



SAMPLE LESSON PLANS

THE BOKS CURRICULUM
PROVIDES CHILDREN A SAFE, FUN
ENVIRONMENT TO PRACTICE
SKILLS THROUGH PLAY, WHILE
BUILDING CONFIDENCE AND
DEVELOPING LIFELONG
HEALTHY HABITS.

boks

Program Offerings

SCHOOL LEVEL

EARLY CHILDHOOD CURRICULUM:

Our Early Childhood Curriculum gets children ages 2-5 moving as well as provides them with information about healthy eating. The curriculum keeps young kids active throughout their day as well as teaches them about healthy eating habits. The early childhood curriculum provides younger children a safe, fun environment to practice skills through play, while building confidence and developing lifelong healthy habits.

ELEMENTARY FUNCTIONAL FITNESS CURRICULUM:

Our 12-week **Flagship** curriculum provides a day to day lesson plan that gets Elementary kids moving for 40-45 minutes before the school day three times a week. All BOKS classes focus on a functional fitness skill of the week (ex. squat, push up, plank) and follow the same format including team-orientated games. The lesson ends with a short nutritional talk, or BOKS Bit, to provide kids with the tools to make smart healthy food choices.

ELEMENTARY FUNDAMENTAL MOVEMENT CURRICULUM:

Our Fundamental Movement curriculum is a 12-week session developed to get kids moving twice a week for 40 minutes each day. It incorporates fun activities and games which focus on developing basic fundamental movement skills (kicking, catching, throwing, striking), fitness principles (strength, endurance, coordination), and include a nutrition bit. Teaching kids how to kick, catch, throw and strike will empower them to further their development in sport and physical activity.

MIDDLE SCHOOL CURRICULUM:

Middle School students are more aware of fitness concepts than in Elementary School. As such, the BOKS Middle School Curriculum is set up in a unique way where the fitness concepts are "hidden" within the games, relays, or obstacle courses. This way the trainer is still able to educate the students on specific skills and concepts, but the students do not feel everyone is watching them. By combining traditional playground games, typical ball sports and fast paced relay races and obstacle courses, this BOKS programming provides the moderate to vigorous physical activity students need to get ready to learn in class.

HIGH SCHOOL CURRICULUM:

High School students have different challenges than the Elementary or Middle School populations. In partnership with Spartan Race, BOKS expanded its programming to reach this age group in a different way. The goal of the programming is to give students who may not participate in traditional high school sports the opportunity to embrace and enjoy physical activity. Focused on various skills needed for obstacle course racing, the students gain endurance, strength and mental perseverance that will prepare them for a Spartan race as well as their day to day. Students work hard but there is still the underlying element of fun, a tradition within BOKS curricula.

BOKS BITS

Incorporated into the Elementary and Middle School Curricula, BOKS Bits are short nutritional talks to provide kids with the tools to make smart healthy food choices. The Bits provide step by step instructions to lead kids through a discussion (or short activity) to achieve the specific nutritional learning objective. Research shows that kids learn the most when they are active participants—doing rather than just listening. In our BOKS Bits, we encourage kids to turn and talk to a neighbor to brainstorm ideas or answers to questions.

SPECIALTY CURRICULA

ADAPTIVE FUNCTIONAL FITNESS CURRICULUM:

BOKS has made some modifications to its curriculum to assist children with physical disabilities, specific to a wheelchair or mobility device, making our curriculum more inclusive and providing the same kind of stimulus as the children who utilize the traditional curriculum. Regardless of a child's ability they are all still working towards his or her goal, whether it be a time-based or repetitions. The program goals should be modified as necessary to ensure they are achievable based on the child's abilities.

BOKS BURSTS:

BOKS Bursts are 1 to 10 minute in-classroom physical activities created to help kids stay active throughout the school day, energizing their brains for enhanced learning. The programming takes into consideration the typical classroom layout and resources, and all Bursts, whether individual, partner, or team focused, are designed to be performed with minimal space. Bursts are traditionally led by teachers, but training can also be tailored to cover a youth-led model, providing kids a health focused leadership role within the school or classroom.

SPECIALTY CURRICULA

BOKS INDOOR/OUTDOOR RECESS TEMPLATE:

Recess, whether indoor or outdoor, is often underutilized as a source of quality physical activity for Elementary and Middle School kids. Our recess template can show parents and teachers how to utilize our resources (BOKS curriculum and Bursts) as tools to provide both structured physical activity and organized free play during recess.

YOGA AND MINDFULNESS:

BOKS and Tara Stiles (founder of STRALA Yoga) teamed up to create fun and easy yoga and mindfulness activities. Designed to activate the body's relaxation response by breathing deep, matching your breath and body together, and moving your whole body in harmony with itself, these activities are perfect for students of all ages.

HOW A BOKS CLASS WOULD RUN



SQUATS

Week 5, Day 1 Lesson Plan

Skill of the Week: Squats

Drop Off / Set Up (10 minutes)

- Drop off, check-in, receive color designation, put backpacks in designated grade area
- Free play (with trainers and volunteers)

Meeting (2 minutes)

- Review appropriate BOKS behavior and safety
- Remind kids about the BOKS Kid of the Week. Briefly state what the Skill of the Week is.
- Review Class Agenda
- BOKS Rocks! Cheer!

Warm Up (5 minutes)

- Sports Galore

Running Related Activities (10 minutes)

- GO, BACK, SQUAT (variation of Go, Back, Hit-it)

Skill of the Week (10 minutes)

- Skill of the week: Squats! Why? So we can pick up our backpacks.
- Review proper form, list 3 key points of performance
- Tabata Squats: Have the kids perform 20 seconds of Air Squats and then rest for 10 seconds.
- Do this for 4 rounds and then give the kids a water break. Repeat.

Game (5 minutes)

- Over and Under

Cool Down / Nutrition Talk (5 minutes)

- Deep Breaths
- BOKS Bits (Nutrition discussion)
- Have the kids line up, take a deep breath and dismiss by groups to go to class or breakfast.

WHAT YOU NEED TO KNOW

Week 5, Day 1 Lesson Plan

Squats

Skill of the Week: SQUATS

Details:

- Set feet shoulder distance apart, send arms up, butt back, squat down so butt is below the knees. Weight should be in heels and knees should be pushed out. Keep knees, ankles and feet all pointing in the Same direction. Then stand up straight and tall.

Warm Up: Sports Galore

Format: Individual Activity

Materials: None

Set Up: Kids stand in an open area

Object: Get moving!

- Call out the following sports skills for kids to mimic for at least 10- 15 seconds each:
 - Shooting a basketball
 - Running through tires
 - Swimming underwater
 - Shooting a hockey puck
 - Throwing a football
 - Serving a tennis ball
 - Batting a baseball
 - Downhill skiing
 - Shooting an arrow
 - Dribbling a soccer ball
 - Spiking a volleyball
 - Swinging a golf club
 - Fielding a ground ball and throwing it to first base

WHAT YOU NEED TO KNOW

Week 5, Day 1 Lesson Plan

Running Related Activity

Format: Individual Activity

Materials: Cones

Set Up: Make Teams

Object: Practice Skill of the Week

Details:

- The first kids in each line go first.
- The trainer yells "GO!" The kids run as fast as they can towards the end of the gym.
- The trainer can either yell "BACK!" or "HIT IT!"
- If they yell "BACK", the kids start running backwards as fast as they can.
- If they yell "HIT IT!" the kids drop to the floor (like a burpee), jump back up and start running again as fast as they can towards the end of the gym.
- The trainer can alternate calling Go, Back or Hit it as many times as they want until the kids reach the end of the gym.
- Cycle through the lines, making sure all kids have a few turns to GO.
- Note: When the kids are running, it is an all-out effort. They should not be slowly jogging to try and predict what the trainer will say next.
- Suggestion: You can modify the "Hit It" with a squat, jump or any other movement for the kids.

Key Points of Performance:

- Keep heel super-glued to the ground
- Squat deep to get your pockets below your knees
- Keep your back arched like a superhero

BOKS Blurb: Strength

- Details: The ability of the muscle to exert force
- To the kids: When you pick up your backpack full of books and supplies and put it on your back, you are using the strength in your muscles to be able to pick that up. If your muscles weren't strong, then you might not be able to pick it up off the floor.

WHAT YOU NEED TO KNOW

Week 5, Day 1 Lesson Plan

Skill of the Week: Squats Tabata

Details:

- Lead trainer will cue kids to rest and resume.
- Cue kids to assume their position and countdown to start movement.
- Do as many squats in 20 seconds as possible, and then rest for 10 seconds.
- Repeat for a total between 4 and 8 times.
- Do this for 4 rounds and then give the kids a water break (repeat if time allows) movement for the kids.

Game: Over and Under

Format: Divide kids by color groups

Materials: 2 cones per team and a ball

Set Up: Place cones at starting line and the end of the gym.

Object: Get your team past the end cone first.

- Kids form a straight line, facing away from the other side of the gym.
- The first kid in line passes the ball overhead to the next kid. When done with the pass, the first kid runs to the end of the line.
- The next kid then passes the ball along underneath his/her legs to the next kid. When done with the pass, the first kid runs to the end of the line.
- Continue until the team reaches the other side of the gym.
- The first team to pass the end cone wins.
- Suggestion: Time the group as a whole to see how long it takes them all to work as a team and complete the game. Challenge the group to beat specific times.

Cool Down/ Nutrition Talk:

- Tree Pose: Stand up straight. Take right foot and place it on the upper inner thigh of left foot and balance. Place hands in a "prayer" position or lift overhead like tree branches. Hold for a few seconds and then repeat with opposite foot.
- Deep Breaths: Take a deep breath in and slowly blow it out to the count of 10. Repeat this a few times. You can do this at the end of the game and as the kids line up to transition from class.

Adaptive Warm Up

Warm Up:

- Refer to traditional game instruction for details. Below are additional modifications:

Traffic Green:

- Go (wheel forward)
- Red - Stop
- Yellow - Side shuffle (roll forward, move feet in chair out and in)
- Speed bump (lift self in chair)
- Carpool (find peer partner to link arms with)
- Deer Crossing (roll forward, alternate lifting one leg at a time)

As If:

- Jog in place as if a big scary bear is chasing you. (wheel quickly)
- Walk forward as if you're walking through quicksand. (wheel slowly)
- Jump in place as if you are popcorn popping. (lift bottom up in chair)
- Reach up as if grabbing balloons out of the air.
- March in place and play the drums as if you're in a marching band. (march legs)
- Paint as if the paint brush is attached to your head.
- Swim as if you are in a giant pool of yogurt.
- Move your feet on the floor as if you are ice skating. (mimic movement from wheelchair)

BOKS BITS

Objective

- To discuss the importance of reading the ingredients list

Discussion Questions

- When you look a box of food, you need to make sure that you read more than just the front of the box before you ask your parent to buy it!
- When you turn the package around, you want to look at two things: the ingredient list and the nutrition label. This week we'll talk about the ingredient list. Next week we'll talk more about the nutrition label.
- The ingredient list tells exactly what is in the food you are buying. It is written with really small letters.
- The first ingredient on the list is the biggest. This means that the food you are eating is mostly made up of the ingredients that come first on the list. Read the list. What is the first ingredient?
- You should also look at the second item on the list. There is a lot of that ingredient too.
- Are the first and second ingredients super healthy for you? If not, could you make a different choice?

Note

- Consider bringing in some packages that contain legible ingredient lists to show the kids. Bring in some foods with a few ingredients (Triscuits) and then some with tons (Oreos).

INDIVIDUAL BURST

Hurdle Hops, Squats, Fast Feet

Type: Individual, in place

Time: 2 minutes

Do each of the following drills for 15 - 30 seconds each for 2 rounds:

1. 15 seconds of hopping side to side over a pretend hurdle
2. 5 Squats
3. 15 seconds of hopping front to back over a pretend hurdle
4. 5 squats
5. 15 seconds of Fast Feet (like a football player)
6. 5 squats
7. Repeat

TEAM BURST

Objects in a Jar

Type: Team, Needs Space

Time: 5 minutes

1. You will need a jar of pennies or other small objects
2. Pick any exercise or multiple exercises (i.e. jumping jacks, high knees, squats)
3. Make teams of 4-5 kids based on desk assignments
4. Kids do 10 jumping jacks, counting out loud & take a penny (object) out of the jar.
5. Have all the kids start jumping jacks together but when they complete the exercise they can take the penny or object
6. Repeat for designated time
7. At the end have the kids estimate and then count up how many pennies each team collected.