

Weekly Bursts

Week 4

Weekly
Challenge

Challenge: The Need for Speed

The 100-meter finals are some of the most popular and prestigious events at the summer Olympics. This week we challenge you to get moving QUICKLY! Mark out a 100-meter distance and try doing this sprint 10 times daily, tracking your time. See what your fastest times are by the end of the week. Did you get faster? How close are you to the Olympic records (9.58 for men and 10.49 for women)?

BURST 1: LET'S CLIMB

The goal of this Burst is to perform several variations of hill/mountain climbers.

- Kids place hands on the floor and support their weight in a high plank position.
- Kids are asked to cycle their knees in towards their chest in a right, left, repeat fashion. Perform 10-40 repetitions depending on the group. Kids stand and rest briefly.
- Kids get back in high plank position and bring one of their knees in towards their chest while touching the sole of the foot of the active leg on the floor and cycling the opposite leg. Perform 10-40 repetitions and then stand to rest briefly.
- Kids get in high plank position and jump both knees in towards their chest at the same time, then jump straight back out to extension. Kids then jump their legs out sideways while fully extended so that their legs create a v formation, then jump their legs back together and jump their knees back to their chest and repeat the actions. Perform 10-40 repetitions.

BURST 2: GO, BACK, HIT IT (ON THE SPOT)

- The trainer will call out the commands "Go, Back, and Hit It."
- Kids will do the corresponding activities.
 - The speed and order of the commands can vary. GO – Pillow slam with squat to retrieve pillow (or another soft item).
 - BACK – Cross country skiers with reverse arm scoops.
 - HIT IT – Burpees.

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

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BURST 3: SWIMMING BURST

- Kids are standing up and move their arms on the leader's cue.
- Front stroke: using alternating arms as if the kid is swimming forward.
- Back stroke: using alternating arms as if the kid is swimming backward.
- Breaststroke: using both arms as if the kid is doing the breaststroke.
- Butterfly stroke: using both arms as if the kid is doing the butterfly stroke (both forward at the same time).
- Diving in the water: straight arms above the head and hands together.
- Jump in the water: squat jumps.
- Variations/Challenges:
- Have different kids act as leaders to call out cues.
- Have kids perform this burst while lying down on the seat of their chair.

BURST 4: SUMMER SPORTS GALORE

- Do each activity on the spot for 30 – 60 seconds.
- Beach volleyball – squat and bump the volleyball.
- Hiking - vertical mountain climbers, jog with one arm reaching to the sky and the opposite leg comes up to hip height.
- Lake swim – lean forward and windmill your arms in a swimming motion.
- Marathon show off – high knee jog while you cross the finish line.
- Golf swing – squat and swing facing one direction, 180-degree squat jump to face the other direction, repeat your swing on this side.
- Kayak – torso twist to warm up, paddle your kayak twisting from side to side.
- Soccer – fast feet making a square (forward, side, back, side).

BURST 5: BASKETBALL AS IF

- Do each activity for 30 seconds and switch to the next activity:
- Side shuffle as if playing basketball defense.
- Jump and shoot as if taking a jump shot.
- Pretend to bounce a ball as if you are dribbling down the court.
- Pretend to pass the ball as if you are passing to a teammate.
- Pretend to dribble the ball back and forth between right and left hand as if trying to go around an opponent.
- Celebrate as if your team just won the championship.



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