

# Weekly Bursts

## Week 5

### Weekly Challenge

#### Challenge: 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!

#### BURST 1: GO BACK HIT IT – ON THE SPOT

Materials: A pillow or other soft item (stuffed animal, ball, hoodie).

- 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.

#### BURST 2: 100 POINT CHALLENGE

Materials: 100 Point Challenge Board available in the appendix

- Use the 100 Point Challenge Board available in the appendix.
- Choose your challenge from the three options below.
  - Get with a partner and see how fast you can score 100 points together.
  - By yourself, see how many points you can score in a designated amount of time.
  - Challenge yourself to see if you can score the whole 100 points in a day or a week.

#### BURST 3: TABATA FAST FEET

- Perform each exercise for 20 seconds followed by 10 seconds rest.
- 20 seconds fast feet in place.
- 10 second rest.
- Repeat 4-8 times.

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

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### BURST 4: BOKS MULTIPLES OF FIVE

- Stand in a circle (groups of five or more is preferable). Hold a squat position.
- First kid calls out "one", second kid calls out "two", and so on in a clockwise direction.
- When any multiple of five is about to be called, the kid has to call out "BOKS" instead of the number.
- If the kid makes an error or takes longer than two seconds to call out their number or word, the entire group does five of a fitness skill (e.g., crunches/sit-ups, jumping jacks, tuck jumps, push-ups, etc.).
- Variations/Challenges:
  - Challenge the kids to call out BOKS for multiples of multiples of 3, 4, 6, 7, 8, or 9.
  - Rather than holding a squat position, kids may balance on one foot, jog on the spot, or hold a plank
  - Trainer can call out the word "switch" at any point during the burst and the direction/order that kids call out change

### BURST 5: LIMITLESS GRATITUDE

Materials: Paper and writing utensil.

- Think about one thing that you are grateful for in each category and write it down.
  - Family (e.g.: I am grateful for my younger sister).
  - Friends (e.g.: I am grateful that I have such incredible friends).
  - Self (e.g.: I am grateful for my kindness and bravery).
  - Home (e.g.: I am grateful for a warm place to sleep at night).
  - Skills (e.g.: I am grateful for my guitar that I love to play).
  - Miscellaneous (e.g.: I am grateful for the ocean and the beach).
- Share what you are grateful for with a friend!

**boks FITNESS CALENDAR**  
Theme: Celebrate the Olympics

June 2021  
Download the calendar  
Click on the activity to see how to perform the exercise  
Videos Playlist here

Weeks	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Week 1	Celebrate the Olympics	Homerun Leadoff	Hurry Whoa Slide	Ireland Burst	Go For the Gold
Week 2	Run your own marathon	USA Flag Burst	Diamond Workout	Think Before You Move	BOKS It
Week 3	Try a new sport!	Go Team Canada!	Sledge Hockey	Baseball As If	Plyometric Burst
Week 4	The need for speed	Let's Climb Burst	Go Back Hit It	Swimming Burst	Summer Sports Galore
Week 5	Celebrate your success	Strong Abs	Like A Boxer	Track and Field Burst	Soccer World Cup Burst

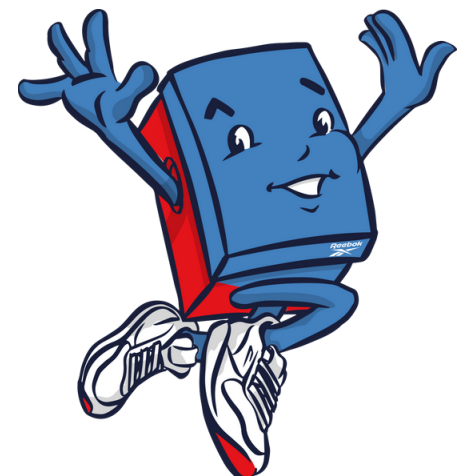
**How does this work?**

- Join the weekly challenge to set and crush your individual physical activity goals.
- Practice a new BOKS Burst every weekday (Monday to Friday).
- Follow along with Burst videos with Special Olympics Youth Ambassadors.

with Special Olympics Youth Ambassadors

Receive the full Burst instructions by weekly email

www.bokskids.ca



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

# boks 100 POINT CHALLENGE

	CHALLENGES	POINTS	POINTS earned
<b>1</b>	Hop up and down on right foot 10 times.	<b>2</b>	
<b>2</b>	Hop up and down on left foot 10 times.	<b>2</b>	
<b>3</b>	Raise heels off the floor 10 times, balancing on toes.	<b>2</b>	
<b>4</b>	Do 10 Crunches.	<b>2</b>	
<b>5</b>	Do 10 Push Ups.	<b>4</b>	
<b>6</b>	Do 10 Burpees.	<b>4</b>	
<b>7</b>	Do 20 Hip Lifts.	<b>4</b>	
<b>8</b>	Balance in Tree Pose for 20 seconds each leg.	<b>4</b>	
<b>9</b>	Do 20 Donkey Kicks.	<b>4</b>	
<b>10</b>	Hold Superman pose for 1 minute.	<b>4</b>	
<b>11</b>	Do 30 Lunges.	<b>6</b>	
<b>12</b>	Do 40 Step Ups.	<b>6</b>	
<b>13</b>	Do 40 Squats.	<b>6</b>	
<b>14</b>	Do 40 High Knees.	<b>6</b>	
<b>15</b>	Hold a plank for 1 minute.	<b>6</b>	
<b>16</b>	Jump 50 times, try to touch the sky.	<b>6</b>	
<b>17</b>	Do Fast Feet for 2 minutes.	<b>6</b>	
<b>18</b>	Do 30 Star Jumps.	<b>7</b>	
<b>19</b>	Jump Rope 50 times.	<b>9</b>	
<b>20</b>	Run in place for 5 minutes without stopping.	<b>10</b>	
<b>TOTAL</b>		<b>100</b>	