

Week 4

boks FITNESS CALENDAR		Theme: Basketball					March
WEEKLY CHALLENGE	MONDAY	TUESDAY	WEDNESDAY	ABC WORKROUT	FRIDAY		
WEEK 1	Ball Handling	Slap/Tap Circle/Catch	Coin Flip	Dancers	Ball Handling	World's Greatest Stretch	
WEEK 2	Passing	Desk Ball	Hurdle, Jump, Squat, Fast Feet	Basketball As If	Passing	Side to Side Stretching	
WEEK 3	Shooting	Defense Burst	Levels	Tabata Stand Up Sit Down	Shooting	Blooming Flower	
WEEK 4	Defense	BOKS It (Basketball Style)	Minute to Win It	Tabata Jumping	Defense	Wall Stretching	
WEEK 5	Agility	Basketball Coin Flip	Sports Galore	Fast & Low	Agility	Mirror Me	

How does this work?

- Click on the activity to see how to perform the exercise.
- Click on the skill video to see an introduction of the skill, watch and join the weekly challenges on page 2 to practice and learn the basketball skill of the week.
- Practice in new BOKS Burst every weekday.
- Use the ABC workout on page 3 and the words in the calendar to get moving.

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NEW - March Calendar

Download by logging into the Trainer Hub

WEEKLY CHALLENGE

Challenge: Defense

We challenge you to work on defense this week and have fun while doing it! Good defense requires speed and fast feet. So, this week, we challenge you to get outdoors and practice sprints in your school field. See if you can get faster throughout the week! After your sprinting practice, make sure to grab a ball and play a one-on-one version of Sharks and Minnows. Minnows can attempt to dribble the ball along a designated route while the Sharks try to get it away from them! If the Shark gets the ball, switch roles and start again!

BURST 1: BOKS IT (BASKETBALL STYLE)

Materials: None

Set Up: Use large space with clearly marked boundaries.

Directions:

- Spread kids throughout the space.
- Jump it – pretend to block a shot, arms up while jumping.
- Hit it – squat and hit the floor in a defense position.
- Shoot it – pretend to shoot a jump shot.
- Trainer will call out commands, jump it, hit it, shoot it, starting slowly and speeding up their commands as the kids start learning the skills.

BURST 2: MINUTE TO WIN IT

Materials: None

Directions:

- Complete each set of brain busters as many times as possible in a given time interval (e.g. 60 seconds):
 - Jump - spin - clap.
 - Stomp - jump - spin.
 - Squat - spin - clap.
 - Stomp - stomp - clap.
 - Jump - spin - jump.



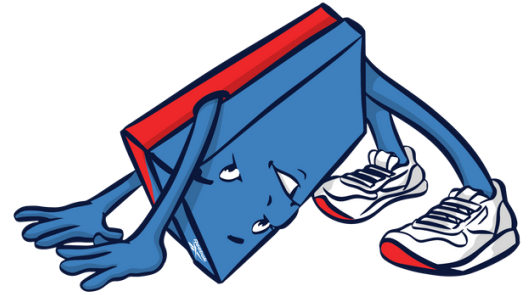
Week 4

BURST 3: TABATA JUMPING

Materials: None

Directions:

- 20 seconds of fast jumping jacks.
- 10 seconds of rest.
- Repeat this five times.



BURST 4: ABC WORKOUT - "DEFENSE"

Materials: ABC Skill Chart

- Directions:
- Perform the movements associated with each letter of the word provided using the ABC workout poster on page 3 of the March Fitness Calendar.

BURST 5: WALL STRETCHING

Materials: None

Directions:

- All you need is your body and a wall to get these two great stretches in.
- Find a spot on a wall near a corner or a doorway.
- Stand in front of the wall and extend your hands forward – you should be close enough to put your palms on the wall.
- Take one big step back with your left leg, keeping it straight, and planting your heel firmly into the ground.
- Bend your right knee and press your hips forward until you feel a nice, deep stretch in your calf in your left leg. Hold for 30 seconds.
- Repeat on the opposite leg.
- Stand in the doorway or next to a corner of the wall. Your right shoulder should be touching the corner of the wall.
- Extend your right arm out so your elbow is in line with your shoulder. Your arm can be straight or bend in a 90-degree angle.
- Step your right foot forward into the doorway or past the corner of the wall.
- Gently turn your body away from your right shoulder. You should feel a deep stretch in that shoulder. Hold for 30 seconds.
- Repeat with the left shoulder.