

Weekly Bursts

Week 4

Weekly Challenge

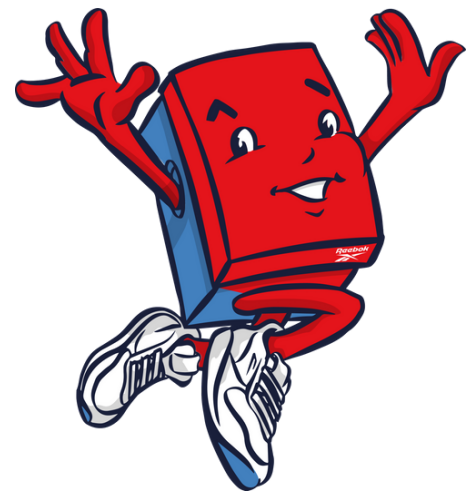
Challenge: Get Your Flow On

This week we challenge you to “get your flow on” and take 10 minutes each day to try some new movement flows and balances. You are probably familiar with downward dog and mountain pose. Try these out but add a few more into the mix – how about some animal poses? Cobra, lizard, butterfly, lotus and camel. Hold each pose for 20-40 seconds before moving onto the next one. Don’t forget to breathe!

BURST 1: COIN FLIP ALL SKILLS

Materials: Coin or two-sided object.

- Choose a leader to flip a coin for the class. Each coin flip corresponds to 30 seconds of the activity. Repeat as desired. Call out the activity choices prior to the coin flip.
 - Flip one: heads = squats, tails = lunges
 - Flip two: heads = crunches/sit-ups, tails = plank
 - Flip three: heads = high knees, tails = mountain climbers
 - Flip four: heads = jog on the spot, tails = jumping jacks
 - Flip five: heads = push-ups, tails = burpees
- Change activity choice as desired.



BURST 2: CHAIR MOTION BURST

Materials: Chair

- Side to side rowing motion, as if in a canoe.
- Lean forward and row back and forth, as if in a rowboat.
- Lift feet up and move in a circular, cycling motion.
- Lift legs into a V-sit while sitting in chair and hold.
- With legs lifted in a V-sit, extend legs straight out in front, and pull back into chest.
- Move to another chair and repeat (use various modes of locomotion – skip, walking lunges, hop on one foot, etc.)

Variations/Challenges:

- Place four to six chairs in a straight line and have all kids “row” simultaneously as the “leader” calls out the verbal cues “left side row” then “right side row”, “double left row, and “double right row”.
- Place four to six chairs in a straight line and have kids “cycle” simultaneously as the leader calls out the verbal cues “turn left” then “turn right” “pedal quickly to go uphill”, etc.

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

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BURST 3: SPRING SPORTS GALORE

- Do each of the following exercises for 30 seconds across the width of your gym, field or classroom. Repeat
- 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).



BURST 4: FOOT TO FOOT BURST – TRADITIONAL INUIT GAME

- Take one foot and put it on top of the other foot.
- Step to the side and repeat with the other foot.
- To get your heart rate elevated and to challenge yourself, add in a hop and increase your speed.

BURST 5: BALANCE AND FLOW

- This flow is perfect for practicing balance and mindfulness. Give yourself about 10 minutes to work through the flow, and make sure you have enough space to move comfortably.
- Tree Pose: Stand on one foot, balancing bring the opposite foot to touch your ankle – knee.
- Toe stand: Bring feet and knees to touch while standing. Raise as high as you can on your toes and hold.
- Cat-cows with variations: Come to your hands and knees on the floor. On your inhale, lift your head to the sky and let your belly button sink toward the floor. On your exhale, let your head fall toward the floor and arch upwards through your back/shoulders.
- Plank with variations: Place hands under shoulders and lift knees off the ground so the back of your body forms a straight line.
- Side planks: From plank, shift all your weight to the right hand and foot, and stack the left foot on top of the right.
- Child’s pose: Sit all the way back on your heels and walk your hands out in front of you until your forehead is gently resting on the ground. Keep arms extended.
- Boat Pose: Sit on the floor, balance body on sit bones extend legs up so body is in a V position.
- Rest and reset: Lay on your back and let all the muscles in your body relax.

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