



GOING FOR GOLD

SPECIAL DAYS

PREPARATION

- Decorate your area with flags, Olympic symbols etc ...
- Plan an Olympic afternoon tea and perhaps raise money for the Helping-Hand Appeal - you could add a French twist like croissants, crêpes, french fancies, brie, ham with baguettes, tuna niçoise salad ...
- Paper plates, shopping bags with tins and drinking straws for a mini-Olympics - for additional ideas see [Family Ministries UKIT Pinterest](#)
- Source imitation gold medals to award to members and [award-presenting music](#)
- Prepare an Olympics quiz or select a quiz from:
 - [Olympics.com](#)
 - [Superprof.co.uk](#)
 - [Beano.com](#)
 - [365scores.com](#)
- Print a wordsearch about Olympic Sports, eg:
 - [Wordmint.com](#)
 - [Thewordsearch.com](#)
 - [Puzzles-to-print.com](#)
- Prepare to watch the [video clip](#) of Derek Redmond competing in the 400m semi-final at Barcelona in 1992

Please be aware of food allergies.

INTRODUCTION/BACKGROUND

The Summer Olympics 2024 will take place from 26 July to 11 August 2024, while the Paralympics will be from 28 August to 8 September, both in Paris, France.

For the Olympics there are 329 events in 32 sports. Relatively new to the Olympics will be skateboarding, sport climbing, and surfing, while this year breaking (breakdance) makes its Olympic debut. The Paralympics will have 549 events in 22 sports, the same as previously. For the first time Kosovo and Tuvalu are expected to participate in the Paralympics.

With more than 200 countries participating in over 400 events across both the Summer and Winter Games, the Olympic Games are the world's only truly global, multi-sport, celebratory athletics competition. The Olympics are where the world comes to compete, feel inspired, and be together.



For further information about the games see Olympics.com and Paralympic.org.

ACTIVITIES

TEA

Plan an Olympic-themed afternoon including an Olympic afternoon tea. You could make this a fundraising event for the Helping-Hand Appeal.

GAMES

Hold a fun mini-Olympics including events like Paper Plate Discus, Bags-of-Shopping Weightlifting and Straw Javelin.

AWARDS

Organise a medal ceremony for your group and present members with medals recognising their valuable contributions to the group, eg Best Tea-Maker, Great Birthday Card Sender, Good Listener ... You may wish to play music to accompany this, eg [Award background music](#) by TURPAK.

WATCH

Watch the [video clip](#) of Derek Redmond competing in the 400m semi-final at Barcelona in 1992. Edited: Derek Redmond the Olympian Who Never Gave Up BBC News uploaded by sylvia soh.

SHARE

- ❖ Did you see Usain Bolt effortlessly sprinting to victory?
- ❖ Or when Sir Chris Hoy won his sixth Olympic gold?
- ❖ Do you recall Baroness Tanni Grey-Thompson winning her 16th medal?
- ❖ Can you remember the 1968 Olympics, when Dick Fosbury showcased a new style of high jumping (since called the Fosbury Flop)?
- ❖ Or when Daley Thompson won the decathlon in 1984?
- ❖ Do you remember that Ellie Simmonds was only 13 when she won two golds in 2008?

Ask members to share if they have any special memories about the Olympic Games, and especially if they have ever actually been.

Connect



QUIZ

In teams, or as solo competitors, play a quiz based on the Olympics. This could be historical knowledge about the games, the sports, or flags of countries taking part in the Olympics - or select a quiz from:

- ❖ [Olympics.com](https://olympics.com)
- ❖ [Superprof.co.uk](https://superprof.co.uk)
- ❖ [Beano.com](https://beano.com)
- ❖ 365scores.com

WORDSEARCH

Give members a wordsearch based on Olympic sports.

- ❖ [Wordmint.com](https://wordmint.com)
- ❖ [Thewordsearch.com](https://thewordsearch.com)
- ❖ [Puzzles-to-print.com](https://puzzles-to-print.com)

BIBLE READING/THOUGHT

📖 '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.'

(1 Corinthians 9:24-25 MSG)

What sport would you like to compete in if you could have been an athlete at the Olympic Games?

As well as watching the Olympics themselves, it is interesting to see television programmes that give us something of the back stories of the athletes and how they have prepared for their event. Most athletes have had to overcome extremely difficult circumstances; this may be especially true for some Paralympians. However, for each athlete there is a strong sense of commitment to their sport, as to be in with any chance of winning, there must be dedication and self-sacrifice in terms of their training and diet.

Sometimes we find it hard to stay committed to something we have decided to do. Lots of gym memberships go unused, garments are half sewn or knitted, and new weight loss goals are given up when the cakes are passed round! However, we all know that if we really want to do something, we cannot give up at the first hurdle, but rather we must be determined to achieve whatever it is we set out to do.

Connect



In his first letter to the church in Corinth, Paul says the Christian life is like a race that we should each run with determination in order to win an eternal gold medal. We know that there are lots of hurdles, injuries and detours in life that can easily take us off track, but God has promised to be with us always. We can trust in him to guide us safely to the finish line.

In 1 Timothy 4:8, Paul also writes: *‘Exercise daily in God - no spiritual flabbiness, please! Workouts in the gymnasium are useful, but a disciplined life in God is far more so, making you fit both today and forever.’* (MSG)

May we all live spiritually fit lives as we daily seek God in everything we do, so each of us is assured that a gold medal awaits us in Heaven, one that won't tarnish or fade, but that is gold for all eternity.

SONGS

- ♪ SASB 952 ‘Fight the good fight with all thy might’
Watch the [no lyrics version](#) by Salvation Army band and songsters uploaded by Music and More; or [soloist lyric version](#) by St Anne's Limehouse
- ♪ SASB 948 ‘Be strong in the grace of the Lord’
Watch the [brass \(with lyrics\) version](#) by Kelston Stanford
- ♪ SASB 907 ‘What a wonderful change in my life has been wrought (Since Jesus came into my heart)’
Watch the [instrumental piano with lyrics version](#) by The Salvation Army Songbook; the [lyric version](#) by Islington Baptist Church; or the [no lyric version](#) by Melbourne Staff Band uploaded by Music and More

WEBSITE AND CONTACT DETAILS

- Connect website: www.salvationarmy.org.uk/connect
- Family Ministries website: www.salvationarmy.org.uk/families
- Emails: familyministries@salvationarmy.org.uk
- Facebook: @sarmyfm
- Twitter: @ukifamily
- Instagram: safamily_ministries



Family Ministries

Having faith in the family

Providing intergenerational support, training and resources for

Children | Adults | Everyone