

Day 5

BROOM HOCKEY

Supplies

- Light plastic ball (approximately 6 inches)
- 2 portable soccer goals (or just use a rope or masking tape line)
- Pool noodles in two different colors for the two teams, 1 noodle per child
- 2 brooms

Pre-Prep

1. Set up the goals or the rope/tape line approximately 50 yards apart.

Teaching Tie-In

Today we're learning about the Bible's account of Mary and Martha and the time Jesus came to their house. Mary spent time with Jesus while Martha was serving and cleaning. It's not a bad thing to serve and clean. But sometimes we're like Martha and get so distracted and busy, we don't spend time in God's Word as we need to.

As we get out Martha's broom and play *Broom Hockey*, let's remember not to get so busy with life that we neglect the most important things.

Class Time Directions

1. Divide into two teams and give each player on one team a pool noodle in one color and each player on the other team the other color pool noodle. Tell them which goal is theirs.
2. Choose two goalies and give each a broom.
3. The game begins with the leader dropping the ball between two opposing players in a face-off manner. The kids use their pool noodles as hockey sticks. They may hold it with one hand, two hands, or bend it in half and grip both ends with one hand, forming a large loop.
4. Children try to score by hitting the ball into the other team's goal. (The goal represents Mary and Martha's house, and the goalie "brooms" it away.)
5. There are no side or end lines so the ball can roll freely with no stoppage of play. The goalies use their brooms to try to bat the ball away.
6. Repeat the face-off after each goal.
7. Keep score. Whichever team gets the most goals in the allotted time wins.

Tip Corner

- Six-inch Gator Skin® balls work great, but any light-weight plastic ball can work.



SUPER SIMPLE IDEAS

Outdoor Option: Dash!

Remind the kids that Dash the Siberian husky is today's animal pal. Set up a variety of team races using short distances. The kids have to run as fast as they can. Variations can include racing fast by jumping over obstacles (sticks, ropes) or having traditional Olympic length 50-meter and 100-meter dashes.

Note: See Option 2: Dash! (Young Child Version) for more ideas.

Indoor Option: Inside "Outposts"

Tell the kids people travel to wilderness outposts in the Arctic for hunting and fishing. Divide into small groups of 3–4 kids each, preferably with a teen or adult helper in each group. Give each group a piece of paper and writing implement. Kids travel from the starting "camp" to different "outpost" locations in the church/VBS meeting place, collecting autographs from leaders or other workers stationed at the outposts. The team that collects the most autographs and returns to the original camp in the designated time wins.

Tip: Have a loud signal to help kids know when to return.

JUST FOR THE YOUNGER SET

Option 1: Iditarod Race

Explain that the Iditarod is a race in Alaska that's over 1,000 miles long. Many call it "The Last Great Race on Earth." It is a race with people, dog teams, and sleds. Divide into two teams. (Or play non-competitively by letting kids just take turns doing the following.)

Mark start and finish lines. Children will walk through parallel obstacle courses pulling small plastic sleds. The sled should have a soft rope attached for the children to hold. Each child should wear a pair of mittens or gloves. Make sure they do not have hands or fingers wrapped around the rope. If able to find enough ahead of time, put a husky stuffed animal on each sled at race time. The first team to get everyone through and back to the starting line wins.

Option 2: Dash! (Young Child Version)

Remind the kids that Dash is today's animal pal. Set up a variety of running challenges. The kids have to run as fast as they can, pretending to be Dash. They have to bark when they start and end each challenge. Variations can include running on all fours, crawling fast, or jumping over obstacles.

Option 3: Top-of-the-World Tunes

God made our bodies so they warm up when we move around. This is especially important for those who are outside in the Arctic. Have explorers dance, run, or move around to VBS music, trying to stay warm. When they hear the music stop, they must freeze. A variation can be finding a partner when the music stops.