

## Week 4



## NEW - January Calendar

Download by logging into the Trainer Hub

## WEEKLY CHALLENGE

### Challenge: Get Sneaky!

This week we want you to fire up your brain and body by finding new and creative ways to sneak physical activity into your day. Aim for 30 extra minutes of movement each day this week and let us know how you did it!

Some suggestions to get you started...

- Ten squats EVERY time you stand up or sit down.
- Set a timer to go off every 60 minutes throughout the day. Every time the timer goes off, jog on the spot for 2 minutes.
- Whenever someone in your family or classroom says "the" (or pick a different word), do a jumping jack!
- Ten star jumps every time someone says your name.

### BURST 1: COIN FLIP ALL SKILLS

Materials: Coin or two-sided object.

Directions:

- Choose a leader to flip a coin for the class. Each coin flip corresponds to 30 seconds of the activity. Repeat as desired. Call out the activity choices prior to the coin flip.
- Flip one: heads = squats, tails = lunges.
- Flip two: heads = crunches/sit-ups, tails = plank.
- Flip three: heads = high knees, tails = mountain climbers.
- Flip four: heads = jog on the spot, tails = jumping jacks.
- Flip five: heads = push-ups, tails = burpees.
- Change activity choice as desired.



# Weekly Bursts

## Week 4

### BURST 2: ROCK, PAPER, SCISSOR

Materials: None

Directions:

- Each kid will need a partner. Teach the kids the following:
  - Rock = squat down.
  - Paper = star jump, landing with legs and arms wide.
  - Scissors = cross arms and legs.
  - With a partner, kids play five rounds.
- Rock is more powerful than scissor; scissor is more powerful than paper; paper is more powerful than rock.
- Call out "switch" and kids turn around and find the nearest person to them.
- Repeat the game until time is up.

### BURST 3: THINK QUICK

Materials: None

Directions:

- Stand face to face with a partner (about an arm's distance away).
- Become familiar with the following cues:
  - One = your right hand to partner's right hand.
  - Two = your right hand to partner's left hand.
  - Three = your left foot to partner's left foot.
  - Four = your right foot to partner's right foot.
- Trainer will call out cues randomly for you to follow.
- Switch partners every 30 – 60 seconds.



### BURST 4: BOKS A RHYME

Materials: List of rhyming words available in the January calendar in your Trainer Hub.

Directions:

- The leader stands in front of the group or class.
- The leader calls out one of the rhyming words.
- Kids try to perform an activity, for ten seconds, that rhymes with the word the leader called out.
- If the leader needs ideas of words look in the January calendar in your Trainer Hub.

# Weekly Bursts

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### BURST 4: ONE OUT

This is a traditional game from Ireland.



Materials: One cone for each kid.

Directions:

- Arrange cones in a large circle.
- Have each kid stand by one cone.
- Choose someone to be the ODD ONE OUT or the kid that stands in the middle.
- ODD ONE OUT calls, "1,2,3!" On "3" all kids must leave their cone and run to another cone. The kid left without a cone becomes the ODD ONE OUT, goes to the middle of the circle and counts.
- The game continues for 3-5 min

Suggestions for Play: Throw a twist in the game and say such things as, "You cannot run to the cone next to you on either side." or "Hop to another cone." or "Run to a cone with someone who is wearing the same color as you."

