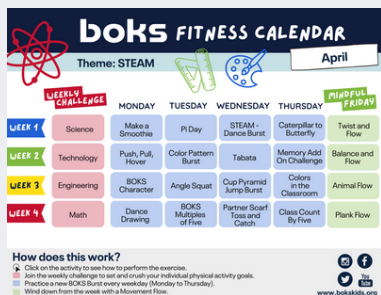


## Week 4



## NEW - April Calendar

Download by logging into the Trainer Hub

## WEEKLY CHALLENGE

### Challenge: Math

Make your days COUNT! - There are so many fun ways to get moving with numbers. One of our favorites is using an EMOM (every minute on the minute). Time yourself for 10 minutes every day. Do the following exercises, completing each series of exercises within a minute, resting until the minute is up and then repeating.

Every minute, on the minute complete the following for 5 minutes:

- 4 inchworms
- 5 mountain climbers (step, don't jump the legs)
- 6 squats

Every minute, on the minute complete the following for the remaining 5 minutes:

- 20 mountain climbers
- 10 squats



### BURST 1: DANCE DRAWING

Materials: Paper and drawing utensil (pencil, pen, crayon or marker), music.

Set Up: Use large space with clearly marked boundaries.

Directions:

- Have kids stand by their desks.
- Play music and dance (30 seconds) in your designated area.
- When music stops you get five seconds to draw a shape.
- Repeat five times.
- What type of drawing did you just create?

## Week 4



### **BURST 2: BOKS MULTIPLES OF FIVE**

Materials: None

Directions:

- Stand in a circle (groups of five or more is preferable). Hold a squat position.
- First kid calls out "one", second kid calls out "two", and so on in a clockwise direction.
- When any multiple of five is about to be called, the kid has to call out "BOKS" instead of the number. 4. If the kid makes an error or takes longer than two seconds to call out their number or word, the entire group does five of a fitness skill (e.g., crunches/sit-ups, jumping jacks, tuck jumps, push-ups, etc.).
- Variations/Challenges:
- Challenge the kids to call out BOKS for multiples of 3, 4, 6, 7, 8, or 9.
- Rather than holding a squat position, kids may balance on one foot, jog on the spot, or hold a plank.
- Trainer can call out the word "switch" at any point during the burst and the direction/order that kids call out changes.

### **BURST 3: PARTNER SCARF TOSS AND CATCH**

Materials: Scarves

Directions:

- Distribute one scarf per pair of kids, have kids stand 1 meter (3 feet) away from each other.
- Have kids toss scarf back and forth to one another, with partners mirroring one another, each round switching their method of throwing.
- Toss with dominant hand and partner catches with dominant hand.
- Toss then spin in a circle as partner spins in a circle and catches scarf.
- Toss then perform one burpee as partner performs one burpee and catches scarf.
- Have kids get creative and perform different movements after throwing the scarf to their partner (e.g., donkey kicks, tuck jump).
- Variations/Challenges:
- Instead of throwing and catching with dominant hand, have kids throw and catch with their non-dominant hand.

# Weekly Bursts

## Week 4

### **BURST 4: CLASS COUNT BY FIVE**

Materials: None

Directions:

- Kids jog on the spot with eyes closed.
- The class is challenged to count from one to twenty but only one kid can speak at a time. There is no particular order required and no plan can be made prior to the challenge.
- Kids have to call the consecutive number whenever they want (with a pause of any length between numbers).
- When two kids yell a number at the same time, the entire class must perform five squat jumps then the class has to start counting from one again.
- Variations/Challenges:
- Replace "squat jumps" with another fitness skill such as burpees, jumping jacks, high knees, mountain climbers, crunches/sit-ups, push-ups, etc.

### **BURST 5: PLANK FLOW**

Directions:

- Mountain: Stand tall with feet hips distance apart and shoulders rolled back.
- Forward fold: hinge at the hips and allow the head, arms, and upper body to fold towards the floor.
- Downward dog with variations: Bring hands to floor, step both feet back, and lift hips towards the sky.
- Downward dog to plank: Shift shoulders forward over wrists and bring hips down to form a straight back line, then press into hands and lift hips up and back to downward dog. Flow through these movements a few times.
- Three-legged dog to plank elbow taps: Lift right toes to the sky keeping leg as straight as possible, then tuck the right knee towards the chest and bring it to touch the right elbow. Return to downward dog and repeat on the left side.
- Plank with variations: Bring shoulders over wrists and let hips come down to form a plank, keeping back body in a straight line. Knee pulls from plank tuck, right knee all the way into the chest, and step foot back to find plank. Switch sides and repeat.
- Toe taps from plank: Step right foot as far out to the right side as possible, while maintaining the proper plank form. Bring right foot back to center and repeat on the left side.
- Cobra from plank: Lower onto your belly, placing palms under shoulders. Inhale, press into your hands, and lift your head and chest. Exhale and lower back to the floor.
- Child's pose from plank: Sit all the way back on your heels and walk hands out in front of you until your forehead comes to gently resting on the floor. Keep arms extended.
- Rest and reset: Lay on your back and let all the muscles in your body relax.