

Weekly Bursts

Week 1

Weekly Challenge

Challenge: Celebrate the Olympics

The values of the Olympic movement are excellence, respect, and friendship. This week we challenge you to explore these themes, what they mean to you and how you can incorporate them into your own life. Focus on a friendship and ask a friend to play a game of their favorite sport, try to achieve excellence in one thing you do this week, and make sure to show your hardworking teachers and parents some respect!

BURST 1: CELEBRATE THE OLYMPICS

- Gymnastics - Walk one foot in front of the other, arms spread out to the sides, balancing like on a balance beam. Walk five steps in each direction.
- Gymnastics - Squat and press hands in front of body flat on the floor, lean forward pressing weight evenly into hands, try to lift heels off the floor, one at a time, and balance on hands. Balance for 20-30 seconds.
- Swimming - Pretend to freestyle swim around your space. Swim five strokes in one direction and turn to swim five strokes the other way.
- Boxing - Punch a one-two/left, right, while hopping back and forth from left to right foot. Do the one-two punch cycle ten times.
- Basketball - Pretend to dribble a basketball around and take a jump shot. Do the cycle of dribble, dribble shoot ten times.
- Soccer - Kick the ball as if shooting on the net. Shoot ten times.
- Track and Field - Sprint with fast feet including arm swings. Sprint for 20-30 seconds.
- Track and Field - Perform long jump by standing with feet together, swinging arms to the back, and jump forward landing with feet together. Do ten long jumps.
- Golf - Golf swing (line up and pretend to swing a golf club). Do ten swings.

BURST 2: HOMERUN LADDER

- How many points (homeruns) can you score in a given amount of time?
- Trainer challenges kids to perform the skills for 1 minute in a row and keep track of their points.
- Kid performs one squat, one push-up, one tuck jump, and one donkey kick to get a point.
- To score subsequent points (homeruns), kids must add one repetition to each skill so they would do:
 - Two squats - Two push-ups - Two tuck jumps - Two donkey kicks
- Then they would do 3 of each skill to earn a third point, 4 of each skill to earn a fourth point, and so on.
- Rest for 30 seconds and repeat the challenge for an allotted amount of time.
- Trainer may add variety by switching up the movement skills to arm circles, burpees, crunches/sit-ups, and jumping jacks.

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

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BURST 3: HURRY, WHOA, SLIDE

NOTE: In curling, "hurry" means to sweep really fast, and "whoa" means to stop. Call out the following commands and have the kids perform the appropriate action. Do each activity for 30 seconds, repeat.

- Hurry – 180-degree jump squat, then hold squat and sweep, repeat.
- Whoa – side shuffle, one direction and then back – slow and low.
- Slide – step forward into a lunge (like a curling slide), alternating legs.

BURST 4: IRELAND BURST

- Fun exercises based on the colors of the rainbow.
- Do each exercise for ten seconds.
 - Red - running in place.
 - Orange - overheard pulldown.
 - Yellow - y-raises (superhuman position).
 - Green - goddess squats.
 - Blue - boat pose.
 - Indigo - inchworm.
 - Violet - v-up.
 - Black - burpee.
 - Brown - bridge.

BURST 5: GO FOR GOLD!

Post standards on board:

- Gold = 25+
- Silver = 15-25
- Bronze = under 15

Perform each activity for 1 minute:

- Side lunge jumps = jump side to side kicking non-landing leg to the back.
- Shoot and score = pretend slap shot then lift arms up.
- Repeat two to three times trying to increase your number of reps.

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boks FITNESS CALENDAR
Theme: Celebrate the Olympics

June 2021
Download the calendar.
Click on the activity to see how to perform the exercise.
Video Playlist lists.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Week 1	Celebrate the Olympics	Homerun Ladder	Hurry Whoa Slide	Ireland Burst	Go For the Gold
Week 2	Run your own marathon	USA Flag Burst	Diamond Workout	BOKS It	Olympic Opener
Week 3	Try a new sport!	Go Team Canada!	Sledge Hockey	Baseball As If	Plyometric Burst
Week 4	The need for speed	Let's Climb Burst	Go Back Hit It	Swimming Burst	Summer Sports Galore
Week 5	Celebrate your success	Strong Abs	Like A Boxer	Track and Field Burst	Basketball As If

How does this work?

- Join the weekly challenge to set and crush your individual physical activity goals.
- Practice a new BOKS Burst every weekday (Monday to Friday).
- Follow along with Burst videos with Special Olympics Youth Ambassadors.

Receive the full Burst instructions by weekly email!

with Special Olympics Youth Ambassadors

www.bokskids.org