

# Upward Sports Halftime Activities

## Week 1

### 12 Laps

Players: 6

Supplies: The ball from which ever sport is being played

Objective: To pass the ball around the circle 9 times in 30 seconds

Procedure:

Line up 3 of the participants in a row standing them shoulder to shoulder and all facing the same direction. Have the other 3 participants line up in a row shoulder to shoulder that is back to back with the first 3 participants (this creates the human track to pass the ball from one person to the next on). On 'Go' the participants have 30 seconds to complete 9 laps around the human track by handing the ball from one person to the next.

Verse:

*Two people are better than one. They can help each other in everything they do.*  
Ecclesiastes 4:9

Script:

There is no way to play that game without everyone working together. It's amazing even watching that happen. Obviously there is no way that could have been completed by just one person. We can join together to be part of something bigger than we could ever hope to accomplish on our own. Have you ever noticed that you are good at things that other people have to work hard to do? Or maybe you've noticed that something comes easy for someone, and you just can't get the hang of it. That's because we've all been given different kinds of gifts and abilities. It's not an accident. Because we can do different things well, we can team up to get something huge done that we can only do if we all cooperate. God uses people with ordinary but unique talents and abilities to accomplish his purposes. Sometimes in our lives we need the help of others to accomplish much more than we can do on our own.

Just like these volunteers worked together to complete this game, I want to pray that God would put people in our lives who we can work with that might have strengths where we have weaknesses.

Closing Prayer

Let us pray. Dear God, thank you for giving us gifts to use to help make this world a better place. Thank you for making me unique so that I am able to help others with my gifts and others unique in their own ways so that they can support me. Help us to work together as the Body of Christ to bring true joy to this world! In your name I pray. Amen

# Upward Sports Halftime Activities

## Week 2

### Backwards Basketball

Participants:

One per station  
May have multiple stations

Supplies:

One basketball and one basket per station

Objective:

To make a basket within 45 seconds

Procedure:

Participants start at the half court line and must dribble backwards to the free throw line of their basket. Then, they must attempt to make a basket while shooting “granny” style, backwards and over their head.

*Note: Have a rebounder for the participant for all missed shots. Also, the participant can attempt their subsequent shots from wherever they want without returning to half court to start over.*

Verse:

*I move on toward the goal to win the prize. God has appointed me to win it. The heavenly prize is Christ Jesus himself. Philippians 3:13-14*

Script:

Did that seem difficult? I bet some of you watched it and thought you could do it, but it is a lot harder than it looks! You know, sometimes it is a lot more difficult to reach goals in our lives than it seems, but Paul urges us in Philippians to press on towards the goal God has set out before us. There are times that we want to look back and feel guilty about things that we have said and done, but when we strive to do our best, and press on towards our goal – our Heavenly prize is Jesus who died to save us from our sins. God doesn't care about what you've done before, He wants you to reach your goal and win the ultimate prize in Jesus.

Before we start games again, I just want to pray that God would allow us to move on from our past, and help us to strive to do our best in achieving that ultimate goal.

Closing Prayer(on back)

Let us Pray. Dear God, Help me to know that forgiveness has already been given to me. Help me to accept your forgiveness and don't be held back by the things I have done in the past. Help my mistakes become my motivation to change and work harder to reach my goals and become the person you want me to be. Thank you for the love you give to me no matter where I am in my walk with you! In Jesus name I pray. Amen.

# Dizzy Bat

## Week 3

### Participants:

Four (two to spin around the bat and two serve as counters)

### Supplies:

Baseball bats/whiffle ball bats

### Objective:

To be the first to make a basketball shot.

### Procedures:

Both participants will meet at half court. Participants will put their head to the end of the bat and spin around it 10 times. Once completed, both will pick up their basketball, dribble to the hoop, and attempt a basket. The first one to make a basket will win.

### Message:

Give our volunteers a hand for being such good sports! You know, as I watch that I can't help but think of how that can reflect our daily lives at times. As parents, we all face the whirlwind of life. Even today, you may have entered today's game stressed from having to get your child up, fed, make sure he/she has all of their uniform. You may have fought through traffic, hoping not to be late enough to miss pre-game introductions. Whew! Being a parent can be exhausting, even dizzying at times, just like our contestants experienced just now. Well, I want you to know that even though life can get a little crazy at times, God wants us to rest. That's right! He wants us to rest in him and let him take our stress, anxiety and frustration of life.

### Scripture:

In fact, he says in his Word to *"Come to me, all of you who are tired and are carrying heavy loads. I will give you rest. Become my servants and learn from me. I am gentle and free of pride. You will find rest for your souls. Serving me is easy, and my load is light."* Matthew 11:28-30

### Prayer:

Let us pray. Dear Heavenly Father, teach us to relinquish our heavy loads unto you, and may we rejoice and rest in your peace, love, and grace. May we also learn to focus on you first and foremost, and all of our other responsibilities and stressors will take care of themselves. In your name we pray. Amen.

# Everybody Is It

## Week 4

Good Morning Everyone! Welcome! Thank you for joining us today to share in God's grace as well as to support our amazing basketball players and cheerleaders.

Helping me today is my \_\_\_\_\_.

For this activity, I will need about 20 volunteers, including adults and children. So, if you are interested please come out to the court. I need at least 5 adults (Place cones around the perimeter for half the court; serves as boundary lines)

This activity is called **EVERYBODY IS IT**. Your goal is to tag others and to avoid being tagged. If you are tagged, please sit down. The game will continue for about 30 seconds until the last person is standing.

Ready, GO!

### **MESSAGE:**

When you play **EVERYBODY IS IT**, you don't worry about anybody except yourself. You can't be concerned or worried about the other players. You are too busy taking care of yourself.

Looking out for yourself may be the right way to play this game, but it is the wrong way for us to live. If we live thinking about ourselves all the time, then we probably won't be very happy or have many friends.

Jesus knew this was the wrong way for us to live, so He came to show us a better way. Listen to these words from the Book of Philippians 2:4-5

***"None of you should look out for your own good. You should also look out for the good of others. You should think in the same way Christ Jesus does."***

Even though Jesus was God's only Son, He lived a life as a servant, always giving of himself for others right up to His death on the cross. Jesus lived for the interests of others, and He challenges us to do the same.

### **PRAYER:**

**Dear God, thank you for bringing us all together to share in your love and to hear your message. Please help us to think less about ourselves, and more about you and serving others. In your precious name, Amen.**

# Upward Sports Halftime Activities

## Human Croquet Week 5

Participants: 7 (6 to form the line and one bowler)

Supplies: 4 soccer balls or basketballs

Objective:

To bowl a basketball/soccer ball through as many legs as possible and receive 1 point for each set of legs the ball goes through, attempting to get 30 points in 60 seconds.

Procedure:

Line up the human croquet in a straight line, 6 feet apart from the baseline or goal line. Choose one person to be the bowler. The participant must always bowl or kick the ball from the baseline or goal line. When the clock starts, the participant has 60 seconds to try to get 30 points – each time the ball rolls through a pair of legs, the participant receives 1 point.

*Notes: Have two rebounders (one on each side of the human croquet line) to gather up the bowled balls and return them to the bowler.*

Verse:

*Remember how the Lord your God led you all the way in the wilderness these forty years, to humble and test you in order to know what was in your heart, whether or not you would keep his commands. Deuteronomy 8:2 (NIV)*

Script:

I wasn't sure that game would ever get to that many points. Did you see how they had to keep trying? That wasn't easy. Sometimes we need to decide to finish what we start no matter how tough things seem. That's easy to say, and really, really tough to do. We have to remember that people are counting on us. Yeah, it's not always easy, but you can start right now beginning a habit of being determined to finish what you start. There's a part of you that grows stronger when you finish something even something you don't like doing. God uses some tough times to make us into the people he wants us to be. Every time you finish a tough job, or follow through on a difficult promise, you build up the virtue of determination. And finishing what you start will help grow you into the person that God wants you to be.

Let's ask God to help us with our determination. It's not always easy to finish what we start, especially when we don't want to do things that are tough. Let's pray that God would give each of us determination to live for his glory.

Prayer

Let us pray. Dear God, Help me to finish what I start. Help me to have the strength to work past the hard stuff and grow stronger as a person and closer to You because of it. You are an amazing God who will

help me be all that I am meant to be. Thank you in advance for helping me succeed. In Jesus' name I pray. Amen

# Upward Sports Halftime Activities

## Week 6

### Made to Fit

*Players:* One

*Supplies:* Footballs

*Objective:*

Participant attempts to make a shot from the half-court line of a cross court in 60 seconds

*Procedure:*

On 'Go' participant will be handed a football and attempt to make the shot from the half-court line of a cross court.

*Note: you will need to have one to two people helping to rebound and return the misses to the participant.*

*Verse:*

I praise you because I am fearfully and wonderfully made; your works are wonderful, I know that full well. My frame was not hidden from you when I was made in the secret place, when I was woven together in the depths of the earth. Your eyes saw my unformed body; all the days ordained for me were written in your book before one of them came to be. Psalm 139: 14-16 (NIV)

*Script:*

I think we can all agree that a football isn't made to go through a basketball hoop. It was made for the game of football. Look, you can hold it. You can throw it like this. You can hand it off. A basketball was made for a basketball hoop. Here's the question for me and you: what were you made for? Did you know that you were made for a purpose? God knew you before you were even born. He knows how many hairs are on your head. He knows what you're great at, and what takes a lot of practice for you. The greatest part is that you have a part to play in God's big story. It's a story that never ends. It's a story that you were made to be a part of. It's a story where you are the only one who can do what you were made to do. Now that sounds like a perfect fit.

Let's pray that God would remind us that we are individuals and each of us have a specific part to play in his big story. God doesn't give us gifts and talents on accident; he wants us to use those gifts. Let's pray that he would show us how to use our gifts for his glory.

*Prayer:*

Let us pray. Dear God, Help me to see who you have made me to be. Help me to know for certain that You have a true purpose for my life. That my life and what I do with it is important to You. Thank you for trusting me so much with that purpose and giving me the strength to follow through. In Jesus' name I pray. Amen.



# Upward Sports Halftime Activities

## Week 7

Activity: *Quail Shooters Delight!*  
Big Truth: Priorities: Focusing on the main thing  
Scripture: Luke 10:41-42

### *Activity*

*You will need 10-12 players and the same number of small balls. The balls should be about 3" in diameter and either made of sponge or soft plastic.*

Give each player a ball and ask them to stand in a circle. Take the ball from one player and ask that player to stand in the middle of the circle. Explain that on the count of three, everyone in the circle is to *gently toss* (not throw!) their ball at the same time to the person in the center. The person in the middle will try to catch as many balls as possible *using only their hands*.

Count to three and watch what happens! The player in the center will be doing good to catch one ball! Repeat several times, giving a few other players the chance to be in the center. Then thank everyone for participating and send them back to their seats.

### *Comments*

This game is called *Quail Shooters Delight*, and it mimics life in many ways. Lots of things compete for our attention each day. Work, family, school, sports, friends . . . It seems to come at us all at once, just like the balls in our game. It can be hard to know what to concentrate on and where to focus. At the end of a day, we can find ourselves feeling like the most important things have just slipped through our fingers.

In the Bible book of Luke, we find a story about a time when Jesus visited his friend Martha's home. As the story unfolds, Martha gets worried and upset by many things. She's got a lot going on. Martha gets so busy and so distracted that she doesn't have time to spend with Jesus and to listen to what He has to say. In the end, she misses out on the most important thing. Can you relate?

Like Martha, many of us struggle with priorities with all the stuff that comes at us each day. Jesus understands. At the same time, Jesus challenges us to make sure we take time to grow in our relationship with Him. Jesus knows that when we do that, everything else seems to find its proper place.

### *Prayer*

Let us Pray. Dear God, in the midst of all the stuff that life throws at us each day, teach us to focus on You. Help us to see where you want us to place our attention and what you want us to let go. In Jesus' name we pray. Amen.

# Upward Sports Halftime Activities

## Week 8

### Rainbow Ball Deflect and Catch

*Participants:*

4 or more in teams of two

*Supplies:*

Two Soccer Balls or Basketballs per for each team of two

*Objective:*

To execute one successful completion in 60 seconds

*Procedure:*

Have the members of each two person team line up 12' to 15' apart from each other, each with a ball. On 'Go' the clock starts and they must throw the ball in the air towards each other in a way that allows the balls to collide in the air, and the ball must bounce back to the same participant. Each team gets a point for each time the soccer or basketballs collide and both team members are able to catch their original ball in the air.

*Verse(s):*

*The believers studied what the apostles taught. They shared life together. They broke bread and ate together. And they prayed. Everyone felt that God was near. The apostles did many wonders and miraculous signs. All the believers were together. They shared everything they had. They sold what they owned. They gave each other everything they needed. Every day they met together in the temple courtyard. In their homes they broke bread and ate together. Their hearts were glad and honest and true. They praised God. They were respected by all the people. Every day the Lord added to their group those who were being saved. Acts 2:42-47 (NIRV)*

*Script:*

Timing, skill in throwing, skill in catching, communicating with each other - it took all of that and more to play that game. What amazed me was how well they all worked together. You notice when people work together and work to help each other don't you? When a church works together people notice how it helps the people around the community. I hope that's what this Upward program and church is known for. The very first church was like that. The people shared everything they had. They had meals together. If anyone needed anything, they all tried to make sure they had it. If someone had enough to share, they shared it with everyone. It was so amazing that people noticed. I think that's what we should try to be to this community. I think we should be so amazing to each other that people start talking about how amazing it is. I think we should use our words and our actions to help each other so much they can't help seeing that we are people who serve a great God. Because the church is not the building we are in but we the people who are in it.

God has blessed us beyond anything we could imagine. Lets thank him for blessing us and providing us with people who have the desire to work together to help make this program great and a church that supports it.

*Prayer (on back):*

Let us pray. Dear God, Thank you so much for showing us how to work together to make something so amazing. Continue to bless this Upward community and those in the future so that they too may see you through it. Thank you for all those who have given of themselves this year to share in the load. In your name we pray. Amen.

# Upward Sports Halftime Activities

## Week 9

### Cone Hit

*Participants:*

One and up

*Supplies:*

Three cones and either a football or soccer ball

*Objective:*

To hit each cone within 60 seconds by either throwing a basketball or football or kicking the soccer ball

*Procedure:*

Place 3 cones at 9', 15', and 25' distances from the midfield line or midcourt. The participants throw or kick from midcourt or mid field. Have at least 6 of the sport balls at the designated midcourt or mid field area. At the start of the clock the participant has 60 seconds to try to hit each cone at least once.

*Notes: Have volunteers help retrieve the kicked or thrown balls and return them to the participant for more attempts.*

*Verse(s):*

*A huge cloud of witnesses is all around us. So let us throw off everything that stands in our way. Let us throw off any sin that holds on to us so tightly. Let us keep on running the race marked out for us.*

Hebrews 12:1 (NirV)

*Script:*

Check out how small those cones are. But I guess it wouldn't be much of a game if we just had them aim at the field. You have to have a target, a goal in mind before you start don't you? It's like when we start a race – you don't just say "go!" and everyone runs off in different directions. No. You have a course marked out and everyone runs the same kind of race. The really great ones keep running as hard as they can until they cross the finish line. That's what I hope is in store for each one of you. I hope you live your life like it's a great race. God has set out a course for each of us and he will make sure we have the abilities we need to get through to the end.

I want to pray for each and every one of you who might feel like you're at the end of your rope. God has given us the abilities to run the race with endurance, and I want to pray that each of you would feel that surge of energy to get through to the finish line.

*Prayer:*

Let us pray. Dear God, Help each of us in here to have the endurance to finish the race you have set before us. Help us to feel your strength throughout whatever struggle we are going through. Thank you so much for the hope you give to us in the hard times. You know what lies ahead and are there to take the reigns. Thank you for taking over when we have hit our limit. In Christ's name we pray. Amen.