

# Weekly Bursts

## Week 1

**boks FITNESS CALENDAR**  
Theme: Back to School! September

WEEKLY CHALLENGE	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
<b>WEEK 1</b>	Teamwork		Buddy Chair Ladder Burst	BOKS A Rhyme	Square Breathing	
<b>WEEK 2</b>	Ice Breakers	Physical Activity Detective	Hips, Shoulders, Neck, Pylon	Levels	Tic Tac Toe Burst	Hand Breathing
<b>WEEK 3</b>	Kindness	BOKS Memory Moves	ABC Bearbag Challenge	The Wave	Scarf Toss Challenge	Rainbow Walk
<b>WEEK 4</b>	Friendship	BOKS Says - In Your Chair	Mirror Image	Balancing On The Ground	Clap For 10	Balance and Flow
<b>WEEK 5</b>	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.

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## NEW - September Calendar

Download by logging into the Trainer Hub

**WEEKLY CHALLENGE**

### Challenge: 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.

#### BURST 1: BUDDY CHAIR LADDER BURST

Materials: Chair

Directions:

- Partners perform a skill then switch places and increase the number of repetitions by one.
- Partner A sits on chair, straightens out both legs and performs a leg lift (until legs are parallel to the ground) then switches places with partner B and they perform the skill. (the next time, each will perform two leg lifts then three then four, etc).
- Vary the skills: • Hold back of chair and perform a squat. • Squat jumps. • Jumping jacks. • Donkey kicks.
- The partner who is not performing the skill, should be moving while they wait their turn – jog on the spot, jumping etc.
- Continue the activity for a specified amount of time.

#### BURST 2: BOKS A RHYME

Materials: List of rhyming words (at the end of the document).

Directions:

- The leader stands in front of group or class.
- The leader calls out one of the rhyming words.
- Kids try to perform an activity, for ten seconds, that rhymes with the word the leader called out.
- If the leader needs ideas of words look in the list of rhyming words.

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### BURST 3: BOX BREATHING

Materials: None

Directions:

- Find a comfortable seated position. Start by gently releasing your breath.
- Imagine you're drawing a box. Take a deep, long breath in through your nose, counting to four. Imagine you're drawing one side of the box with each count.
- Hold your breath, counting to four, drawing the second side of the box in your mind. Then slowly release your breath, counting to four again and drawing the third side of the box with each count.
- Finally, hold your breath for four counts with your lungs empty, finishing your box.
- Repeat as many times as you like.

### LIST OF RHYMING 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