

Weekly Bursts

Week 2



NEW - December Calendar

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WEEKLY CHALLENGE

Challenge: 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!

BURST 1: HIP HOP BURST

Materials: Music, see BOKS Canada Spotify playlist.

Directions:

- Biz Markie: Start with your feet apart and hop to one side with arms in a T shape and hands in fists. Once you land, reach your arm across your body in the opposite direction as if you are marking something on the wall.
- Bart Simpson: Slide to one side, leading with your elbow. Then lift your arms like you're showing your muscles.
- Wop: Bend both arms at your chest. Swing them side-to-side four times, bending forward, and reverse the movement back up.
- Gucci: Jump side to side twice. Bend your arm at your chest and pump your fist in the direction of the jump.

BURST 2: DANCE IT UP

Materials: BOKS Canada Spotify playlist.

Directions:

- Flossing – move hips right to left while holding your arms in a straight position with one arm hanging in front and the other behind your body, essentially flossing your hips through your arms.
- Rake the lawn – pretend to hold and rake the leaves in one direction than another.
- Disco dancing – point one finger in the air while holding your arm in a diagonal position above your head with the other arm and finger pointing to the floor.

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BURST 2: DANCE IT UP (CONTINUED)

- Sprinkler – move your arm like the motion of a sprinkler and switch arms when desired.
- Lawnmowing – pretend to cut the grass with the lawnmower in different directions.
- Changing the light bulbs – use one hand to reach about your head and pretend to change the light bulb in the ceiling, switch hands when desired.
- Repeat until the end of the song.

BURST 3: COLORS IN THE ROOM

Materials: None

Directions:

- Trainer calls out a color and a body part.
- Kid must find an object in their classroom of the designated color and go touch it with the body part that is named then return to their desk.

Variations/Challenges:

- Begin and end in a specific pose/balance.
- Use a variety of modes of locomotion to get to the object in the classroom (hop, tiptoe, skip, shuffle, etc.).
- Allow kids to venture into the hallway or larger area if possible.
- Kids may not touch the same object more than once each.

BURST 4: DANCE DRAWING

Materials: Paper and drawing utensil (pencil, pen, crayon or marker), music.

Directions:

- Have kids stand by their desks.
- Play music and dance (30 seconds) in your designated area.
- When music stops you get five seconds to draw a shape.
- Repeat five times.
- What type of drawing did you just create?

MINDFULNESS – BALANCE AND FOCUS

- Pick any type of balancing pose you want-the goal is to hold it for 30 seconds.
- If you're not sure which balance poses to pick, you can try one of the following:
- Tree Pose / Toe stand / Side plank / Boat Pose / Hold the pose for 30 seconds.
- After 30 seconds, shake out your body, and try again -this time try drawing your attention to your surroundings using your different senses!
- What are you touching?
- Can you focus your eyes on something that isn't moving?
- Try closing your eyes in your posture, and notice what happens to your balance when you do not have your vision to help you.

