

Champions in Life:

Ready, Set, GO with GOD!

But those who hope in the Lord will renew their strength; they will fly up on wings like eagles; they will run and not be tired; they will walk and not be weary. (Isaiah 40:31)

Bible Lessons	Memory Verse	What's the Goal?	SPORTS SPOTLIGHT	WINNING WORD
Get in the Race! 2 Samuel 18:19-32 Zadok's son chooses to get in the race.	So run to win. (1 Corinthians 9:24b)	Bring good news!	Jesse Owens Usain Bolt Olympic track stars	HONOR
Be Skillful, Be Caring! 1 Samuel 20:18-23, 35-41 Jonathan protects his friend, David.	Instead of each person watching out for their own good, watch out for what is better for others. (Philippians 2:4)	Look out for others!	Serena Williams Naomi Osaka Tennis Champions	FRIENDSHIP
Keep Your Eyes on Jesus! Matthew 14:22-33 Peter tries to meet Jesus as he walks on water.	And Jesus said, "Come." (Matthew 14:29a)	Come to Jesus!	Mabel Fairbanks (1915-2001) U.S. Figure Skating Hall of Fame, 1977 Maame Biney Speed skater in 2018 Winter Olympics	RESCUE
A Long Wait! John 5:2-17 Jesus commands a man who sat by a pool for 38 years to get up and walk.	"My Father is still working and I am working too!" (John 5:17)	DYB! (Do your best in everything!)	Simone Manuel Lia Neal 2016 Olympic gold and silver swimmers	EFFORT
Reach for the Goal! Philippians 3:12-16 The goal is the high calling of Jesus Christ.	The goal I pursue is the prize of God's upward call in Christ Jesus. (Philippians 3:14)	Lift as you climb!	Benita Fitzgerald Mosley LeBron James Athletes lead foundations to help others.	PURPOSE

Arts & Crafts	Music & Movement	Heritage/ Drama/Games	Community Food And Snacks	Outreach
All Ages <ul style="list-style-type: none"> Design your own sports shoe/skate Tortoise and Hare shadow box 	All Ages <ul style="list-style-type: none"> Champions! (Movements) Guide My Feet (Movements) You Oughtta Run and Tell That! 	Intergenerational <ul style="list-style-type: none"> Tortoise and Hare/Run and Tell Relay Race Tortoise and Hare Story 	Cleveland Foods <ul style="list-style-type: none"> Polish Sandwiches with kielbasa, coleslaw, and french-fries with barbecue sauce) Sports Drink Snack <ul style="list-style-type: none"> Jamaican Beef Patty Pineapple rings 	Church Field Day Walkathon
Age-Level <ul style="list-style-type: none"> PK/YE: Friendship Bracelet (Craft Kit) OE/Teen: Tennis Racket Magnet (Craft Kit) Foam Tennis Shoe Key chain 	Intergenerational <ul style="list-style-type: none"> Walk! Run! Swim! Fly! Cheer Look Out! Watch Out! (Story Video) 	Age-Level <ul style="list-style-type: none"> Stories and games 	Power Forward Foods <ul style="list-style-type: none"> Chicken, Broccoli, and Rice Juice Snack <ul style="list-style-type: none"> Mandarin Oranges Yogurt Snacks 	Women's Health Fair Bowling Trip Pacman Tournament
Age-Level <ul style="list-style-type: none"> PK: Paper boat YE: Cut Paper boat OE: Found things/bottle boat Magnetic Ice-skater 	Intergenerational <ul style="list-style-type: none"> Take Courage, My Soul Jesus Says Come (Movements) 	Age-Level <ul style="list-style-type: none"> Stories and skits 	New York City Foods <ul style="list-style-type: none"> Pizza Waldorf Salad Sports Drink Snack <ul style="list-style-type: none"> Apples and Walnuts 	Science Projects Skating Field Trip Poetry Slam
Intergenerational Go for the Gold Shoe Collage	Age-Level <ul style="list-style-type: none"> No More Sitting Down I've Decided to Make Jesus My Choice (Liturgical Dance) 	Age-Level <ul style="list-style-type: none"> Stories and games 	DYB Foods <ul style="list-style-type: none"> Quesadilla with Black Beans Spinach and Cucumber Salad Sports Drink Snack <ul style="list-style-type: none"> Peaches 	Pick Up and Walk (Neighborhood Clean-up Day)
All Ages <ul style="list-style-type: none"> Winner's Wreath Gold and Silver Washer Medals Champions Peel and Stick Art 	Age-Level <ul style="list-style-type: none"> Higher Ground Reaching Goals Story Video 	Intergenerational <ul style="list-style-type: none"> Skit 	Celebration Dinner <ul style="list-style-type: none"> Greens Cornbread Chicken Wings Mac and Cheese Snack <ul style="list-style-type: none"> Watermelon 	Bicycle Marathon