

# Weekly Bursts

## Week 3



## NEW - October Calendar

Download by logging into the Trainer Hub

### WEEKLY CHALLENGE

### Challenge: The Need for Speed!

This week we challenge you to get moving FASTER! Try some different speed runs throughout the week. One idea is to run between the goal posts on your school field - sprint from one goal post to the other, then walk it and repeat this sequence at least four times. One of our favorite sprint runs is BOKS Sprints - setting up three pylons, sprint to the first one (and back), then the second (and back), then the third and back to the start. Have fun with it and enjoy your new found speed!

#### BURST 1: ADVENTURE RUN

Materials: None

Directions:

- Kids move around the classroom. Cue them to change movements:
- Jump over logs.
- Duck under branches.
- High knees through quicksand.
- Run from a tiger.
- Tip toe past a snake.
- Imitate a specific animal.
- Have five kids choose a movement of their choice and share with the group.

#### BURST 2: THUNDERSTRUCK BURPEE CHALLENGE

Materials: BOKS Canada Spotify playlist.

Directions:

- Play the song "Thunderstruck" from the BOKS Canada Spotify playlist.
- Have kids run on the spot while the song is playing.
- When the lyric "Thunderstruck" is heard, kids perform a burpee.
- Continue until song is over or trainer can modify to complete a specific timeframe of their choice.

Variations/Challenges: You can change the movement the kids are completing on the spot (e.g., jumping jacks, quick feet, etc.)



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### **BURST 3: SPRINT DESK DRILL**

Materials: Chair

Directions:

- Lean on the back of your chair or on the side of a desk.
- Lift knee toward your chest until it is at 90 degrees.
- Kids need to listen to the trainer's commands.
- Trainer says a number and either slow, medium or fast. (e.g. one fast - lift one knee fast, three medium- alternate right and left lifting three times at medium speed).
- Kids need to do the appropriate number of knee lifts alternating right and left, at the designated speed.
- After the proper number of lifts have been done, kids hold their knee up at 90 degrees, ready for the next instruction.
- Repeat for 3-5 minutes.

### **BURST 4: CARDIO TABATAS**

Materials: None

Directions:

A Tabata is a form of exercise that alternates 20 seconds intense activity with 10 seconds rest for eight rounds.

- 20 seconds of fast feet - 10 second rest.
- 20 seconds hopping on right foot - 10 second rest.
- 20 seconds hopping on left foot - 10 second rest.
- 20 seconds pretend jump rope - 10 second rest.
- Repeat.

### **BURST 5: ABC WORKOUT - "SPEED"**

- Use the ABC workout poster on page 3 and the words in the Fitness Calendar to get moving.

