

Samson's Gym Idea Packet

Bible Bowling

Supplies:

10 plastic bowling pins
Plastic bowling Ball
Chalkboard/chalk (or paper/pen)
Bibles (as reference)
Masking tape (to mark where the pins go)
Trivia questions

Rules:

1. Divide into teams
2. Ask the team a trivia question.
 - If they get it right (from memory), one person from that team gets two chances to knock down the pins.
 - If they get it right with help of a reference (bible), they get one chance to knock down the pins.
 - If they get it wrong, no chances.
3. If it is a "strike" and they have two chances to knock down the pins, set up all 10 pins again for their second chance. If they knock down 9 or less, the second attempt is with the remaining pins.
4. Alternate teams

Scoring:

10 points for each correct answer without a reference (from memory).
5 points for correct answers with a reference.
One point for every bowling pin knocked down.

Bible Basketball

Supplies:

Basketball hoop from the nursery

Basketball (if the small nursery one is missing, use the 4 Square Ball in Laurie's office)

Chalkboard/chalk (or paper/pen)

Bibles – for reference

Masking tape – to make the shooting line/lines

Trivia questions

Rules:

1. Divide into teams
2. Ask a team a trivia question.
 - If they get it right (from memory), one person from that team gets two chances to make a basket.
 - If they get it right with help of a reference (bible – or multiple-choice), they get one chance to make a basket.
 - If they get it wrong, no chances for a basket.

(For the younger kids, they get two chances for a basket even if they use the multiple-choice or reference.)
3. If teams tend to shout out answers, you can have each team select a “captain” that will decide the final answer, but encourage teamwork.

Scoring:

10 points for each correct answer without a reference (from memory)

5 points for each correct answer with a reference (exception for younger kids – they always get

10 points for correct answers)

2 points for every basket made

Bible Baseball

1. Divide into two teams. Place four chairs in base formation around the room. Designate a scorekeeper. The teacher is the pitcher for both teams.
2. First person sits on "home base" chair. Teacher gives him or her a question. If child answers right, he/she moves to 1st base. If not, he/she scores an out in which case the teacher announces the correct answer and may use the question again later in the competition.
3. The next person is up. The process is repeated. If the child answers correctly, all children move ahead a base. When a child makes it all the way around the bases, a run is scored.
4. Once everyone on a team has had a chance to be up, you repeat the "batting order". If you run out of players, you can put "ghosts" on base and move the ghosts as if they were players. (You can use a pillow or stuffed animal to represent the ghost.)
5. This is a Christian game; there is no stealing.
6. When the first team makes 3 outs, the second team is up. When both teams have had their ups, an inning is completed. You can decide before you start how many innings you will play or you can make that decision mid-game, as long as each team ends up with the same number of at-bats.
7. If you want, you can add some excitement by allowing kids to choose between receiving a "single", or "homer" question. A "homer" is a very difficult question but if answered correctly gives the team an instant home run and drives in any additional players on base.

In the Tomb, Out of the Tomb

Materials:

String, Yarn or Tape.

Duration:

Approximately 10 minutes

1. Draw a long line using yarn or masking tape (or imaginary).
2. Have the children line up in a straight line facing the leader on the right side of the line. The right side of the line is "In the Tomb" and the left side of the line is "Out of the Tomb."
3. The leader yells, "Out of the tomb" or "in the tomb." Upon hearing the command, the children jump from one side to the other.
4. If the children jump in the wrong direction or don't jump to the other side when it's a valid command they are out of the game. The last player still in wins the game. The leader will try and get the players to miss jump by pointing to one side as they yell to jump to the opposite side or by repeating the same side and/or changing the pace.

Game can be easily adapted to fit other themes, e.g. Philistines/Israelites, Pharisees/Disciples

Battle of Knowledge

Materials:

Masking tape

Bean bag

1 piece of red construction paper

1 piece of black construction paper

16 review questions

Duration:

15 minutes

Preparation:

- Create 16 review questions.
- Cut out eight red circles and eight black circles.
- Take the masking tape and create a sixteen-sectioned grid on the floor. The grid should be four sections wide by four sections deep. Each section should be equal in size.
- Divide the children up into two teams.

To win the game, you must get four circles in a row for your team.

1. Taking turns, each team throws the beanbag into an unoccupied square and then gets a chance to answer a question.
2. If the team throwing the beanbag answers the question correctly, they get to put one of their circles in that square. If the team throwing the beanbag answers incorrectly, the other team gets a chance to answer the same question. If the other team answers correctly, they get to put one of their circles in the square.
3. Once a circle is in a square, it cannot be removed. Members of each teams can work together to answer the question, but each team member must take a turn throwing the beanbag.
4. If neither team gets four in a row, the game is a draw.

Pin The Rock On Goliath

White board, chalk board or poster board.

Sticky Tac®

Blindfold.

Duration:

10 minutes

Preparation:

- Before class, draw a picture of Goliath on the board. It is also fun to explain that Goliath was over 9 feet tall.
 - Roll the Sticky Tac into a ball about the size of a golf ball.
1. Explain to the children that it will be their job to stick the rock (Sticky Tac) on Goliath's forehead. Before starting, instruct the children that they are never to throw the Sticky Tac.
 2. Blindfold the child, spin them around several times, hand them the rock (Sticky Tac) and point them in the right direction.

Desert Venture

Like the Israelites wandered in the desert for 40 years, this game will have the children going forwards and backwards until they reach their destination.

Duration:
20 minutes

Preparation:

- Come up with about 30 true or false questions from the biblical material they have covered.
- Use masking tape to mark a line about 8 feet out from one wall.

1. Have the children line up along the wall.
2. Tell the kids you will ask a question that the answer is either true or false. If they believe it is true, they raise their right hand. If they believe it is false, they keep their hands down.
3. Everyone who guesses correctly takes one baby-step towards the line (one foot directly in front of the other). Everyone who guesses wrong takes one baby-step backwards, (unless already at the wall.)
4. Play continues until all the questions are gone or until all the children make it to the line. You can let the children who reach the line start over at the wall if they want to continue to play.

Noah Says

1. Divide the children into three teams, and have one team be dogs, the other cats and the third team ducks.
2. Explain to the teams that they are to be dogs, cats or ducks. Dogs bark and beg (arms raised and hands pointing down as if begging for food.) Cats meow and pretend to lick their paws (hands), and ducks quack and waddle (bending down with hands touching shoulders like wings.) Then give the instructions below.
3. When you give the commands preceded with "Noah says":

Noah says "bark"

Noah says "meow"

Noah says "quack"

Noah says "beg"

Noah says "lick"

Noah says "waddle"

Noah says "be still"

Then everyone does the command.

But when you give the commands without saying "Noah says" first:

only dogs bark

only cats meow

only ducks quack

only dogs beg

only cats lick

only ducks waddle

The other animals keep doing what they are doing

4. Any child who does not follow the command correctly has to sit out the rest of the game. The team with the last remaining player wins. Then mix up the teams and play again as time permits.

Note: For the older children, you can combine commands to make it more difficult, for example:
Noah says, "bark and waddle" (everyone barks and waddles),
"Lick and quack" (only cats lick and only ducks quack)