came to visit him from other kingdoms and Jesus mentioned Solomon in his teachings.

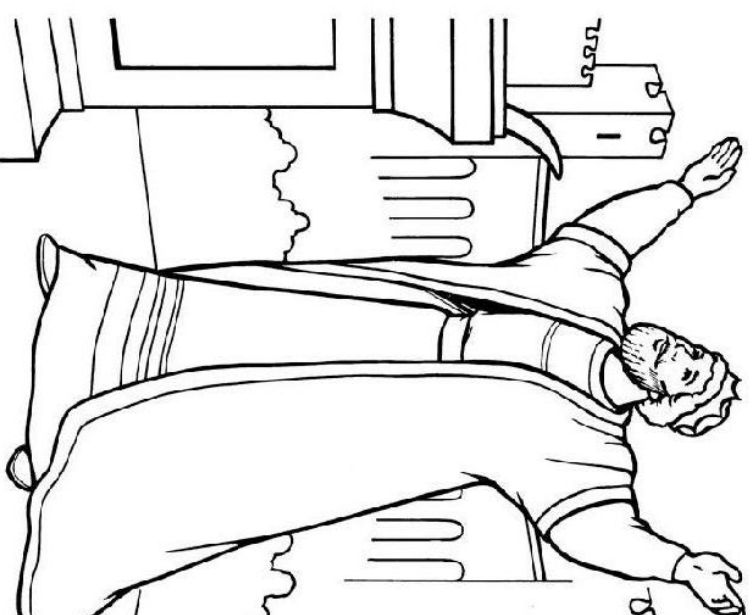
### Hi I'm Vinicius! I am the mascot for the Rio 2016 Olympics

This week we talked all about excellence. You can be excellent at all sorts of things, it is all about the effort you put into practising and giving something 100% concentration.

**Choose something you'd like to be excellent at and work hard this week to achieve something great!**



# EX(CELLENCE



KING SOLOMON

Name: .....

# EXCELLENT


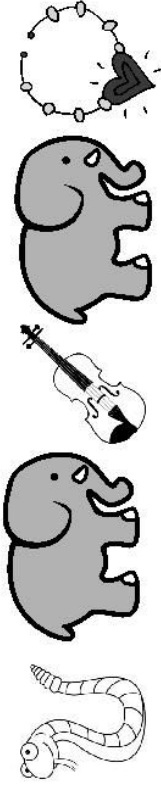
Can you fit all these words into the grid?

[illegible]

Sudoku is a great way to exercise your mind. Can you place the numbers 1-4 in each line and 4 by 4 square so that no line or square has the same number in it more than once?

		3	
4	3		
		4	1
	4		

How many years did it take Solomon to build the temple? Use the first letter of each picture to find the 5-letter word.



*Whatever you do, work at it with your whole heart, as though working for the Lord and not for men' Colossians 3:23*



These are the sporting icons that represent three Olympic sports. Can you name them and write them below? Next week there will be three more for you to name so look out for them on your travels!

## Bartimaeus

Mark 10:46-52

Then they came to Jericho. As Jesus and his disciples, together with a large crowd, were leaving the city, a blind man, Bartimaeus (which means "son of Timaeus"), was sitting by the roadside begging. When he heard that it was Jesus of Nazareth, he began to shout, "Jesus, Son of David, have mercy on me!"

Many rebuked him and told him to be quiet, but he shouted all the more, "Son of David, have mercy on me!"

Jesus stopped and said, "Call him."

So they called to the blind man, "Cheer up! On your feet! He's calling you." Throwing his cloak aside, he jumped to his feet and came to Jesus.

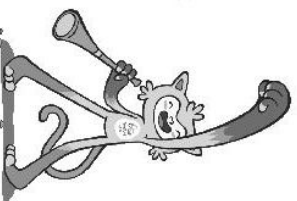
"What do you want me to do for you?" Jesus asked him.

The blind man said, "Rabbi, I want to see."

"Go," said Jesus, "your faith has healed you." Immediately he received his sight and followed Jesus along the road.

### Hi I'm Vinicius! I am the mascot for the Rio 2016 Olympics

This week we talked all about determination. What are you determined to achieve? It is great when we are determined to achieve something that helps someone else. Have a think about something you could be determined to do this week that helps someone around the house. Could you be determined to keep your room tidy or help pair up everybody's socks when they've been through the wash?!



# DETERMINATION



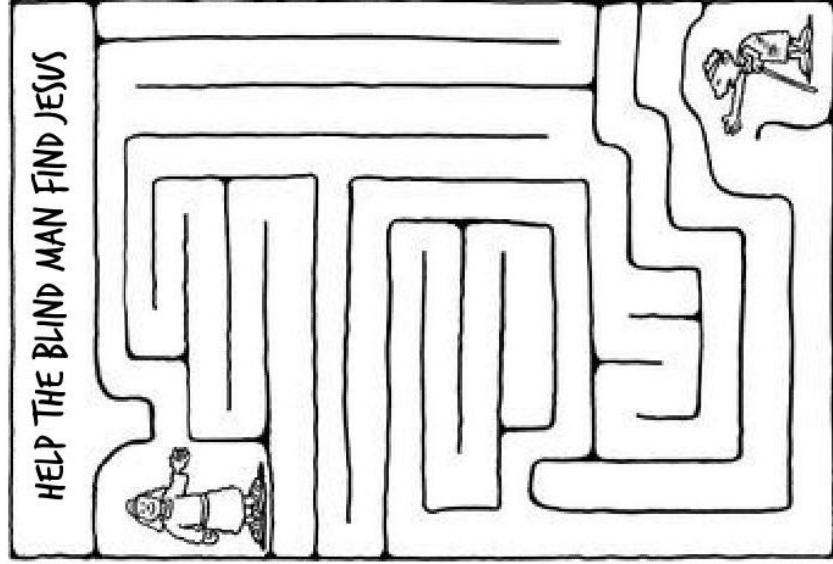
BARTIMAEUS

Name: .....

# DETERMINATION

- 1 .....
- 2 .....
- 3 .....
- 4 .....
- 5 .....
- 6 .....
- 7 .....
- 8 .....
- 9 .....
- 10 .....
- 11 .....
- 12 .....
- 13 .....
- 14 .....
- 15 .....

How many new words can you make out of the word Determination? You can only use each letter the number of times it appears in the word 'determination'.

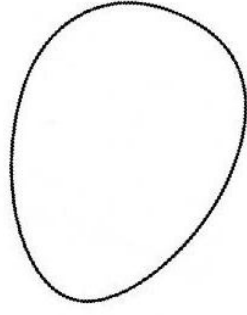
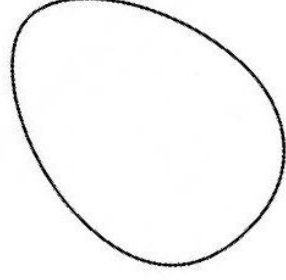
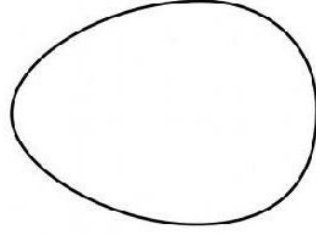


Jericho	C	I	F	J	L	E	D	I	S	C	I	P	L	E	S	Mercy
Jesus	Z	R	S	O	A	X	A	X	C	X	U	P	K	F	B	Quiet
Disciples	K	R	S	G	L	Z	C	I	T	Y	Z	H	C	L	A	Cheer
Crowd	D	A	I	Q	I	L	R	U	Q	I	U	E	H	G	R	Jumped
City	J	B	G	W	R	F	O	O	W	U	L	A	E	X	T	Feet
Blind	S	B	H	X	A	E	D	W	A	I	I	L	E	Y	I	Rabbi
Bartimaeus	B	I	T	Y	U	C	S	I	E	D	C	E	R	N	M	Faith
Roadside	F	A	I	T	H	U	O	Y	L	D	S	D	T	R	A	Healed
Begging	L	F	E	F	S	P	C	B	Q	Y	N	I	O	C	E	Sight
Shout	P	T	D	E	E	R	V	M	E	H	I	H	D	Q	U	Followed
	T	T	J	K	E	E	J	V	D	G	C	S	B	E	S	
	D	P	M	M	V	P	T	W	B	I	G	S	N	R	R	
	Y	B	L	I	N	D	O	Y	R	H	L	I	V	T	T	
	S	H	O	U	T	R	S	E	H	T	Y	W	N	A	I	
	B	J	J	C	C	L	J	J	U	M	P	E	D	G	E	

**"But you must be strong and do not lose courage, for there is reward for your work." 2 Chronicles 15:7**



These are the sporting icons that represent three Olympic sports. Can you name them and write them below?



## Answers:

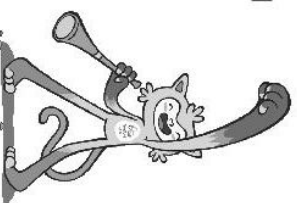
- 1) A temple
- 2) Daniel
- 3) Picking up scraps in the fields
- 4) 2012
- 5) Friendship
- 6) The Holy Spirit
- 7) He was blind
- 8) Vinicius

**Hi I'm Vinicius! I am the mascot for the Rio 2016 Olympics**

You need an active mind to be a winner in a quiz so I thought I'd give you some trivia to go away and research!

**Where will the 2020 Olympics be held?**

**How old will you be then?**



# THE GREAT BIG OLYMPIC QUIZ

Name: .....

Are you ready? These questions go right back to week 1 of this term so you'd better have your thinking caps on!

1) What did Solomon build?

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2) Who showed great courage in a den of lions?

---

3) How did Ruth find food in Bethlehem?

---

4) What year was the last UK Olympics?

---

5) Which Olympic value did David and Jonathan show?

---

6) What gave the disciples inspiration at Pentecost?

---

7) What was wrong with Bartimaeus?

---

8) What is the name of the Olympic Mascot?

---

Which sport does each of these balls belong to?



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***Whatever you do, work at it with your whole heart as working for the Lord and not for men.' Colossians 3:23***

***But more than anything else, put God's work first and do what He wants.' Matthew 6:33***

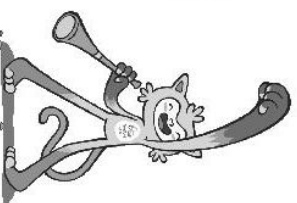
Thank you for coming to Kingsquad this term; we hope you've enjoyed yourself as much as we have. We look forward to seeing you next year and hope you have a super holiday.

If you want to find out any more about The Family Trust please visit our website  
[www.familytrust.org.uk](http://www.familytrust.org.uk)

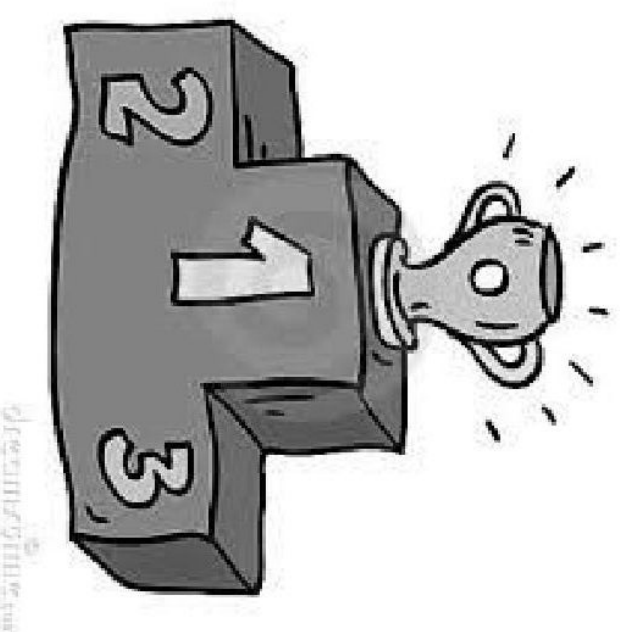
**Hi I'm Vinicius! I am the mascot for the Rio 2016 Olympics**

Thank you for working so hard on all my challenges this term. I hope you've enjoyed them and learnt lots too. It's the last one from me but watch out for me on the TV during the games this summer!

**I challenge you to try a new sport this summer!**



# THE OLYMPIC (CEREMONY



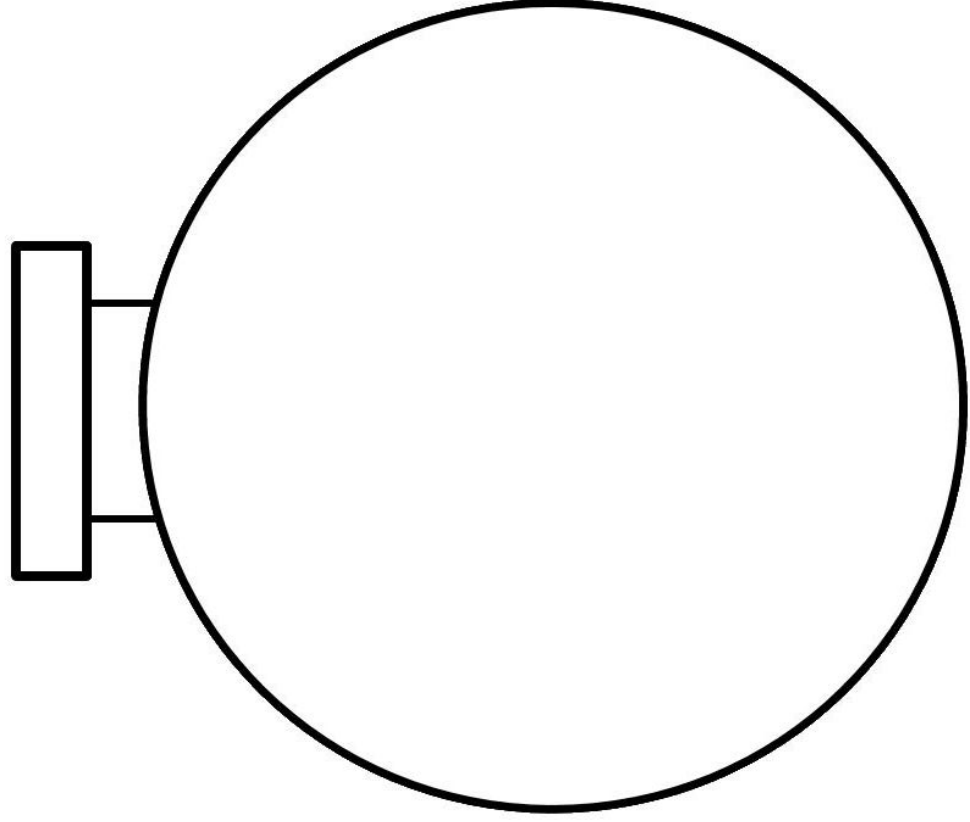
Name: .....



# Design a Medal

The design on the medals changes for every Olympic Games. The designs may include something connected with the nation hosting the games, or something to do with the origins of the games.

Design your own medal for the Olympic Games below.



swmmigni

jodu

talnothri

wetar pool

rowgin

ptennohlta

bnotndiam

becha vlgebloall

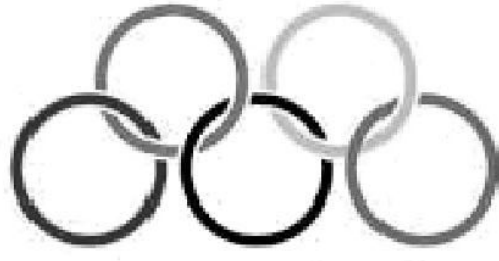
vellabyjlo

ahiltste

achyrer

witnigilhgfet

elaertqsun



Circle the differences you can see.

