

JUNIOR SAINTS

ACTIVITY PLAN

AGES 7–11

ENDURANCE

PHYSICAL CORE

Version 2026.1



Endurance

Keep Going

See how long you can keep moving at a steady speed.

🕒 60 minutes · one session

🎯 WALK AWAY WITH

- Has jogged for 7 minutes at a steady speed.
- Has counted his own push-ups, squats, and plank seconds.
- Has walked at a partner-set speed for ten minutes.
- Knows one stretch to show his parent at home.

📦 BRING / SET UP

- A flat open space (yard, parking lot, or church gym)
- Four cones, set out as a square (about 30 steps per side)
- A phone timer
- A water bottle for each Junior Saint

FOR THE LEADER

This is a Junior Saints preview of the **Endurance** badge. No advancement credit is earned here — the goal is to introduce these concepts to Junior Saints alongside the older Saints Global youth working the full BRC. The 4-session Saints Global arc lives under *Activity Plan (SG)* in the BRC builder.

KEEP GOING (PAGE 1 OF 2)

THE HOUR

BLOCK 1 · DISCUSSION Opener — Welcome circle

⌚ 5 min

Stand in a circle. Each Junior Saint says his name. Then he names one hard thing he kept going on without quitting. Examples: a long bike ride, a long Lego build, a chore that took all morning. The leader goes last. Keep each turn short.

BLOCK 2 · SKILL PRACTICE Run the warm-up

⌚ 10 min

1. Pick one Junior Saint to lead. The leader stands next to him.
2. 30 seconds each: jumping jacks, high knees, butt kicks, arm circles, walking lunges.
3. The leader calls form fixes. Keep the cadence steady.
4. End with everyone shaking out their arms and legs for 10 seconds.
5. Teaching point: warm-up gets your blood moving so your body is ready.

BLOCK 3 · PHYSICAL The 7-minute steady jog

⌚ 12 min

1. Walk around the cone square one time as a group. Show the youth the path.
2. On GO, everyone jogs at a steady speed. Not a sprint.
3. Jog for 7 minutes. The leader keeps time and calls every minute.
4. If a youth needs to walk, that is fine. Walk a few steps, then jog again.
5. When time is up, have each youth remember how many laps he did.
6. Walk one lap together to cool down before the next block.

BLOCK 4 · PHYSICAL Three strength stations

⌚ 15 min

1. Three stations: push-ups, squats, plank. Split the group across them.
2. Round 1: 30 seconds of work at each station. Count out loud together.
3. Knees-down push-ups are fine. Form first, count second.
4. 30-second water break. Rotate to the next station.
5. Round 2: same thing. Each youth tries to beat his own number.
6. 30-second break. Rotate again, then run round 3.

BLOCK 5 · PHYSICAL The partner walk

⌚ 10 min

1. Pair up. Each pair walks together around the cone square.
2. Walking, not jogging. The slower youth in the pair sets the speed.
3. The faster youth stays with his partner. He does not walk ahead.
4. Walk for 5 minutes. Talk about your favorite station from the last block.
5. Switch who sets the speed and walk for 5 more minutes.

KEEP GOING (PAGE 2 OF 2)

THE HOUR — CONTINUED

BLOCK 6 · REFLECTION **Close — Stretch and cheer**

⌚ 8 min

1. Sit in a circle. The leader calls three stretches: legs, arms, back. Hold each for 15 seconds.
2. Drink water.
3. Each Junior Saint says: 'I did ___ push-ups and ___ squats.' Just the numbers.
4. Group cheer: 'Keep going, Junior Saints!' Three times.
5. Homework: show your parent one stretch from today. Do it before bed tonight.

AT THE CLOSE · DEBRIEF

1. What part of your body got the most tired?
2. How many push-ups did you do? Tell the group your number.
3. Show the group one stretch we did today.


📋 *This is a Junior Saints preview session. No Endurance BRC requirements are earned here — the goal is to introduce the concepts the older Saints will work on.*

HANDOUT 1 OF 2

FROM SESSION — THE 7-MINUTE STEADY JOG

The Cone Square — Setup Map

Print and use to lay out the course before Junior Saints arrive.

 Top-down map of a square jogging course laid out with four cones, about thirty steps per side. Leader stands in the middle.


Print this handout for in-person reference during the session.

HANDOUT 2 OF 2

FROM SESSION — THREE STRENGTH STATIONS

Three Strength Stations

Set one card at each station so Junior Saints know what to do.

 Three strength stations for Junior Saints: push-ups, squats, plank. Each station shows the move and three short form cues.

Print this handout for in-person reference during the session.