

Star Trek Mission

Object: Teams compete in a friendly competition by following the captain's leadership.

Supplies: 1 Large Hula Hoop (SHIP) per team, Large area for students to run, skip, etc.

*Optional: if played outside – water guns & water Balloons

Preparation:

Spread the Hula Hoops (SHIPS) side by side with enough space in between for each team to have room to stand outside of their Hula Hoop.

Divide into teams by putting 5-10 students per team with 1 student standing in the middle of the Hula Hoop (SHIP).

Explain to the students that the person in the middle of the Hula Hoop is "Captain" and the students on that team have to have at least one hand on the Hula Hoop at ALL times during the game, or their team will lose a point.

The goal for each team is to safely get to the other side by following the "Captain" and the "Captain" is responsible for making sure the entire team is holding on to the Hula Hoop (SHIP) at all times. On go, a Leader will yell out a specific way to move (skip, hop on one foot, spin, gallop, etc.—the stranger the moves, the more fun the game will be). After a few seconds, the Leader will yell out a different way to move. When the leader yells, "ATTACK" each team must let go of their ship and put one or both of their feet inside the Hula Hoop, depending on the size of each team.

- First Team to reach the finish line gets bonus points, you can have students repeat this process until they get tired of it! They have a blast with it!

- *Optional* If you don't mind getting your students a little wet then have leaders grab water guns & water balloons and shoot & throw at the Ships as they try to reach the finish line!

Break It Down

Scripture: Proverbs 27:17 (NIV)

Main Point: As we go through life, it helps to have wise and Godly people around us to support us. We should spur each other on and encourage one another to make us stronger and better. We also should be an encouragement to those supporting us. God wants us to help each other become better for His kingdom and His namesake.

What are you doing to help better those around you? Who are you surrounding yourself with?