



Family
Ministries

Having faith in the family



JUMP In!

Leaping into Faith with Little Ones

OLYMPIC GAMES

A special session outline for use with children and families to explore the summer Olympic Games in conjunction with Get OWT resources.

SUGGESTED RESOURCES

- Get OWT activity sheets
- The Frog Olympics, *Brian Moses*
- Percussion instruments



INTRODUCTION

The summer Olympics 2024 will take place from 26 July to 11 August 2024 in Paris, France. Following this the Paralympics will be held from 28 August to 8 September 2024.

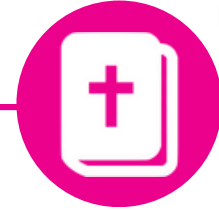
The programme of the 2024 summer Olympics will feature 329 events. The events will cover 32 sports, including the 28 'core' Olympic sports as contested in 2016 and 2020, and four optional sports that were proposed by the Paris Organising Committee: breaking (breakdance) will make its Olympic debut as an optional sport, while skateboarding, sport climbing and surfing will return from 2020.

The Olympic Games are the world's only truly global, multi-sport, celebratory athletics competition. With more than 200 countries participating, the Olympics are where the world comes to compete, feel inspired, and be together.

For further information about the games see
<https://olympics.com/en/paris-2024>



Olympic Games



BIBLE STORY

The Frog Olympics by Brian Moses is a fun story to introduce toddlers to the idea of an Olympics games event. Watch a video of the book being read here: <https://youtu.be/prp3apQvb8U>

I wonder what sport you would like to compete in if you were an athlete at the Olympic Games?

1 Corinthians 9:24-25, *The Message*

‘You’ve all been to the stadium and seen the athletes race. Everyone runs; one wins. Run to win. All good athletes train hard. They do it for a gold medal that tarnishes and fades. You’re after one that’s gold eternally.’

Reflection

Today we are thinking about the Olympic Games, and we have enjoyed making crafts and doing our own mini-Olympics and following the Olympics trail.

The Olympics includes events such as running, swimming and sailing, and we know that as well as being lots of fun, keeping our bodies moving is good for our health.

In a letter to Christians in Corinth, Paul talks about following Jesus as being like a race. He says that we should do the best we can to run well so that we will win a ‘gold medal’ that means we will live for ever in Heaven with him.

Sometimes it’s hard to keep following Jesus because things distract us or we get tired, and these can easily take us off track. But God has promised to be with us always, and we can trust him to guide us safely to the finish line.

You could award each person a medal that says ‘God is with me’ on it.



Olympic Games



SONG SUGGESTIONS

1. Theme Song

Tune: 'The wheels on the bus'

The athletes on the track run very fast, very fast, very fast,

The athletes on the track run very fast at the Olympic Games.

The swimmers in the pool swim up and down, up and down, up and down,
The swimmers in the pool swim up and down at the Olympic Games.

The rowers in the sea sail round and round, round and round, round and round,
The rowers in the sea sail round and round at the Olympic Games.

We thank you, God, that we can run and play, run and play, run and play,
We thank you, God, that we can run and play at our Olympic Games.

2. 'Body Moving and Reach Up High', Dance Fit Tots, <https://www.salvationist.org.uk/resources/worship/dance-fit-tots>

3. 'I'm gonna jump up and down', Doug Horley, <https://youtu.be/rXXKJrxoChU>

4. 'Heads, shoulders, knees and toes'

5. 'I can be a super athlete'
<https://youtu.be/g1j1GKyMbJk>



PRAYER

Dear God,
Thank you for our bodies that we can run and jump and play!
We pray for all the athletes who are going to take part in the Olympic Games. We ask that you will be with them as they travel from all over the world and help them to do their best.
Thank you that you promise to be with us always as we try to follow you each day.
Amen.

CRAFT/ACTIVITY IDEAS

See Get OWT resources.

