

Weekly Bursts

Week 2

Weekly Challenge

Challenge: Ice Breakers

Ice breakers are activities that are intended to help you get to know other people 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?

BURST 1: PHYSICAL ACTIVITY DETECTIVE

- Gather all kids in a circle and designate one kid to be the "detective".
- The detective will leave the room, and a leader will be chosen.
- The leader will choose an activity (e.g., plank, push-up, jumping jacks etc.) and everyone else will follow.
- The detective returns to the room and stands in the middle of the circle.
- The leader will switch activities every few seconds and the rest of the group will follow.
- The detective will have three guesses to determine the leader.
- Switch roles and repeat.

BURST 2: HIPS, SHOULDERS, NECK, PYLON

- Trainer reminds the kids that the bases are to be placed on the ground in a diamond shape with bases equidistant from each other.
- The bases are referred to as "home", followed by 1st, then 2nd, then 3rd base.
- Kid stands on the home plate and holds a one-foot balance to begin the burst.
- Trainer will call out a sequence of four that can include the words: 1st, 2nd, 3rd, and home (in any order). Example: 2nd, home, 3rd, 1st.
- Kid runs and touch each base with their foot in the order that they are called out and hold a one-foot balance on the last base, rest and wait for next sequence to be called out.
- Trainer may challenge the kids by calling out more words in the sequence or can simplify it by reducing it to a sequence of three.
- Trainer may add variety by switching the mode of locomotion to side shuffle, skip, gallop, bear crawl, and crab walk or ask kids for suggestions.

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

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BURST 3: LEVELS

Do each of the following movements for 30 seconds:

- 30 seconds of squat jumps
- 30 seconds of lunges (alternating legs).
- 30 seconds of a plank
- Rest for 20 seconds
- Repeat two times

Variations/Challenges: Change movements to adapt to the needs of the class. Remember to have different "levels" of body movement.

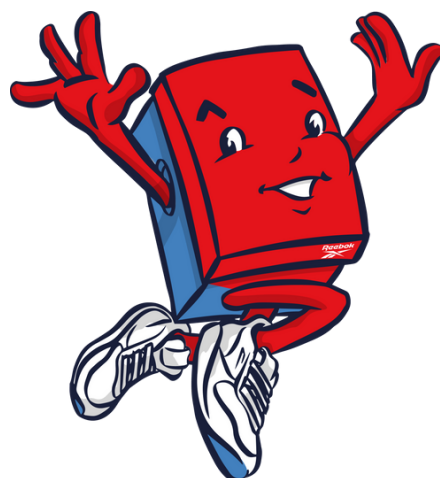
BURST 4: TIC TAC TOE BURST

Materials: Five same colored bean bags or objects for each kid.

- Start with partners lying flat on the floor with a tic tac toe grid between them. Individuals have five bean bags of same color, but a different color than their partner.
- Partners alternate who goes first and start by facing each other in a plank position.
- Repeat until a tic tac toe is declared or until all the bean bags are placed.

BURST 5: HAND BREATHING

- Find a space to sit down comfortably.
- Decide which hand you would like to use as your breathing guide.
- Spread fingers and practice tracing your hand.
- Take a deep inhale through your nose and trace up your finger.
- When you exhale, trace down the other side of your finger.
- Continue breathing in and out as you trace your whole hand.
- Notice how you feel and trace your hand a few more times.



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