

## Assembly for 11 to 14 year olds

# Tick Tock, Tick Tock

## Theme

An assembly to encourage the young people to consider the sensible use of their time.

## Plan

### Introduction (30 seconds)

Welcome the young people to the assembly and begin by introducing yourself and any team present.

### Game – Every Second Counts (5 minutes)

Get a volunteer to the front. Explain that they are going to get a chance to win lots of prizes. The quiz last 90 seconds with 5 different rounds. Every time they finish a round they win a prize. The prizes get better the higher the round you get to.

The volunteer will be asked a question and they have to give four correct answers to proceed to the next round. When you finish a round we will stop the clock and explain the next category. To play this game effectively you will need at least 2 leaders - one to ask the questions and the other to keep time.

### Round One

Read the following list of vegetables and fruits. If the volunteer thinks it is a vegetable say “yuk” and if it is fruit say “yum”:

Squash (Yuk) Baffaloberries (Yum)  
 Paw Paw (Yum) Scallions (Yuk)  
 Ugli (Yum) Peas (Yuk)  
 Egg plant (Yuk) Flying dragon (Yum)  
 Artichoke (Yuk) Cardoon (Yuk)  
 Nasnaran (Yum) Physalis (Yum)  
 Courgettes (Yuk) Radish (Yuk)

### Round Two

Songs by girl groups or boy bands. Answer with 'Here come the girls' or 'the boys are back in town.'

The Promise (Here come...) Round, Round (Here come...)  
 Rule The World (Boys...) Survivor (Here come...)  
 Mandy (Boys...) As Long As You Love Me (Boys...)  
 Spice Up Your Life (Here come...) Stay Another Day (Boys...)  
 Never Forget (Boys...) Don't Cha (Here come...)  
 I have a dream (Boys...) Independent Women Pt 1 (Here come...)  
 Push the Button (Here come...) Bye, bye, bye (Boys...)

### Round Three

Cricket or football ground. You answer with 'run' for cricket or 'goal' for football.

Riverside (run)	White Hart Lane (goal)
Elland Road (goal)	Trent Bridge (run)
Deepdale (goal)	The Oval (run)
St Lawrence(run)	Fratton Park (goal)
The Rose Bowl (run)	Turf Moor (goal)
Emirates (goal)	Edgbaston (run)
Lord's (run)	Selhurst Park (goal)

#### Round Four

Cities in Germany or France. Read aloud the name of a city below and you have to say 'Bonjour' if French or 'Ja' if German.

Arzburg (Ja) Toulouse (Bonjour)  
Bergan (Ja) Paris (Bonjour)  
Dijon (Bonjour) Berlin (Ja)  
Hamburg (Ja) Metz (Bonjour)  
Jena (Ja) Leipzig (Ja)  
Tours (Bonjour) Paderborn (Ja)  
Quimper (Bonjour) Dortmund (Ja)

#### Round Five

The following are ways of keeping fit - you have to answer "I'm fit" if it is or "flabby" if it is not.

Isometrics (I'm Fit) Aerostatics (Flabby)  
Aerobatics (Flabby) Callenetics (I'm Fit)  
Air guitar (Flabby) Dog leg rise (Flabby)  
Loose elastics (Flabby) Energetics (Flabby)  
Callisthenics (I'm Fit) Obstetrics (Flabby)  
Ballistics (Flabby) Butt lift Bridge (I'm Fit)  
Flutter kicks (I'm Fit) Arnold dumbbell press (I'm Fit)

At the end award the prizes they have won and get them to sit down.

#### What do you do with your time? (3 minutes)

Ask: Can you remember what you did last weekend?

Make suggestions: went to the park, shopping, the cinema, church, to a party, or maybe just stayed in and watched TV.

Ask: What they are looking forward to doing next weekend?

#### Say

People often spend time discussing their plans for their days off. You can understand this sort of conversation about days off work and days off school. With so much packed into the week day - school, clubs, homework and more, the weekend gives two clear days off. It's no wonder we talk about our leisure

plans and look forward to Friday when we can begin to do what we want to do instead of whatever anyone else tells us to do.

In a typical life we spend:

28 years sleeping 11 years working 2.5 years at school  
11 years watching TV 4 years eating 3 years travel  
16.5 years free time

There's only one problem with looking forward to something special: it can encourage us almost to live our lives in the future. This can take away our enjoyment of the present.

### **Testimony (This is mine - you could simply replace with your own)(1 minute)**

My Mum and Dad were great people and I had a great childhood. They worked hard and did not have much money. We used to have to stay in the basements of hotels for holidays because we could not afford a proper room. My dad had a diary and in it he would record everything they spent even the price of a packet of crisps. Things got better and as they got older they started to plan retirement, holidays and what they would with their free time. Sadly my mum was diagnosed with cancer and died when she was 52 years old. It was a shock for everyone - but worst of all it meant that all the plans for the future were over.

### **Thought (1 minute)**

Paul Tillich said "Living in the future isn't really living at all. It's just making pictures in your imagination". He said our lives are a lot richer when we try to appreciate what's happening at this very moment in time. Our lives are made up of tiny moments and each one is important. We can spend each moment doing the right thing or the wrong thing.

If we squander our hours, ruin our days and throw away our weeks, our lives will be empty. But if we see each hour as an opportunity, if we spend each day in growing and if we use each week to move ahead, our lives will be full.

In the film *Dead Poet's Society*, Robin Williams plays a teacher called John Keating who tries to give his students an appreciation of how amazing life is, and yet how short it can be. He gives them two phrases (display these) expressed in Latin: 'tempus fugit' – 'time flies' and 'carpe diem' – 'seize the day'.

This reminds us to seize each day and to cherish them dearly, as we can never stop the endless flow of time. In order to avoid missed chances or regrets in later life we must always try to take every opportunity, and do it NOW!

### **Time for reflection (1 minute)**

Read from the Bible - Ecclesiastes 3:1–8 (Good News)

The quiz we started with was called 'every second counts'. So let's make every second count today. Close the assembly by praying if appropriate. Thank the young people and the teachers for their time today.

## **Required Resources**

Selection of small prizes, Bible.

**For additional materials and updates to this resource, please visit  
<http://www.yfcschoolsresources.co.uk/node/261>**