

## Week 3



## NEW - January Calendar

Download by logging into the Trainer Hub

WEEKLY  
CHALLENGE

### Challenge: Never Get Bored with Board Games

Get moving with Board Games this week. Download the "Are You Game?" document and pick out your favorites or make up your own. But make sure you integrate movement into any game you try. The challenge: pick a different game for every day of the week and get moving. Let us know your favorite – will it be Uno, Jenga, Bingo or something else?

#### BURST 1: GO BACK HIT IT ON THE SPOT

Materials: A pillow or other soft item (stuffed animal, ball, hoodie).

Directions:

- The trainer will call out the commands "Go, Back, and Hit It."
- Kids will do the corresponding activities.
- The speed and order of the commands can vary.
  - GO – Pillow slam with squat to retrieve pillow (or another soft item).
  - BACK – Cross country skiers with reverse arm scoops.
  - HIT IT – Burpees.

#### BURST 2: BINGO BURST

Materials: None

Directions:

- Perform activities from each letter of the word BINGO for 30 seconds:
  - B – burpees.
  - I – inch worms.
  - N – narrow knee squats.
  - G – gallop in a circle.
  - O – hop over an imaginary hurdle.
  -

# Weekly Bursts

January  
2022

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### BURST 3: TABATA PLANKS

Materials: None

Directions:

- Hold plank for 20 seconds.
- Rest for 10 seconds.
- Mountain climbers for 20 seconds.
- Rest for 10 seconds.
- Hold plank for 20 seconds.
- Rest for 10 seconds.
- Mountain climbers for 20 seconds.
- Rest for 10 seconds.
- Repeat.

### BURST 4: 100 POINT CHALLENGE

Materials: None

Directions:

- Use the 100 Point Challenge Board available in the "Are You Game?" booklet in your Trainer Hub.
- Choose your challenge from the two options below.
- See how many points you can score in a designated amount of time.
- Get with a partner and see how fast you can score 100 points together.
- Bonus: Challenge yourself to see if you can score the whole 100 points in a day/week

	CHALLENGES	POINTS	POINTS earned
1	Hop up and down on right foot 10 times.	2	
2	Hop up and down on left foot 10 times.	2	
3	Raise heels off the floor 10 times, balancing on toes.	2	
4	Do 10 crunches.	2	
5	Do 10 push-ups.	4	
6	Do 10 burpees.	4	
7	Do 20 hip lifts.	4	
8	Balance in tree pose for 20 seconds each leg.	4	
9	Do 20 donkey kicks.	4	
10	Hold superhuman pose for 1 minute.	4	
11	Do 30 lunges.	6	
12	Do 40 step ups.	6	
13	Do 40 squats.	6	
14	Do 40 high knees.	6	
15	Hold a plank for 1 minute.	6	
16	Jump 50 times, try to touch the sky.	6	
17	Do fast feet for 2 minutes.	6	
18	Do 30 star jumps.	7	
19	Jump rope 50 times.	9	
20	Run in place for 5 minutes without stopping.	10	
	<b>TOTAL</b>	<b>100</b>	

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### **BURST 5: PONG HAU K'I**

A simple board game from China. It is also a traditional game in Korea, where it is known as Ou-moul-ko-no. Similar games can be found in Thailand and India.

Materials: Game board, tape, chalk markers for the floor. This can be done with poly spots or cones on the corners of the board as well.

Directions:

- Get into pairs of two.
- Draw or tape a Pong Hau K'I board on the floor.
- Pairs will pick a corner of the game board to start on.
- Play starts with one kid moving to an open corner/spot on the game board.
- How kids will move will be stated before the game or round (e.g., running, high knees, butt kickers, side shuffle, skipping).
- First kid on the opposite team moves to an open corner/spot.
- Play continues alternating turns.
- Play until both kids on one team are trapped and cannot move to an open spot.

