

Weekly Bursts

Week 3

Weekly Challenge

Challenge: Try a New Sport

This week we challenge you to get outside and try something new. At the 2021 summer Olympics, there will be 339 events representing 33 sports. How many sports have you tried? Grab your family or a friend – you might be surprised at what you discover. It doesn't have to be an Olympic sport - how about disc golf, plogging, or gaga ball?

BURST 1: GO TEAM CANADA!

Do each of the following activities for 30 seconds. Repeat if time.

- Jog around the room, when you come face to face with a partner, jump up and high-five with them.
- Get into a line of two or four and weave around the room, bobsled style.
- With a partner, get into a one-legged balance pose, holding onto your partners' hands for support (figure skating style).
- Get into a low squat and kick one leg out to the side then the other leg, moving forward as you kick (short track speed skating style).
- Jump from side to side with both feet together as if you are a mogul skier x ten.
- Lunge as if you are a curler x ten.

BURST 2: SLEDGE HOCKEY BURST

Perform each of the following exercises for 20-30 seconds each.

- Seated Sledge: Sit with legs extended in front of body, back straight, toes pointed to the ceiling.
 - Arms at sides bent to 90 degrees, as if holding a hockey stick in each hand.
 - Contract abdominal muscles and lift legs off the floor, hold.
- Seated Lateral Tilts: Sit with legs extended in front of body, back straight, toes pointed to the ceiling.
 - Arms at sides bent to 90 degrees, as if holding a hockey stick in each hand.
 - Contract abdominal muscles and lift legs off the floor.
- Tilt hips to the right and left, keeping the upper body stable, moving only the hips.
 - Seated Side Touch Sit with legs extended in front of body, back straight, toes pointed to the ceiling.
 - Arms at sides bent to 90 degrees, as if holding a hockey stick in each hand.
 - Contract abdominal muscles and lift legs off the floor.
 - Tilt hips to the right and left, keeping the upper body stable, touch the ground on each side, right and left.
- Repeat each exercise two times.

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

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BURST 3: BASEBALL AS IF

- Kids will perform the following exercises for 30 seconds each.
- Jump in place as if you are catching a fly ball.
- Run in place as if you are trying to beat out a ground ball (really fast).
- Swing your arms as if you are hitting a home run.
- Side shuffle left then right as if you are leading off 1st base.
- Throw a ball as if you are the pitcher.
- Squat down as if you are fielding a ball at short stop.
- Run in place as if you hit a home run (slower).
- Wave to your fans as if they are all cheering for you.



BURST 4: PLYOMETRIC BURST

- Complete each activity for 15 seconds with a 10 second break in between exercises:
- Squat jumps.
- Slalom jumps (fast feet side to side).
- Split jumps (end each jump in a proper lunge).
- One-foot fast feet skips (15 seconds each foot as if you are using a skipping rope and hopping on one foot).
- Tuck jumps.
- Two-foot jumps (as if you are using a skipping rope). Jumps for height.
- One minute rest then repeat.

BURST 5: SOCCER WORLD CUP BURST

- Juggle the ball.
 - Because soccer players don't use their hands, kids pretend to juggle the ball using only feet and thighs by kicking and lifting knees.
 - Kids keep ball in the air 20-30 times.
- Goalkeeper saves.
 - Kids perform a squat to the left and reach down with both hands to "save" a goal by grabbing the ball.
 - Kids stand and bring both arms to chest to cradle the ball. Repeat to the right side and alternate ten times.
- Throw in.
 - Kids are asked to hold the imaginary ball overhead. Kids then step forward and lunge with one leg.
 - Kids swing both arms toward chest and down, throwing the ball forward.
 - Repeat 10-20 times, changing the leading leg each time.

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