# **Weekly Bursts**

## January 2022

## Week 3

	DOKS FITNESS CAL				LENDAR January		
	CHALLENGE	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
WEEK 1	Celebrate Your Heritage	Jump Rope Burst	ABC Workout	Snakes and Ladders Dance Burst	Tic Tac Toe Burst	Foot To Foot (Inuit game)	
WEEK 2	Bring the Outdoors In	Relay Line Burst	BOKS Charades Burst	BOKS Traffic - In place	BOKS It	Cinco Huecos	
WEEK 3	Never Get Bored with Board Games	Go Back Hit It On The Spot	Bingo Burst	Tabata Planks	100 Point Challenge	Pong Hau K'l	
WEEK 4	Get Sneaky!	Coin Rip All Skill	Rock, Paper, Scissor	Think Quick	BOKS A Rhyme	Odd One Out	
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How does this work? Click on the exiting to see how to perform the exercise. In the weekly how does not a set of the exercise. In the weekly how does not the exercise a set of the exercise. In the weekly ho							

## **NEW - January Calendar**

Download by logging into the Trainer Hub

## **WEEKLY** 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.
  - 0



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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	
	TOTAL	100	



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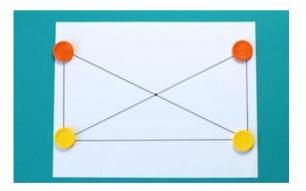
#### **BURST 5: PONG HAU K'I**

A simple board game from China. It is also a traditional game in Korea, where it is known as Ou-moulko-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'l 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.



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