

Week 3



NEW - January Calendar

Download by logging into the Trainer Hub

WEEKLY
CHALLENGE

Challenge: Teamwork makes the dream work!

This week we challenge you to work with a partner or small group and create a new BOKS Burst, practice the Burst and teach it to your class and/or your family!

BURST 1: KNEE JUMP

Materials: Padded mats if desired

Directions:

- Sit on ankles, knees bent, with feet flat on the floor (tops of feet touching the floor).
- Hold arms at a 90 degree angle.
- Swing arms back and forth.
- While swinging arms forward, using momentum, jump body up into a squat position on feet.
- Repeat, seeing how far kids can jump forward.
- Sit on ankles, knees bent, with feet flat on the floor (tops of feet touching the floor).
- Hold arms at a 90 degree angle.
- Swing arms back and forth.
- While swinging arms forward jump body up into a squat position on feet.
- Repeat, at a fast pace, seeing how many times, kids can complete consecutively.

Variation/Challenge: (If doing Burst on a hard surface)

- Start in the same position, sitting on ankles, step up one leg and one arm at a time to a standing squat.
- Repeat trying to step further forward each time. Make 5 attempts to see how far kids can step forward.
- Repeat step up and down a certain number of times (e.g., do five repetitions) or see how many kids can do in 30 seconds - one minute. Repeat and attempt to increase the number of completed step ups.

Weekly Bursts

Week 3

BURST 2: 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 seconds - 1 minute.

BURST 3: TRAFFIC ON THE SPOT

Materials: None

Directions:

- Standing in place, cue the kids to do the following movements.
- Green light – run on the spot.
- Red light – stop moving – freeze in a balance position.
- Yellow light – wide leg tire run.
- Speed bump – bunny jumps.
- Deer crossing – gallop.
- Change movements every 15-30 seconds.

Variations/Challenges:

- Use colored construction paper as cue cards for the commands. Have a kid act as assistant traffic controller and call out the cues.

BURST 4: THE WAVE

Materials: None

Directions:

- Have the kids form a circle.
- One kid starts the traditional wave (lifting both arms up) followed by the kid next to them, one at a time until every kid has their turn.
- Each kid then gets a turn at deciding which movement they want as the "wave" - jumping jacks, squats, plank, etc.

Variations/Challenges: Kids can start two or three simultaneous waves with different movements. Have one wave going one direction and another wave going the opposite direction.

Weekly Bursts

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BURST 5: ABC WORKOUT - "TEAMWORK"

- 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.

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