

# Fall 2025 Senior CT: I Practice Courage

*How do you practice courage?*

“God is with me, so I can be brave and take one step.”

*What does God say?*

“When I asked for your help, you answered my prayer and gave me courage.”

Psalm 138:3 CEV

**2025 Fall**  
**COURAGE**  
 September 8 - December 6  
 Closed:  
 October 31  
 November 25 - 29

September 2025						
Su	M	Tu	W	Th	F	Sa
12b	1	2	3	4	5	6
1	7	8	9	10	11	12
2	14	15	16	17	18	19
3	21	22	23	24	25	26
4	28	29	30			

October 2025						
Su	M	Tu	W	Th	F	Sa
4			1	2	3	4
5	5	6	7	8	9	10
6	12	13	14	15	16	17
7	19	20	21	22	23	24
8	26	27	28	29	30	31

November 2025						
Su	M	Tu	W	Th	F	Sa
8						1
9	2	3	4	5	6	7
10	9	10	11	12	13	14
11	16	17	18	19	20	21
11b	23	24	25*	26	27	28*
30						

## Big Ideas

1. Connection Helps Courage
2. My courage can grow
3. I ask for the right help to beat my fear.
4. God is with me—so I can be brave.
5. I take one brave step at a time.

## Tools: Courage Scale

Identifying fears, Connecting with others, Asking for help

## COURAGE SCALE

### Fear Check

<b>Big fear</b>	<b>Some fear</b>	<b>Little fear</b>

Colors describe how I feel right now - not who I am. Never make fun of fears.

### Help Me Be Brave

<b>Big Help</b> Full spot	<b>Some Help</b> Light spot	<b>Little Help</b> Just watch

🔴 → 🙌 **Big Help** • 🟠 → 🙏 **Some Help** • 🟡 → 👁️ **Little Help**

# Fall 2025 Senior CT: I Am Courageous

## Week 1: Sep 8-13

As a **Most Engaged Coach**,  I **PREPARED**  was **ANIMATED**  **APPLIED** the lesson

### 1. Warm-Up

- a. 25 Jumping Jacks!
- b. Place students in a semi-circle close enough to:
  - i. See and follow you during declaration & verse
  - ii. See and hear iPad / Speaker when it plays.

### 2. Practice declaration & verse

#### **How do you practice courage?**

"God is with me, so I can be brave and take one step."

#### **What does God say?**

"When I asked for your help, you answered my prayer and gave me courage." - Psalm 138:3 CEV

### 3. Play Video:

- a. Play video on iPad / Speaker! (Pause once or twice to highlight something or redirect focus.)
- b. **Outline for coach (reference only)**
  - i. **Hook:** Have you ever been afraid of trying something new?
  - ii. **Key Point:** Everyone feels fear. Courage helps me take a step anyway
  - iii. **Lesson: Courage Scale**
  - iv. **Verse:** Theme verse
  - v. **Challenge:** "Today, if you feel afraid, don't hide it. Point to your color on the Fear Check and say what help you need. That's your first courageous step."

### 4. Discussion: Show the Courage Scale:

- a. What's a skill here at the gym you might be afraid of?
- b. How could using the Courage Scale help you take a step instead of staying stuck?
- c. What is a skill you might want help on today?

### 5. Week 1 Stretch:

- a. Arm circles - 8x forward + 8x backward on each arm
- b. Standing pike stretch - 10 seconds
- c. Sitting pike with pointed toes, hold "tight quads" for 10 seconds
- d. Bridge stretch - push arms straight & head off floor;
  - i. If possible - rocking bridges, and bridges lifting one leg up

### 6. Remember: "Remember—everyone has fear. But courage helps you take a step anyway."

## Planning Notes:

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# COURAGE SCALE

## Fear Check

 <b>Big fear</b> 	 <b>Some fear</b> 	 <b>Little fear</b> 
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Colors describe how I feel right now - not who I am. Never make fun of fears.

## Help Me Be Brave

 <b>Big Help</b> Full spot	 <b>Some Help</b> Light spot	 <b>Little Help</b> Just watch
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 →  **Big Help** •  →   
**Some Help** •  →  **Little Help**

# Fall 2025 Senior CT: I Am Courageous

## Week 2: Sep 15-20

As a **Most Engaged Coach**,  I **PREPARED**  was **ANIMATED**  **APPLIED** the lesson

### 1. Warm-Up

- a. 25 Jumping Jacks!
- b. Place students intentionally in a semi-circle close enough to:
  - i. See and follow you during declaration & verse
  - ii. See and hear iPad / Speaker when it plays.

### 2. Practice declaration & verse

#### **How do you practice courage?**

"God is with me, so I can be brave and take one step."

#### **What does God say?**

"When I asked for your help, you answered my prayer and gave me courage." - Psalm 138:3 CEV

### 3. Play Video:

- a. Play video on iPad / Speaker! (Pause once or twice to highlight something or redirect focus.)
- b. **Outline for coach (reference only)**
  - i. **Hook:**
  - ii. **Key Point:** "I make courage easier for others when I make it safe to talk about their fears."
  - iii. **Example:** Safe space like a comfortable jacket or shoes; courage like a plant or tree
  - iv. **Verse:** theme verse
  - v. **Challenge:** "Today, if someone in your class feels nervous, don't laugh at them. Encourage them. You could say, 'You've got this,' or, 'I'll go with you.' Help make our gym a safe place for courage to grow."

### 4. Discussion: Choose 1 question

- a. Why do you think making fun of someone's fear makes it harder for them to be brave?
- b. Can you think of a time when someone encouraged you instead of teasing you? How did that feel?
- c. What's one way you can make our class a safe place for courage to grow?

### 5. Week 2 Stretch:

- a. Arm circles - 8x forward + 8x backward on each arm
- b. Standing pike stretch - 10 seconds
- c. Sitting pike with pointed toes, hold "tight quads" for 10 seconds
- d. Bridge stretch - push arms straight & head off floor;
  - i. If possible - rocking bridges, and bridges lifting one leg up

### 6. Remember: "I make courage easier for others when I make it safe to talk about their fears."

## Planning Notes:

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# Fall 2025 Senior CT: I Am Courageous

## Week 3: Sep 22-27

As a **Most Engaged Coach**,  I **PREPARED**  was **ANIMATED**  **APPLIED** the lesson

### 1. Warm-Up

- a. In Push-up shape: 10 Shoulder touches on each arm!

### 2. Practice declaration & verse

#### **How do you practice courage?**

"God is with me, so I can be brave and take one step."

#### **What does God say?**

"When I asked for your help, you answered my prayer and gave me courage." - Psalm 138:3 CEV

### 3. Play Video:

- a. Play video on iPad / Speaker! (Pause once or twice to highlight something or redirect focus.)
- b. **Outline for coach (reference only)**
  - i. **Hook:** Have you ever felt scared so that your heart started beating fast?
  - ii. **Key Point:** "I can grow my courage by practicing it, even when it feels uncomfortable."
  - iii. **Example:** Sore muscles can be a sign of growth; growing your courage can be uncomfortable but positive too.
  - iv. **Verse:** 2 Timothy 1:7 "God did not give us a spirit that makes us afraid. He gave us a spirit of power and love and self-control."
  - v. **Challenge:** "Today, notice one moment you feel uncomfortable because you are nervous or afraid. Instead of stopping, take one small brave step. Every time you do, you're growing your courage muscle."

### 4. Discussion: Choose 1 question

- a. Have you ever done something that felt scary at first, but got easier the more you practiced?
- b. How does courage feel inside your body when you're about to do something brave?
- c. What's one small "courage step" you could practice this week, even if it feels uncomfortable?

### 5. Week 3 Stretch:

- a. Criss-Cross Arms - 8x
- b. On Hands and knees: Wrist stretches forwards & backwards; then side to side.
- c. Sitting pike with pointed toes, hold "tight quads" for 10 seconds
- d. Kneel with front leg straight: hamstring stretch 5 seconds, then slide forward to split 5 seconds
  - i. Repeat same stretch on other leg

### 6. Remember: "Remember—courage is like a muscle. It might feel uncomfortable at first, but the more I practice, the stronger it grows."

## Planning Notes:

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# Fall 2025 Senior CT: I Am Courageous

## Week 4: Sep 29 - Oct 4

As a **Most Engaged Coach**,  I **PREPARED**  was **ANIMATED**  **APPLIED** the lesson

### 1. Warm-Up

- a. In Push-up shape: 10 Shoulder touches on each arm!
- b. Place students in a semi-circle close enough to:
  - i. See and follow you during declaration & verse
  - ii. See and hear iPad / Speaker when it plays.

### 2. Practice declaration & verse

#### **How do you practice courage?**

"God is with me, so I can be brave and take one step."

#### **What does God say?**

"When I asked for your help, you answered my prayer and gave me courage." - Psalm 138:3 CEV

### 3. Play Video:

- a. Play video on iPad / Speaker! (Pause once or twice to highlight something or redirect focus.)
- b. **Outline for coach (reference only)**
  - i. **Hook:** Blindfolded and asking for help
  - ii. **Key Point:** "I grow courage by asking for the right kind of help."
  - iii. **Lesson:** Courage Scale and asking for specific help
  - iv. **Verse:** Matthew 7:7 says: "Ask, and it will be given to you."
  - v. **Challenge:** "Today, if you feel afraid, don't just say, 'Help me.' Use the Courage Scale. Be specific about the help you need — what kind of spot, encouragement, or explanation. That's how you grow courage."

### 4. Discussion: Choose 1 question

- a. Why do you think it's important to be specific when you ask for help?
- b. What are some different kinds of help (besides spotting) that you might need from a coach or teammate?
- c. If a coach asked you, "What part of this skill: \_\_\_\_\_ feels scary for you?" how would you answer?  
(coach: pick a skill)

### 5. Week 2 Stretch:

- a. Criss-Cross Arms - 8x
- b. On Hands and knees: Wrist stretches forwards & backwards; then side to side.
- c. Sitting pike with pointed toes, hold "tight quads" for 10 seconds
- d. Kneel with front leg straight: hamstring stretch 5 seconds, then slide forward to split 5 seconds
  - i. Repeat same stretch on other leg

### 6. Remember: "Remember — courage grows when I ask for the right kind of help."

## Planning Notes:

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# Fall 2025 Senior CT: I Am Courageous

## Week 5: Oct 6-11

As a **Most Engaged Coach**,  I **PREPARED**  was **ANIMATED**  **APPLIED** the lesson

### 1. Warm-Up

- a. Laying on back with bent knees: 10 crunches (sit halfway up to touch shins, then lay back down)

### 2. Practice declaration & verse

#### **How do you practice courage?**

"God is with me, so I can be brave and take one step."

#### **What does God say?**

"When I asked for your help, you answered my prayer and gave me courage." - Psalm 138:3 CEV

### 3. Play Video:

- a. Play video on iPad / Speaker! (Pause once or twice to highlight something or redirect focus.)
- b. **Outline for coach (reference only)**
  - i. **Hook:** What do you do when there is no one to ask for help?
  - ii. **Key Point:** God is *always* with me, so I can be brave
  - iii. **Example:** Climbing a mountain
  - iv. **Verse:** Joshua 1:9: "The Lord your God will be with you wherever you go."
  - v. **Challenge:** Remind yourself, "God is always with me, so I can be brave."

### 4. Discussion: Choose 1 question

- a. Have you ever felt alone or nervous about something new? What did you do?
- b. How would remembering that God is with you change the way you feel about scary situations?
- c. What's one situation this week where you can practice saying, "God is with me. I can be brave"?

### 5. Week 5 Stretch:

- a. Reach up and stretch sideways, 8 seconds to each side
- b. In sitting pike: Flex and point toes 4x; 4 ankle circles one way; 4 ankle circles the other way
- c. Tight quad single leg lifts - 8x on each leg
- d. Bridge stretch - push arms straight & head off floor;
  - i. If possible - rocking bridges, and bridges lifting one leg up

### 6. Remember: God is *always* with me, so I can be brave

## Planning Notes:

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# Fall 2025 Senior CT: I Am Courageous

## ›Week 6: Oct 13-18

As a **Most Engaged Coach**,  I **PREPARED**  was **ANIMATED**  **APPLIED** the lesson

### 1. Warm-Up

- a. Laying on back with bent knees: 10 crunches (sit halfway up to touch shins, then lay back down)
- b. Place students in a semi-circle close enough to:
  - i. See and follow you during declaration & verse
  - ii. See and hear iPad / Speaker when it plays.

### 2. Practice declaration & verse

#### **How do you practice courage?**

“God is with me, so I can be brave and take one step.”

#### **What does God say?**

“When I asked for your help, you answered my prayer and gave me courage.” - Psalm 138:3 CEV

### 3. Play Video:

- a. Play video on iPad / Speaker! (Pause once or twice to highlight something or redirect focus.)
- b. **Outline for coach (reference only)**
  - i. **Hook:** There are 3 kinds of first steps you can take to be brave.
  - ii. **Key Point:** Just Start, Keep Moving, or One Step At a Time
  - iii. **Example:** Meeting someone, dark room, and ladder.
  - iv. **Verse:** “Psalm 119:105 says: Your word is a lamp to my feet and a light to my path.
  - v. **Challenge:** Take one brave step.

### 4. Discussion: Choose 1 question

- a. What are the 3 steps you can take forward?
  - i. Just Start (*Action Helps Fear Shrink*)
  - ii. Keep Moving (*Push Through Until It Feels Normal*)
  - iii. One Step at a Time (*Build Slowly*)
- b. What’s something that gets easier for you the more you keep moving or practicing it?
- c. What’s one small step you can take to be brave in class today?

### 5. Week 6 Stretch:

- a. Reach up and stretch sideways, 8 seconds to each side
- b. In sitting pike: Flex and point toes 4x; 4 ankle circles one way; 4 ankle circles the other way
- c. Tight quad single leg lifts - 8x on each leg
- d. Bridge stretch - push arms straight & head off floor;
  - i. If possible - rocking bridges, and bridges lifting one leg up

### 6. Remember: *I take ONE brave step at a time.*

## Planning Notes:

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# Fall 2025 Senior CT: I Am Courageous

## Week 7: Oct 20-25

As a **Most Engaged Coach**,  I **PREPARED**  was **ANIMATED**  **APPLIED** the lesson

### 1. Warm-Up

- a. Hop on one foot: forward-backward 10x, then side to side 10x. Repeat on the other foot!

### 2. Practice declaration & verse

#### **How do you practice courage?**

"God is with me, so I can be brave and take one step."

#### **What does God say?**

"When I asked for your help, you answered my prayer and gave me courage." - Psalm 138:3 CEV

### 3. Play Video:

- a. Play video on iPad / Speaker! (Pause once or twice to highlight something or redirect focus.)
- b. **Outline for coach (reference only)**
  - i. **Hook:** Asking for the wrong kind of help can be frustrating.
  - ii. **Key Point:** "I can grow courage when I use the Courage Scale to ask for *specific* help."
  - iii. **Example:** Courage scale details
  - iv. **Verse:**
  - v. **Challenge:** Practice asking for specific help today.

### 4. Discussion: Choose 1 question

- a. Have you ever asked for help but the person didn't know what you really needed? How did that feel?
- b. What's an example of asking for help in a specific way that would make it easier for your coach or a friend to help you?
- c. How could using the Courage Scale this week help you take a brave step you might not take otherwise?

### 5. Week 7 Stretch:

- a. Arm circles - 8x forward + 8x backward on each arm
- b. Standing straddle stretch - 10 second reach toward each foot
- c. Sitting straddle: pancake stretch
- d. Kneel with front leg straight: hamstring stretch 5 seconds, then slide forward to split 5 seconds
  - i. Repeat same stretch on other leg

### 6. Remember: Use the Courage Scale to ask for specific help!

## Planning Notes:

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# Fall 2025 Senior CT: I Am Courageous

Week 8: Oct 27-30 & Nov 1 (Closed Oct 31)

As a **Most Engaged Coach**,  I **PREPARED**  was **ANIMATED**  **APPLIED** the lesson

## 1. Warm-Up

- a. Hop on one foot: forward-backward 10x, then side to side 10x. Repeat on the other foot!
- b. Place students in a semi-circle close enough to:
  - i. See and follow you during declaration & verse
  - ii. See and hear iPad / Speaker when it plays.

## 2. Practice declaration & verse

### **How do you practice courage?**

"God is with me, so I can be brave and take one step."

### **What does God say?**

"When I asked for your help, you answered my prayer and gave me courage." - Psalm 138:3 CEV

## 3. Play Video:

- a. Play video on iPad / Speaker! (Pause once or twice to highlight something or redirect focus.)
- b. **Outline for coach (reference only)**
  - i. **Hook:** *Chicken and Cow*
  - ii. **Key Point:** "Safe, caring friends who *challenge* me help me grow my courage."
  - iii. **Example:**
  - iv. **Verse:** "Ecclesiastes 4:9–10 says: Two are better than one... If either of them falls down, one can help the other up."
  - v. **Challenge:** *Choose friends who help you be courageous, not ones who add fear.*

## 4. Discussion: Choose 1 question

- a. Have you ever had a friend's encouragement help you do something you were nervous about? What happened?
- b. How can you tell the difference between a friend who shrinks courage and one who helps courage grow?
- c. Who is one person (a friend, coach, parent, etc.) you can choose to listen to this week so you can 'borrow' some of their courage?"

## 5. Week 8 Stretch:

- a. Arm circles - 8x forward + 8x backward on each arm
- b. Standing straddle stretch - 10 second reach toward each foot
- c. Sitting straddle: pancake stretch
- d. Kneel with front leg straight: hamstring stretch 5 seconds, then slide forward to split 5 seconds
  - i. Repeat same stretch on other leg

## 6. Remember: **Choose friends who help you be courageous.**

**Planning Notes:**

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# Fall 2025 Senior CT: I Am Courageous

## Week 9: Nov 3-8

As a **Most Engaged Coach**,  I **PREPARED**  **was ANIMATED**  **APPLIED the lesson**

### 1. Warm-Up

- a. 10 Plank-ups (Start in plank, move one hand at a time to arrive in push-up shape; move one hand at a time to go back to elbows and plank)

### 2. Practice declaration & verse

#### **How do you practice courage?**

"God is with me, so I can be brave and take one step."

#### **What does God say?**

"When I asked for your help, you answered my prayer and gave me courage." - Psalm 138:3 CEV

### 3. Play Video:

- a. Play video on iPad / Speaker! (Pause once or twice to highlight something or redirect focus.)
- b. **Outline for coach (reference only)**
  - i. **Hook:** Do you brush your teeth daily?
  - ii. **Key Point:** "Courage grows when I plan ahead to practice being brave every day."
  - iii. **Example:**
  - iv. **Verse:** "Galatians 6:9 says: *Let us not get tired of doing what is right. At the right time we will gather a harvest if we don't give up.*"
  - v. **Challenge:** "Remember — courage grows when I plan ahead to practice being brave every day. Keep brushing your courage — make it a daily habit."

### 4. Discussion: Choose 1 question

- a. What's a small brave thing you can do in your class/practice today?
- b. What's one small brave action you could plan ahead to take tomorrow?
- c. What kind of things make you feel yellow or orange on the Courage Scale, and how could you turn one of them into a daily habit of courage?

### 5. Week 9 Stretch:

- a. Criss-Cross Arms - 8x
- b. On Hands and knees: Wrist stretches forwards & backwards; then side to side.
- c. Sitting straddle: pancake stretch 10 seconds, then try straddle holds
- d. Bridge stretch - push arms straight & head off floor;
  - i. If possible - rocking bridges, and bridges lifting one leg up

6. **Remember:** Courage grows when I plan ahead to practice being brave every day.

## Planning Notes:

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# Fall 2025 Senior CT: I Am Courageous

## Week 10: Nov 10-15

As a **Most Engaged Coach**,  I **PREPARED**  was **ANIMATED**  **APPLIED** the lesson

### 1. Warm-Up

- a. 10 Plank-ups (Start in plank, move one hand at a time to arrive in push-up shape; move one hand at a time to go back to elbows and plank)
- b. Place students in a semi-circle close enough to:
  - i. See and follow you during declaration & verse
  - ii. See and hear iPad / Speaker when it plays.

### 2. Practice declaration & verse

#### **How do you practice courage?**

"God is with me, so I can be brave and take one step."

#### **What does God say?**

"When I asked for your help, you answered my prayer and gave me courage." - Psalm 138:3 CEV

### 3. Play Video:

- a. Play video on iPad / Speaker! (Pause once or twice to highlight something or redirect focus.)
- b. **Outline for coach (reference only)**
  - i. **Hook:** Rock climbing
  - ii. **Key Point:** "Courage grows when I spend time with people who practice being brave."
  - iii. **Example:**
  - iv. **Verse:** "Proverbs 13:20 says: *Walk with the wise and become wise; associate with fools and get in trouble.*"
  - v. **Challenge:** "Think about who you spend the most time with. Are they helping your courage grow or shrink? This week, choose to spend time with someone who helps you be braver."

### 4. Discussion: Choose 1 question

- a. Who is someone in your life that helps you be braver when you're around them? What do they do that helps your courage grow?
- b. Have you ever noticed your courage shrinking because you were around people who were negative or afraid? What happened?
- c. This week, who could you choose to spend time with that will help you grow your courage?"

### 5. Week 10 Stretch:

- a. Criss-Cross Arms - 8x
- b. On Hands and knees: Wrist stretches forwards & backwards; then side to side.
- c. Sitting straddle: pancake stretch 10 seconds, then try straddle holds
- d. Bridge stretch - push arms straight & head off floor;
  - i. If possible - rocking bridges, and bridges lifting one leg up

6. **Remember:** *Courage grows when I spend time with people who practice being brave.*

## Planning Notes:

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# Fall 2025 Senior CT: I Am Courageous

## Week 11: Nov 17-22

As a **Most Engaged Coach**,  I **PREPARED**  was **ANIMATED**  **APPLIED** the lesson

### 1. Warm-Up

- a. 10 V-sits

### 2. Practice declaration & verse

#### **How do you practice courage?**

"God is with me, so I can be brave and take one step."

#### **What does God say?**

"When I asked for your help, you answered my prayer and gave me courage." - Psalm 138:3 CEV

### 3. Play Video:

- a. Play video on iPad / Speaker! (*Pause once or twice to highlight something or redirect focus.*)
- b. **Outline for coach (reference only)**
  - i. **Hook:** Have you ever had a time so hard you wanted to quit?
  - ii. **Key Point:** I show courage when I keep going and trust God is with me.
  - iii. **Example:** Failing grade / or hard family times
  - iv. **Verse:** "Romans 8:28 says: *We know that in all things God works for the good of those who love Him.*"
  - v. **Challenge:** "This week, if something feels hard — maybe a skill, a friendship, or something at home — ask God to give you courage to keep going."

### 4. Discussion: Choose 1 question

- a. Can you think of a time when you wanted to give up on something hard, but you kept showing up anyway? What happened?
- b. Why do you think it takes courage to keep trying even when you don't see results right away?
- c. How can remembering that God is with you help you face something that feels discouraging this week?

### 5. Week 11 Stretch:

- a. Tricep stretch: Grab elbow and pull it behind your head; Repeat on the other arm
- b. In sitting pike: Flex and point toes 4x; 4 ankle circles one way; 4 ankle circles the other way
- c. Sitting pike stretch 10 seconds, then try pike holds
- d. Kneel with front leg straight: hamstring stretch 5 seconds, then slide forward to split 5 seconds
  - i. Repeat same stretch on other leg

### 6. Remember: *I show courage when I keep going and trust God is with me.*

## Planning Notes:

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# Fall 2025 Senior CT: I Am Courageous

## Week 11B: Nov 24 only

As a **Most Engaged Coach**,  I **PREPARED**  was **ANIMATED**  **APPLIED** the lesson

### 1. Warm-Up

- a. 10 V-sits

### 2. Practice declaration & verse

#### **How do you practice courage?**

"God is with me, so I can be brave and take one step."

#### **What does God say?**

"When I asked for your help, you answered my prayer and gave me courage." - Psalm 138:3 CEV

### 3. Play Video:

- a. Play video on iPad / Speaker! (*Pause once or twice to highlight something or redirect focus.*)
- b. **Outline for coach (reference only)**
  - i. **Hook:**
  - ii. **Key Point:**
  - iii. **Example:**
  - iv. **Verse:**
  - v. **Challenge:**

### 4. Discussion: Choose 1 question

### 5. Week 11 Stretch:

- a. Tricep stretch: Grab elbow and pull it behind your head; Repeat on the other arm
- b. In sitting pike: Flex and point toes 4x; 4 ankle circles one way; 4 ankle circles the other way
- c. Sitting pike stretch 10 seconds, then try pike holds
- d. Kneel with front leg straight: hamstring stretch 5 seconds, then slide forward to split 5 seconds
  - i. Repeat same stretch on other leg

### 6. Remember:

## Planning Notes:

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# Fall 2025 Senior CT: I Am Courageous

## Week 12: Dec 1-6

As a **Most Engaged Coach**,  I **PREPARED**  was **ANIMATED**  **APPLIED** the lesson

### 1. Warm-Up

- a. 10 V-sits

### 2. Practice declaration & verse

#### **How do you practice courage?**

"God is with me, so I can be brave and take one step."

#### **What does God say?**

"When I asked for your help, you answered my prayer and gave me courage." - Psalm 138:3 CEV

### 3. Play Video:

- a. Play video on iPad / Speaker! (*Pause once or twice to highlight something or redirect focus.*)
  - i. **Outline for coach (reference only)**
    1. **Hook:** Speech class
    2. **Key Point:** "Small brave steps add up to big courage."
    3. **Example:** speech class + ladder rungs
    4. **Verse:** "Psalm 138:3 says: *When I asked for your help, you answered my prayer and gave me courage.*"
    5. **Challenge:** "This week, thank God for how your courage has grown, and keep looking for your next brave step."
  - b. **Discussion: Choose 1 question**
    - i. What's one thing you were afraid to do earlier this season that feels easier for you now?
    - ii. How have you seen your courage grow — in the gym, at school, or at home?
    - iii. What's one small brave step you want to keep practicing after this season ends?"

### 4. Week 12 Stretch:

- a. Tricep stretch: Grab elbow and pull it behind your head; Repeat on the other arm
- b. In sitting pike: Flex and point toes 4x; 4 ankle circles one way; 4 ankle circles the other way
- c. Sitting pike stretch 10 seconds, then try pike holds
- d. Kneel with front leg straight: hamstring stretch 5 seconds, then slide forward to split 5 seconds
  - i. Repeat same stretch on other leg

5. **Remember:** "Small brave steps add up to big courage."

## Planning Notes:

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