



# boks FITNESS CALENDAR

Theme: Back to School!

September

## WEEKLY CHALLENGE

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

WEEK 1

Teamwork

Buddy Chair  
Ladder Burst

BOKS A  
Rhyme

Square  
Breathing

WEEK 2

Ice Breakers

Physical  
Activity  
Detective

Hips,  
Shoulders,  
Neck, Pylon

Levels

Tic Tac Toe  
Burst

Hand  
Breathing

WEEK 3

Kindness

BOKS  
Memory  
Moves

ABC Beanbag  
Challenge

The Wave

Scarf Toss  
Challenge

Rainbow  
Walk

WEEK 4

Friendship

BOKS Says –  
In Your Chair

Mirror  
Image

Balancing On  
The Ground

Clap For 10

Balance  
and Flow

WEEK 5

Keep it FUN!

Go Back Hit It  
– On The Spot

100 Point  
Challenge

Tabata Fast  
Feet

BOKS  
Multiples of  
Five

Limitless  
Gratitude

## How does this work?



Click on the activity to see how to perform the exercise.



Join the weekly challenge to set and crush your individual physical activity goals.



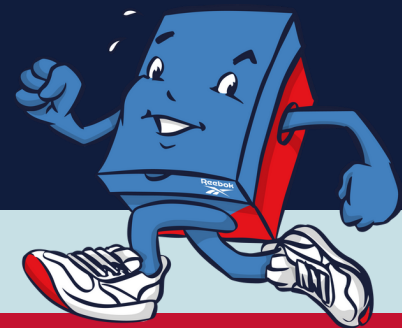
Practice a new BOKS Burst every weekday (Monday to Thursday).



Wind down from the week with a Mindful Minute.



[www.bokskids.org](http://www.bokskids.org)



# boks FITNESS CALENDAR

**Theme: Back to School!**

**September**

**Join our Weekly Challenges**

**WEEK  
1**

## **Teamwork**

Teamwork makes the dream work! This week we challenge you to work with a partner or small group and create a new BOKS Burst, practice the Burst and teach it to your class and/or your family.

**WEEK  
2**

## **Ice Breakers**

Ice breakers are activities that are intended to help you get to know other kids in your group/class. The beginning of a new school year can sometimes be intimidating as you get to know a new group of people. This week we challenge you to talk to one person new each day. Why not ask them what their favorite activity is to kick off the conversation?

**WEEK  
3**

## **Kindness**

This week we challenge you to show kindness in new and creative ways every day. Focus on something different each day...find ways to show kindness to yourself, your family, to others and to the planet. Why not start by thanking your teacher or saying hello to someone you don't know?

**WEEK  
4**

## **Friendship**

Focus on friendship- for some of us making new friends is easy and for others it is a real challenge. This week we challenge you to find new ways to make your classmates feel included. Invite someone who is sitting alone or who is new to your school to join you for lunch. Or, maybe just offer up a friendly smile. Who knows, you might make a new friend?

**WEEK  
5**

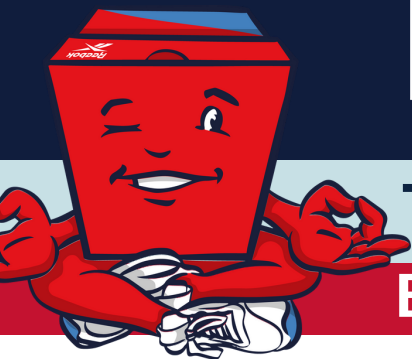
## **Keep it FUN!**

You are back to school, back in a groove and getting to know your classmates. This week, we want to challenge you to bring "Fun" into everything you do. One of the best ways to do this is through laughter. Maybe learn a new joke to share with your classmates or try a Friday dance party – it is hard to dance and NOT smile. Keep it fun as you wrap up September because we are sure it has been a hectic month for everyone!

**Check our new resources in the BOKS Trainer Hub:**

- Break The Ice With BOKS
- New BOKS Bursts Document
- New Elementary & Middle School Physical Activity Plans





# boks FITNESS CALENDAR

Theme: Back to School!

September

## BOKS A Rhyme Words

### Rhyming Words

Fun, Stun, Pun, Bun

Talk, Chalk

Flip, Trip, Blip

Top, Mop

Swamp

Glide

Space, Place

Slap

Chance

Stick

Bump

Snake

Jiggle, Giggle

Ruffle

### Active Words

Run

Walk

Skip

Hop

Stomp

Slide

Race

Clap, Flap

Dance, Prance

Kick

Jump

Shake

Wiggle

Shuffle



# boks FITNESS CALENDAR

September

Theme: Back to School!

## ABC Beanbag Item List

**A** Balance the beanbag on your ARM.

**B** Balance the beanbag on your BACK.

**C** Toss the beanbag in the air and CATCH it.

**D** Squat DOWN and put the beanbag on the floor.

**E** Balance the beanbag on your EAR.

**F** Balance your beanbag on each FINGER one at a time for 10 seconds each.

**G** GALLOP around your beanbag, while it is placed on the floor.

**H** Balance the beanbag on your HEAD.

**I** Walk IN a circle around your beanbag.

**J** JUMP while holding your beanbag.

**K** Drop your beanbag and KICK it back up to your hands.

**L** LEAP over your beanbag.

**M** MARCH in a circle around your beanbag.

**N** Balance your beanbag on your NOSE.

**O** Jump OVER your beanbag.

**P** Balance the beanbag on your PALM and lunge.

**Q** QUICKLY toss your beanbag in the air and catch it.

**R** RUN in place with your beanbag.

**S** Balance the beanbag on your SHOULDER.

**T** TWIRL in a circle with your beanbag.

**U** Put the beanbag UNDER your foot and do calf raises.

**V** Hold the beanbag VERY high in the air.

**W** WALK backwards with your beanbag.

**X** Toss and catch your bag five times while making an X shape with your body.

**Y** YELL the word beanbag while doing star jumps.

**Z** ZOOM around the room with your beanbag.

# boks FITNESS CALENDAR

September

Theme: Back to School!

## 100 Point Challenge Board



	Challenges	Points	Points Earned
1	Hop up and down on right foot 10 times.	2	
2	Hop up and down on left foot 10 times.	2	
3	Raise heels off the floor 10 times, balancing on toes.	2	
4	Do 10 crunches/sit-ups.	2	
5	Do 10 push ups.	4	
6	Do 10 burpees.	4	
7	Do 20 hip lifts.	4	
8	Balance in tree pose for 20 seconds each leg.	4	
9	Do 20 donkey kicks.	4	
10	Hold superhuman pose for 1 minute.	4	
11	Do 30 lunges.	6	
12	Do 40 step ups.	6	
13	Do 40 squats.	6	
14	Do 40 high knees.	6	
15	Hold a plank for 1 minute.	6	
16	Jump 50 times, try to touch the sky.	6	
17	Do fast feet for 2 minutes.	6	
18	Do 30 star jumps.	7	
19	Jump rope 50 times.	9	
20	Run in place for 5 minutes without stopping.	10	
		100	