

# Weekly Bursts

## Week 1



## NEW - February Calendar

Download by logging into the Trainer Hub

**WEEKLY  
CHALLENGE**

### Challenge: Communication is key

Put the tech away and connect TODAY!

Communication skills are key to being a leader and having positive relationships with people. This week eliminate technology every time you have a meal and make sure to take that time to have a conversation with a friend or family member. No technology allowed- just talk and be present in the conversation. Learn something new!

#### BURST 1: PARTNER HOP

Materials: None

Directions:

- Find a partner.
- Each kid holds their right leg in their right hand, balancing on one foot.
- Left hand should be on their partner's shoulder.
- On the leader's "GO" command kids will hop up and down.
- Kids count how many times they can hop without losing their balance.
- If balance is lost, get into starting position and begin the count again.
- Continue until time is up and record your number of hops.
- Switch legs and try again. Which leg was easier?
- For more of a challenge, try speeding up or hopping in different directions!



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### **BURST 2: OPPOSITE BURST**

Materials: None

Directions:

- Give the kids time to think about the opposite movement before moving on to the next task.
- The bolded movements are those which are to be opposite.
- Repeat steps or add your own opposite movements.
- Sit down and bend to the left, hold for 30 seconds (which means stand up and bend to the right, hold for 30 seconds).
- Stand up and reach for the sky, hold for 30 seconds (which means sit down and touch the ground, hold for 30 seconds).
- Sit down and bend to the right, hold for 30 seconds (which means stand up and bend to the left, hold for 30 seconds).
- Run around your chair in a clockwise direction, 3 times (which means walk around your chair in a counter-clockwise direction, 3 times).
- Stand still in one spot for 30 seconds (which means run in one spot for 30 seconds).
- Reach for the ground on your flat feet for 30 seconds (which means reach for the sky on your tippy toes for 30 seconds).
- Pretend you're a kid and squat low 10 times as if it's the last day of class (which means pretend you're a teacher and jump high 10 times as if it's the last day of class)

### **BURST 3: FOLLOW THE LEADER, DANCE BURST**

Materials: None

Directions:

- Make sure your dancing space is clear so you have space for your legs and your arms to move. Be sure you are not going to accidentally bump into a friend or any furniture around you.
- Follow along with the video to warm up and to get your whole body moving. If you are not watching the video, choose a leader to lead the following dance related movements to get warmed up. Make sure to play some music.!
  - Wiggle your head side to side and forward and back.
  - Alternating shoulders up and down and then forward and back.
  - Move your ribs side to side and front and back.
  - Move hips side to side and front and back, or in a square.
  - Move your knees side to side and front and back.
  - Move your feet side to side and front and back.
- Match your movements to Rob's music as in the video (or music that you might play at home or in your classroom).
  - If the music is fast, can you create fast movements?
  - If the music is smooth, can you match your movements to the quality of music?
  - Everyone may interpret the music differently.
- When the music stops, match your body to the 'Pose Master' shown on the video. Create the pose in a way that's comfortable for you. If you are not watching the video, pause your music and hold a funky dance pose.
- Repeat steps two and three for as much time as is available.

Thank you National Ballet School for this Burst!

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### BURST 4: MEMORY ADD-ON CHALLENGE

Materials: Five same colored bean bags or objects for each kid.

Directions:

- Kids stand in a circle of a maximum of ten kids (so you may have two or three circles of kids).
- The first kid in each group chooses an exercise and number of repetitions for the whole group to do.
- The next kid adds an exercise and repetitions.
- The whole group does this exercise and then repeats the first one again.
- This continues all the way around the circle.

Variations/Challenges: For younger groups, you may want smaller circles so they don't have as many exercises to remember. You can also post a list of exercises for the kids to choose from based on those that you have already taught. You might want to also include repetition options – for example, # of repetitions can be 5, 10 or 15. Your exercise choices are jumping jacks, squats, scissor kicks, tuck jumps or push-ups.

### BURST 5: ABC WORKOUT - "COMMUNICATION"

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



Use the word of the day from the calendar and move according to the letters in that word.

<b>A</b> 10 jumping jacks	<b>J</b> 15 crunches/sit-ups	<b>S</b> 15 push-ups
<b>B</b> 20 crunches/sit-ups	<b>K</b> 10 push-ups	<b>T</b> 10 superhumans
<b>C</b> 15 squats	<b>L</b> 5 tuck jumps	<b>U</b> 30 lunges
<b>D</b> 5 push-ups	<b>M</b> 20 high knees	<b>V</b> 10 jump squats
<b>E</b> 30 second wall sit	<b>N</b> 10 lunges	<b>W</b> 20 two foot jumps
<b>F</b> 10 burpees	<b>O</b> 5 burpees	<b>X</b> 25 high knees
<b>G</b> 20 dips from floor	<b>P</b> 15 mountain climbers	<b>Y</b> 15 second plank hold
<b>H</b> 20 squats	<b>Q</b> 30 crunches/sit-ups	<b>Z</b> 20 plank jacks
<b>I</b> 10 donkey kicks	<b>R</b> 10 walking lunges	