

bOKS FITNESS CALENDAR

How does this work?

- Download the calendar.
- Click on the activity to watch our Burst video & see how to perform the exercise.
- Materials needed: none.

	Weekly Challenge	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	Mindful Friday
Week 1	Let's Jump In!	Bingo Burst	4 Corner Lunge Burst	Levels	Jump Rope Burst	Sense Countdown
Week 2	Power of 10	Angle Squat	Clap for 10	10 Up 10 Down	BOKS Give Me 10!	Balancing and Focus
Week 3	Kindness Counts	Rock, Paper, Scissors	Fast & Low	Discover the Ocean	Sports Galore	Slow Motion Movement
Week 4	Fall in Love with Running	Zoo Run	Celebrate Fall	Tabata Stand Up, Sit Down	Marching Mania	Hand Breathing
Week 5	Balancing Act	Chair the Day	Gone Camping	Cardio Tabatas	BOKS Ladder Challenge	Rainbow Walk

How does this work?

- Try the weekly challenge to set and crush your individual physical activity goals
- Practice a new BOKS Burst every weekday - click on the name for a video!
- Wind down from the week with a Mindful Minute

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BOKS FITNESS CALENDAR

Weekly Challenge

Week 1

Let's Jump In!

Get your jump on this week by ADDING more jumps every day. Start on day one with 10 Frog Jumps. Each day add 10 more jumps, so by the end of the week, you are doing 50 jumps total, using five different types of jumps. Jump options: Frog jumps, squat jumps, tuck jumps, jump rope AND mogul jumps. Day 5, for example, will be: 10 frog jumps + 10 squat jumps + 10 tuck jumps + 10 jump ropes + 10 mogul jumps!

Week 2

Power of 10

BOKS is 10 years old! We started getting kids moving in 2010 in the USA. This week, we challenge you to the following daily activities to celebrate 10 years of BOKS! Act like your favorite Superheroes and do the following moves every day for five days: 20 punches while holding a squat, 20 Spidermans, 20 Hulk jumps, 20 Wonder Woman/karate kicks, 20 Supermans (on your belly, lift your arms and legs).

Week 3

Kindness Counts

This week's challenge focuses on kindness. Each day take a 10 minute walk and think about how you can be kind to your yourself, family, teachers and friends. Another idea is to write notes to 5 people as an act of kindness. Try to say something positive to someone else twice a day! Kindness to yourself is important. Being active is a kindness for yourself. Pick your favorite physical activity and do it for 10 minutes. Once you are done, take note of how you feel. That good feeling inside is how someone else feels when they receive a kindness.

Week 4

Fall in Love with Running

Where will you run/walk this week? Take 15 minutes and go for a run or a walk. Pick a route and see how many laps you can do. Aim for FIVE days straight. Tally all your laps over the course of the week and let us know how many you did! If you are in your home, pick out a route where you can do laps there. If you are in a classroom, create a route in the class that allows you to remain physically distant from one another. Are you doing circles around your desk? Figure eights perhaps? Let us know how creative you get!

Week 5

Balancing Act

Balancing often looks easier than it is. Challenge YOURSELF this week and increase your consecutive time balancing by 30 seconds on each foot each day. Every day, work on your balancing for FIVE minutes. Try to lengthen the time you balance consecutively, each day.

Options

Balance with an item on your head. Balance on one foot (tree pose) or change the position while you hold your balance – for example, one hand and one foot touching the ground. Challenge yourself with more and more difficult positions. Another option - take a rolled up sock and while on one foot toss the rolled sock up in the air and catch it without losing your balance. On Monday write down how many times you could throw your "ball" in the air and catch it while balancing on one foot. See if on each consecutive day you can increase the number.

Visit our website and our social media for more resources:

www.bokskids.org

