

Overview:

Leisure App

Why use this App?

There are so many ways that you can choose to use your leisure time. This App will enable you to engage with, and explore, some of the many options. It will help you to enjoy the experiences as well as to appreciate the physical and spiritual benefits that your leisure choices can bring. Time is a gift of God; we need to learn to use it well.

How do I use it?

The App is split into five programmes. Each one should take four to six hours.

The programmes:

In on the action	(Sport and physical recreation)
Cheer out loud	(Being a supporter/fan)
Happening Beats	(Enjoying music)
Animal watch	(Caring for animals)
Get in the game	(Fun and games)

Each programme presents you with a challenge. Here are the five challenges from the Leisure app:

Your Challenge:	In On The Action: (Sport and physical recreation) Discover what it takes to participate in and enjoy sport and physical recreation activities. Choose a specific activity, set an appropriate goal and try your best to reach it!
Your Challenge:	Cheer Out Loud: (Being a supporter/fan) Explore and share with others about something that you support or have an interest in e.g. a team, band, singer or television programme and demonstrate how this impacts on your life.
Your Challenge:	Happening Beats: (Enjoying music) Discover what the benefits are of watching and listening to music and provide others with the chance to experience and appreciate this too.
Your Challenge:	Animal Watch: (Caring for animals) Find out about the different ways that you can care for animals, either in the wild or as pets. Choose one particular animal then create an in-depth understanding of how to meet its needs.
Your Challenge:	Get In The Game: (Fun and games) Participate in a range of individual and group games, including things like computer games, DVD games and board games. Find out what makes a game successful and then design one yourself.

Leisure App:
Your challenge:

In on the action: (Sport and physical recreation)

Discover what it takes to participate in and enjoy sport and physical recreation activities. Choose a specific activity, set an appropriate goal and try your best to reach it!

Ideas:

These ideas suggest ways in which you might accomplish the challenge, but you may do it any way you like.

You could:

- Visit your local leisure centre/facilities, explore the activities on offer, select one and set yourself the goal of going along to five sessions. Keep a record of your experiences and achievements.
- Sign up for and complete a coaching or refereeing course in your chosen sport.
- Track yourself or another athlete over a period of time, producing a fly-on-the-wall documentary of what it means to participate in your/their sport.
- Invent your very own sport to play in the place where you meet. Create rules, coaching tips and the opportunities for others to participate in it.

Set the scene:

Think/talk through what the challenge is about. These questions might help you:

- What do you already know about the subject and what else do you need to find out?
- Where might you find out more information?
- What useful skills/contacts do you/other members of your group possess to help with this challenge?
- What difficulties do you think you might face?

Design:

Study some of the information you have gathered and consider how you will complete the challenge.

Who? Do you need anyone to help/train/supervise/advise you?

What? What special equipment/space/advice do you need to complete the challenge?

How much? What costs might be involved and how will this funding be found?

When? Are there any dates or time lines you must set in order to ensure you meet your deadlines?

Investigate the Christian perspective:

Find out what the Bible/other Christians say about this topic.

- What goals do you have in your life? What can sometimes get in the way of these goals? How do you overcome these challenges?
- Read Philippians Ch.3:12-20 and Ch.4:1. Discuss what Paul's goal is and how he suggests the goal is to be achieved.
- Have a Christian athlete share about their experiences in competing and living for Jesus.
- Visit the Christians in Sport website and check out what they say about Christian living.

Respond: Make it happen! Put your plan into action and complete the challenge.

Evaluate:

Think through how successful you have been with this challenge. Consider:

- What do you think you have learnt through working on this challenge?
- Which skills, talents or abilities did you use in your involvement in this project?
- Did your project have an impact on other people and did it help them?
- How has this challenge given you a Christian perspective on issues which you face in everyday life?

Leisure App:
Your challenge:

Cheer out loud: (Being a supporter/fan)

Explore and share with others about something that you support or have an interest in e.g. a team, band, singer or television programme and demonstrate how this impacts on your life.

Ideas:

These ideas suggest ways in which you might accomplish the challenge, but you may do it any way you like.

You could:

- Plan and deliver a themed night/party to help others experience and discover more about that which you support/are interested in.
- Produce a guide about your specific interest and how it impacts upon your life. This could be in the form of a web page, leaflet or audio download.
- Produce a visual diary charting the highs and lows of what it means to be a fan of something, for example a fan of the England football team.
- Visit places of special interest linked to your specific interest and create a series of short magazine reviews about them.
- Take a course in cheerleading and use your routines in support of your team.

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Investigate the Christian perspective:

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A sense of community is important at camps / residential events. What would be your definition of community?

- Read Exodus Ch.20:1-6. Here God is sharing with the Israelites how He doesn't want them to be wasting their time worshipping things which don't give real life. Why do you think this is?
- Consider some of the things that can take the number one spot in people's lives.
- Think how Christians can ensure that they keep God as their number one.
- God still wants people to enjoy the good gifts, interests and skills that He has given to them; how can they do this in a way that honours Him? Design and produce a pocket-sized advice card for

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Leisure App:
Your Challenge:

Happening Beats: (Enjoying music)

Discover what the benefits are of watching and listening to music and provide others which the chance to experience and appreciate this too.

Ideas:

These ideas suggest ways in which you might accomplish the challenge, but you may do it any way you like. You could:

- Review a wide range of different music styles/songs, commenting on the impact of the sounds and, where appropriate, the lyrics used. Share these with others and find out their views too.
- Conduct a survey to discover which radio shows and music channels people prefer to listen to and why they tune in. Share your findings with the relevant stations.
- Visit a music therapy centre or residential home or interview people who work there to discover how the music played positively impacts their residents/clients. See if you can assist in its delivery e.g. through creating and playing a piece of music or providing technical support.
- Take responsibility for arranging a group trip to a music concert then follow this up by creating a critics' review of what you have experienced.
- Listen to a selection of songs by Christian artists and explore what is meant by the lyrics written. Share and/or teach some of the songs to the others in your group.

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Investigate the Christian perspective:

Find out what the Bible/other Christians say about this topic.

- Read 1 Chronicles Ch.13:5-8.
- The Bible gives many examples of people expressing praise, joy and happiness in and through music. God appreciates being worshipped in this way. How else do you think we can worship Him?
- Listen to a selection of Christian worship songs and do some research to create a top five list of those which you and your friends find most effective.
- Share these with others; or even create your own.

Respond: Make it happen! Put your plan into action and complete the challenge

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Leisure App:
Your challenge:

Animal watch: (Caring for animals)

Find out about the different ways that you can care for animals, either in the wild or as pets. Choose one particular animal then create an in-depth understanding of how to meet its needs.

Ideas:

These ideas suggest ways in which you might accomplish the challenge, but you may do it any way you like.

You could:

- Invite an expert, such as someone from the RSPCA, WWF or RSPB, to share and provide training in how to best protect the habitats, and meet the needs, of certain animals.
- Visit a veterinary surgery to discover more about how those who work there care for animals. From the advice gathered create a series of 'how to' leaflets for children, helping them to look after their pets.
- Research the plight of an endangered species; then raise awareness and money to help their cause by adopting an animal either from a local sanctuary or from a charity gift package.
- Create and develop a natural habitat in your local area for animals to use. Visit it regularly to assess how it is meeting their needs.
- Research into the ethical care of animals e.g. visit a farm to discover how farmers care for the welfare of their livestock. Then create a presentation to help consumers make ethical purchases.

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Investigate the Christian perspective:

Find out what the Bible/other Christians say about this topic.

- Read Genesis Ch.1:1-28.
- What do you think God is saying about the purposes of creation? What role do you think God is giving to humans within it - particularly with regards to animals?
- Create an information board showing the many practical ways that Christians can care for the animals in God's creation. Add to it as you find out more.

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**Leisure App:
Your Challenge:**

Get in the game: (Fun and games)

Participate in a range of individual and group games, including things like computer games, DVD games and board games. Find out what makes a game successful and then design one yourself.

Ideas:

These ideas suggest ways in which you might accomplish the challenge, but you may do it any way you like. You could:

- Look through a selection of reviews in gaming magazines to establish what makes a game successful. Ask others to review these games too and based on your discoveries design your own computer game.
- Host a series of DVD quizzes based on popular TV quiz shows. Find out what people enjoyed about participating in these and then design your own TV quiz.
- Plan and deliver a games night with a circuit of different board games for people to play with their friends. Include within this a board game that you have made.
- Visit a local shopping centre and conduct a survey to establish which games are the most popular to purchase and also whether there are any gaps in the market. Based on your findings, design and create a prototype of your own game. Pitch it to your intended audience to get their views on your creation.

Set the scene:

Think/talk through what the challenge is about. These questions might help you:

- What do you already know about the activity and what else do you need to find out?
- Where might you find out more information?
- What useful skills/contacts do you/other members of your group possess to help with this challenge?
- What difficulties do you think you might face?

Design:

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Investigate the Christian perspective:

Find out what the Bible/other Christians say about this topic.

- People enjoy playing games as it gives them a chance to spend time with their friends (also known as fellowship). Why do you think fellowship is important?
- Read Acts Ch.2:42-47. What is distinctive about this fellowship? Why do you think it made a difference to people's lives?
- How can you ensure that your friendships/the time you spend with others makes a difference?
- Create a giant ideas map showing how these ideas can be put into practice at your group.

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Leisure App

Your chosen challenge:

Ideas:

Outline your idea:

Set the scene:

Jot down your initial thoughts/questions:

Design:

Consider who will be involved, when it will happen, what you will need and how much it will cost etc.

Who?

What?

How much?

When?

Investigate the Christian perspective:

Outline how you will find out what the Bible/other Christians say about this topic.

Will you have a specified time every week or one whole evening focused on this aspect of your challenge?

Will it be led by visitors/your leader/your chaplain/members of your group?

Respond

Now use the challenge plan on the next page to help you to make it happen!

Work out what will happen each week.

Identify who you will need to help you/who is inviting them/who is leading/who will be involved in each activity etc.

Ensure you will have the resources you will need.

Record the time you are involved each week to keep track of your progress.

Evaluate

Think through how successful you have been by considering the evaluation questions.

Record your story in my i - **chievement** journal

**Leisure App -
Challenge plan**

Date	Activity What will you do this week?	Who Who will support you to facilitate this session?	What What equipment is needed?
Week/step 1 Date: Time:			
Week/Step 2 Date: Time:			
Week/step 3 Date: Time:			
Week/step 4 Date: Time:			
Week/step 5 Date: Time:			
Week/step 6 Date: Time:			
Week/step 7 Date: Time:			
Week/step 8 Date: Time:			
Week/step 9 Date: Time:			
Week/step 10 Date: Time:			

Copy for additional weeks as required.