

boks FITNESS CALENDAR

Theme: Outside the BOKS in the Winter

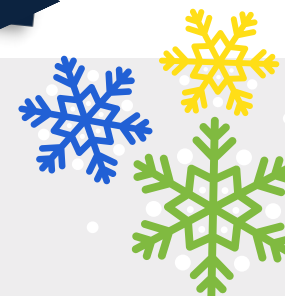
December

WEEKLY CHALLENGE

		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WEEK 1	Think Outside the BOKS	Hurry Whoa Slide (curling)	Let's Play Hockey	Chairlift and Ski	Playing in the Snow	Sense Countdown
WEEK 2	Embrace the season	Hip Hop Burst	Dance it Up	Colors in the room	Dance Drawing	Balance and Focus
WEEK 3	Get outdoors	Winter Sports Galore	Ski Fest	Celebrate Winter	Snowboard Burst	Snorkel Breathing
WEEK 4	HAPPY HOLIDAYS Activities for winter break 					Share your active HOLIDAY MOMENTS with our BOKS Community on <u>Facebook!</u>
WEEK 5						

How does this work?

- Click on the activity to see how to perform the exercise.
- Join the weekly challenge to set and crush your individual physical activity goals.
- Practice a new BOKS Burst every weekday (Monday to Thursday).
- Wind down from the week with a Mindful Minute activity.



www.bokskids.org



boks FITNESS CALENDAR

December

Theme: Outside the BOKS in the Winter

Join our Weekly Challenges

**WEEK
1**

Think Outside the BOKS

Each day this week, practice the Burst of the day and then create your own unique version. Add modifications, creativity and your own flare. We want to see what you come up with! Share on Social how you chose to "Think Outside the BOKS" this week!

**WEEK
2**

Embrace the season

The weather is likely getting colder for most of you. This does not mean you need to be less active than you were all Fall. Keep the movement going with a fun partner challenge this week! Partner up in your classroom or at home and get moving by challenging one another to clock as many minutes of physical activity this week as you can. Aim for a minimum of 10 minutes per day! One idea to keep you moving: set a timer for 10 minutes and do a partner ladder! Partner A does one squat and then partner B does a squat, then two-two, three-three and so on. See how high up the ladder you can get in 5 minutes. Then switch activities (jumping jacks) and start again for your remaining 5 minutes. Let us know how many minutes of physical activity you clock this week!

**WEEK
3**

Get outdoors

In all seasons and all types of weather, we challenge you to get outdoors every day and explore your neighborhood. Take 10 minutes and find new places you have yet to discover. Go on a trail run (even if there is snow on the ground), take a walk through the city and notice places you may not have noticed before, or go on a scavenger hunt. Be aware of your surroundings and make note of what changes this season is making in your neighborhood.

**WEEK
4**

&

**WEEK
5**

Enjoy the BOKS Winter Fun Pack

Make sure to keep yourselves and your families moving during the winter break. Download our updated Winter Fun Pack here- it contains over 30 activities to keep moving this winter, including a "Blizzard of Activities", two full days of fun and creative ways to engage ALL members of the family! Share your active holiday moments with our BOKS Canada Community on Facebook for a chance to win a prize!

