

# Weekly Bursts

## Week 4



## NEW - January Calendar

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## WEEKLY CHALLENGE

### Challenge: Show your Leadership

Leadership is about so many things. What does leadership mean to you? And how can you show up as a leader in your classroom? This week, challenge yourself to demonstrate leadership in small and meaningful ways. Maybe you will lead a burst to get your school community more active or maybe you will simply speak up about something important to you or show friendship to someone new.

### BURST 1: TIC TAC TOE - WHITE BOARD

Materials: White board, dry erase pens, or paper and a sharpie.

Directions:

- Create a tic tac toe board on the white board or sheet of paper.
- In each square of the board write a skill and number (e.g., fifteen jumping jacks, ten squats, three burpees).
- Separate the group into two teams.
- Teams play against each other and choose a square to put their marker (on white board they can make a mark, on paper they can place an object or make a mark on page).
- When kid puts a mark on the square they must do the skill listed.
- If all spaces on the board are taken kids must move their markers and do the skills on the other square to claim that square.
- Play continues until one kid/team gets three in a row.



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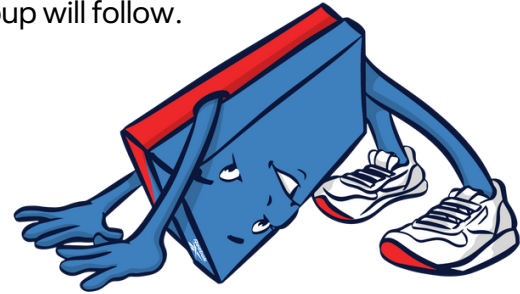
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### BURST 2: PHYSICAL ACTIVITY DETECTIVE

Materials: None

Directions:

- Gather all kids in a circle 2 meters (6 feet) apart, and designate one student to be the "detective".
- The detective will leave the room, and a leader will be chosen.
- The leader will choose an activity (e.g., plank, push-up, jumping jacks etc.) and everyone else will follow.
- The detective returns to the room and stands in the middle of the circle.
- The leader will switch activities every few seconds and the rest of the group will follow.
- The detective will have three guesses to determine the leader.
- Switch roles and repeat.



### BURST 3: MOVE IT

Materials: None

Directions:

- Leader will call out commands to the group.
- Commands are "jack it - kick it - spin it - squat it". (Jumping jacks, kicking, spin, squats)
- Start out by calling commands slowly and increase the speed of your calls as you go along.
- If a kid misses a command, they can do a burpee and get back in the game.

### BURST 4: 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 5: ABC WORKOUT - "LEADERSHIP"

- Use the ABC workout poster on page 3 and the words in the Fitness Calendar to get moving.