

Weekly Bursts

Week 5

Weekly Challenge

Challenge: Limber Up!

This week we encourage you to get stretching DAILY! Try a new movement flow, make sure to do at least five minutes of dynamic stretching to warm up before your activity and take some time to properly stretch out after you run! Check out our new "Get Your Run On" document for some great stretching ideas!

BURST 1: COIN FLIP FOR RUNNERS

- Obtain a coin or two- sided object.
- Designate the sides with a skill.
- Decide on how many repetitions to perform, 5 or 10.
- Round #1
 - Heads = High knees
 - Tails = Butt kickers
- Complete 5-10 coin flips.
- Round #2
 - Heads = Fast feet
 - Tails = Lateral jumps
- Complete 5-10 coin flips.

BURST 2: SPRING SPORTS GALORE

- Rugby – walking lunges with a twist, forward for one width and then reverse lunge steps with a twist for one.
- Track & Field – high knee skip step or "snap downs."
- Pickleball – grapevine or carioca.
- Lacrosse – high knee jog forward for one width and then in reverse.
- Softball – side skips with arm swings out to the side.
- Skateboarding – side-step and squat across the width of the gym, switching directions with each squat (180 degree turn with each squat).



You can access our Monthly Calendar in the BOKS Trainer Hub.

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BURST 3: ADVENTURE RUN

- Kids move around the classroom. Cue them to change movements.
 - Jump over logs.
 - Duck under branches.
 - High knees through quicksand.
 - Run from a tiger.
 - Tip toe past a snake.
 - Imitate a specific animal of the kids choosing.
- Have five kids choose an animal/movement of their choice and share with the group.

BURST 4: FAST AND LOW

- 30 count jumping jacks.
- 30 count plank hold.
- 30 count fast jump rope.
- 30 count low squat.
- 30 count fast running with high knees.
- 30 count plank hold.
- 30 count wide fast feet (like you are running through tires).
- 30 count low squat.
- Rest for 60 seconds.
- Repeat.

BURST 5: ABC WORKOUT - STRETCHING

The ABC Workout Poster is available on page 3 of the April Fitness Calendar.

- S = 15 push-ups
- T = 10 superhumans
- R = 10 walking lunges
- E = 30 second wall sit
- T = 10 superhumans
- C = 15 squats
- H = 20 squats
- I = 10 donkey kicks
- N = 10 lunges
- G = 20 dips from floor



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