

## Week 2



## NEW - January Calendar

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WEEKLY  
CHALLENGE

### Challenge: Just Listen

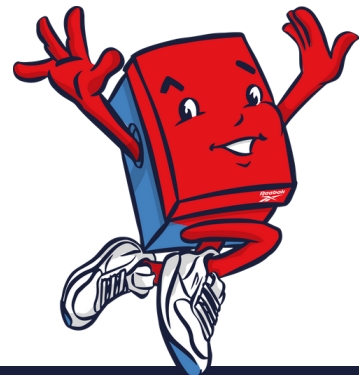
Listening skills are a key component of good leadership. This week we challenge you to LISTEN to your friends and family. Take one hour each day where you just listen to what other people are saying. Don't offer up any information other than to listen. See what new things you can learn. If you talk, it should be about the person you are talking to. Ready for more of a challenge? Try this for a WHOLE day!

### BURST 1: BOKS Pictionary

Materials: White board, and white board marker.

Directions:

- One kid stands in front of the class or group at the white board or chalk board. This kid is the leader.
- Leader drawing writes a number on the board.
- They can choose a skill (squats, jumping jacks, push-ups, sit ups) or put all these skills into a hat and let the kid decide.
- Kid then starts to draw the skill they have chosen.
- Others try to guess what the is drawing.
- When class guesses what is being drawn they must do the number of the skill that has been written on the board.
- The leader will then say if they are correct or incorrect after the group has completed the skill.
- If someone guesses correctly, they will become the next leader and draw a skill.



# Weekly Bursts

## Week 2

### BURST 2: PARTNER CHALLENGE

Materials: Paper and pencil

Directions:

- Do each of the following exercises for 1 minute followed by 1 minute of rest.
- For each exercise, partner A will start with one rep, then partner B will do one rep. Then two-two, then three-three etc.
- Partners will work their way up to see how many they can complete as a team in 1 minute.
  - Jumping jacks
  - Squats
  - Push ups
  - Lunge jumps (one per leg counts as one)
  - Mountain climbers (one per leg counts as one)

### BURST 3: HEART HEALTH LADDER

Materials: Chair

Directions

- Choose who will be partner A and partner B.
- Each partner will perform a skill then switch.
- When partners switch they will increase the number of the skill they will perform. So you will do 1-1, 2-2, etc.
- Are you ready? Partner A sits on a chair and holds their legs out straight. Lift both legs until they are parallel to the ground. Then switch partners. This is what it looks like. Keep going for 1 minute – ready? go!
- How high up the ladder did each partner get?
- Let's switch the skill – this time we are doing chair squats for 1 minute. Let's go!
- Great work! Now you can move the chairs out of the way and change that chair squat to squat jumps, like this. Make sure your shoulders are back and your knees are tracking over your toes. 1 minute to get as high up the ladder as you can!
- High fives! Ready for a new skill – this time we are doing jumping jacks. One minute with your partner. Go!
- How many jacks did you each complete?
- Our final skill is cross country skiing.



# Weekly Bursts

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### BURST 4: BOKS MOVES

Materials: None

Directions:

- Have kids and trainer(s) stand in a circle holding a balance position (squat position, v-sit, stand on one leg, etc.)
- One kid will go to the middle of the circle and will begin the activity by making a statement that is true for them (e.g., "I have tried cross-country skiing") and picking a mode of locomotion (walk, bear crawl, crab walk, skip, hop, shuffle, bunny jump, etc.)
- If the statement is TRUE for any other kid, they move (using the identified form of locomotion) and take the spot of another kid that moved. The kid who does not find a spot, is the new kid in the center spot.

Note: For younger kids, it is helpful to mark each spot in the circle with a pylon, masking tape, or non-slip poly spot.

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

- 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	