

Weekly Bursts

Week 3

Weekly Challenge

Challenge: 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?

BURST 1: BOKS MEMORY MOVES

- Everyone will create their own routine by linking three of their favorite skills together (e.g.; four jumping jacks, two squats, three lunges).
- Have two to three kids go to the front of the class and remind everyone of their routines.
- Have the trainer call out a name of one of the kids in the front of the class.
- Everyone must repeat that kid's routine.
- Continue by calling on random kids and the class repeats their routines.
- Repeat with another group of kids as time permits.

BURST 2: ABC BEANBAG CHALLENGE

Materials: Small beanbag, rolled up pair of socks or another small item.

- Locate a beanbag or small, light item to be thrown and kicked (rolled up pair of socks).
- Using the ABC beanbag list of items, located in the appendix.
- Challenge yourself to balance, toss or kick the bag off designated body parts.
- For example:
 - Balance beanbag on your ARM.
 - Balance the beanbag on your BACK.
 - Toss the beanbag in the air and CATCH it.



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

Weekly Bursts

September
2021

Week 3



BURST 3: THE WAVE

- Have the kids form a circle.
- One kid starts the traditional wave (lifting both arms up) followed by the next kid, one at a time until every kid has their turn.
- Each kid gets a turn at deciding which movement they want as the “wave”: jumping jacks, squats, plank, etc.
- Continue around the circle with each kid in the circle leading the wave with a new activity.
- Variations/challenges
 - Kids can start two or three simultaneous waves with different movements.
 - You can also add an object to one of the waves (pass a water bottle to next person after kid does a squat while holding it).
 - Have one wave going one direction and another wave going the opposite direction.

BURST 4: SCARF TOSS CHALLENGE

Materials: Scarves

- Distribute one scarf per kid.
- Direct kids to throw their scarf in the air as high as possible, perform one burpee, and then attempt to catch the scarf before it hits the ground.
- For each successful catch, have the kids tie a knot in their scarf and attempt the challenge again.
- Continue challenge until scarf hits the ground.
- How many successful attempts did you have? Challenge the kids to repeat and try to best this number.
- Variations/Challenges:
 - Instead of burpees, try another skill such as squats or donkey kicks.

BURST 5: RAINBOW WALK

- Go outside for a walk.
- Try to point out at least one object that represents a color in the rainbow (red, orange, yellow, green, blue, purple).
- You can write them down or challenge yourself to remember an item for each color.
- Look for items until you have something that represents every color of the rainbow.

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ABC Beanbag 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.