

Weekly Bursts

November
2021

Week 1



NEW - November Calendar

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WEEKLY
CHALLENGE

Challenge: Re-energize

This week we challenge you to find new ways to re-energize yourself throughout the day. Get outdoors and feel the sunshine, drink MORE water, move your body every hour, take a tech break one evening and make sure to eat healthy mini meals throughout the day.

BURST 1: HEALTHY FOOD CARD BURST

Materials: Deck of cards.

Directions:

- Separate the deck of cards into two piles. Face cards in one pile and all number cards in the other pile.
- Kids pick four favorite fruit/vegetables. Match a movement and suit from the cards (e.g., hearts = apples = jumping jacks, diamonds = squash = squats) with the food that it will represent.
- Write the movements, suits, and food on a poster or white board.
- Pull a card from each pile.
- Do the skill that matches the suit on the face card and the number you pulled from the deck pile.
- Continue to pull cards and do the movements for 3-5 minutes.

BURST 2: MAKE A SMOOTHIE BURST

Materials: None

Directions:

- Do each activity for 15-30 seconds.
- Use body movements as if you are making a smoothie.
- Reach up and take out your blender from a high shelf - reach up and down from above your head.
- Add ingredients - fruit, milk, yogurt - squat up and down while pretending to pour ingredients into a container.
- Turn blender on - spin right.
- Turn blender off-spin left.
- Put smoothie in a cup - squat down.

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BURST 3: MOVEMENT MEMORY FRUITS

Materials: Cards with numbers, movements and fruit pictures/names on them (e.g., apples-2-star jumps, oranges-3-squat jumps, grapes-4-mountain climbers, blueberries-5-push-ups). NOTE: you will need duplicates of each card. Recommend creating a minimum of 24 cards total (12 pair). Please use the attached BOKS Memory Match cards or create your own.

Directions:

- Cards should be shuffled.
- Cards placed in a grid fashion in space provided in rows of four.
- Partners will decide who goes first.
- The first partner will choose two cards.
- Flip cards over to see if they match.
- If the cards match, kids perform the movements on the card and keep the match.
- If cards do not match return cards to their spot and do two burpees.
- Continue until all cards are matched.
- Kids should keep moving throughout the game – they can do jumping jacks while waiting for their turn.
- At the end of the game, the kid with the most matches wins.



BURST 4: COPY CAT FOOD BURST

Materials: Colored paper (10-16 sheets – two of each color), or two sheets the same color and 8-14 items - if using items there should be two of each (e.g., fruit or sports balls).

Directions:

- Create two identical food item platforms.
- Platform should have a white piece of paper in the middle and four to seven different items, or colored pieces of paper around the edges of the board.
- To play the game, assign one kid as the leader to start. Leader taps a pattern consisting of a series of food items, of their choice, with their foot or hand, for the other to follow.
- Partner attempts to mimic the pattern the leader created.
- Start with one food item, then progress to two, three, four etc.
- Keep track of how many steps you can do in a row and try to see who can repeat the longest pattern.

BURST 5: ABC WORKOUT - "FLATBREAD PIZZA"

- Use the ABC workout poster on page 3 and the words in the Fitness Calendar to get moving.
- Find the recipe in our "Healthy Recipes for Kids" document.

