

**Enroll in BOKS [HERE](#) to gain access to all of these free resources!
Contact Shea Pease at shea.pease@bokskids.org with any questions.**

BOKS Bursts

Our weekly Burst emails will be starting up again in September, delivering movement breaks to students, educators, and families whether at home or in the classroom.

Monthly Fitness Calendars

An easy-to-follow calendar complete with daily Burst activities, weekly challenges, follow along videos, and Mindfulness Minutes.

Healthy Recipes

You and your kids will love cooking (and eating) these kid-tested and kid-approved recipes developed by America's Test Kitchen Kids. Let kids take the lead in the kitchen and then enjoy their creations together!

BOKS Lessons at a Distance

Similar to traditional BOKS lesson plans, these 12 lessons are easy to run, fun, and get kids moving all while adhering to physical distancing guidelines.

Keep Kids Moving at Recess

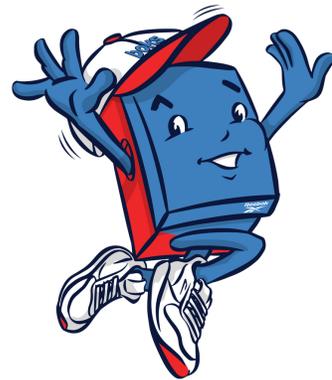
This document provides 20 games and lesson plans to keep students moving at recess.

BOKS Lessons On Demand

BOKS On Demand Lesson Plans are follow-along videos that include a warm up, running component, skill of the week, game, cool down, and nutrition bit. The lessons allow students to maintain current protocols of physical distancing and can be done in the classroom or at home. Engaging trainers ensure you'll leave the lesson with a smile on your face, heart rate up, and ready to re-focus on learning.

BOKS Bootcamp

This BOKS Bootcamp, intended for students in Grades 7 through 12, is designed to strengthen, support, and empower young adults physically and mentally. Each of the 10 weeks is entirely equipment free, can be performed anywhere you would have space for a yoga mat, and is highly modifiable to suit all fitness levels. The exercises address the five components of physical fitness - Cardio Endurance, Flexibility, Muscular Strength, Muscular Endurance, and Body Composition.



BOKS Blogs

Engage with timely blogs this fall as educators and families return to school. Learn about BOKS' suggestions for Social Emotional Learning, keeping kids active, and adapting to this unique school year. View blogs [HERE](#).

BASEBALL AS IF

TRAINER STANDS IN FRONT OF STUDENTS AND CALLS OUT THE MOVEMENTS. STUDENTS WILL PERFORM THE MOVEMENTS FOR 30 SECONDS EACH.

- Jump in place as if you are catching a fly ball.
- Run in place as if you are trying to beat out a ground ball (really fast).
- Swing your arms as if you are hitting a home run.
- Side shuffle left then right as if you are leading off 1st base.
- Throw a ball as if you are the pitcher.
- Squat down as if you are fielding a ball at short stop.
- Run in place as if you hit a home run (slower).
- Wave to your fans as if they are all cheering for you.



boks FITNESS CALENDAR

Theme: BOKStober

October 2020

- Download the calendar.
- Click on the activity to see how to perform the exercise.

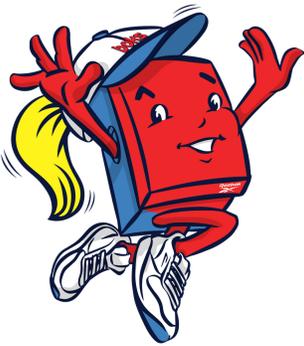
	Weekly Challenge	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	Mindful Friday
Week 1					BOKS Ladder Challenge	Rainbow Walk
Week 2	Make a Happiness BOKS (Box)	If Your Active and You Know It	BOKS Says	Memory Add On Challenge	Mirror Image	Blooming Flower
Week 3	Clap, Jack, Stomp	Bring Sally Up	Thunderstruck Challenge	Dance It Up	Dance Party	Side to Side Stretching
Week 4	BOKS Move it!	Tabata Jumping Jacks	Heart Health BOKS Ladder	Plyometric Burst	Tabata Squats	Happiness BOKS
Week 5	Mystery BOKS Challenge	The Wave	Vocabulary in Action	Paper Toss Challenge	BOKS - Box Toss	Balance and Flow

How does this work?

- Join the weekly challenge to set & crush your individual physical activity goals.
- Practice a new BOKS Burst every weekday (Monday to Thursday).
- Wind down from the week with a Mindful Minute.
- Tag @BOKSkids on Instagram to share how you're getting active!

Active Kids = Active Minds

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boks FITNESS CALENDAR

October 2020

Weekly Challenge



Week 2

Make a Happiness BOKS (Box)

Create a Happiness BOKS to be used throughout the month where you can record things that make you happy and you can also use it to do the activity bursts in week 4.

- Find a box, small or large - i.e. tissue box, shoe box, cereal/pasta box.

- Using markers, colored paper, stickers, crayons and any other items you may have, decorate your box.
- Be creative! Make an opening so you can add notes of things that make you happy, to your Happiness BOKS.
- Each day of the month take 1 minute to write on a sheet of paper something you are grateful for or that makes you happy and put it in the box.

Week 3

Clap, Jack, Stomp

Use your brain and your body this week with our "Clap, Jack, Stomp" challenge. Clap your hands, do a jumping jack and then stomp your foot. On day 1, try the activity below. On each consecutive day, add an additional exercise into the mix to make it more challenging! For example, day two could be "Clap, Jack, Stomp, Squat". By day five, you will have 7 exercises you will be trying to remember. Add music for more fun. Good luck!

- Stand beside your desk.
- Perform the pattern "Clap, Jack, Stomp" - be creative giving it a bit of your own flair.
- See how many times you can perform the pattern in 1 minute.

Variations:
If this pattern is too easy, or if you desire, have the class come up with their own pattern and see how many times they can do those three activities in 1 minute. Mix up the order of the pattern.

Week 4

BOKS Move it!

Grab your Happiness BOKS and let's get moving. Each day this week, we will be moving with your BOKS box. If you did not create a Happiness BOKS, no worries! Use any box you might have.

Each day use your BOKS box to move for 10 minutes.

- Monday - How many different types of jumps can you do using your box. Try mogul jumps back and forth across your box!
- Tuesday - Try some core exercises with your box. For example: weave your box between and around your legs like a figure 8.
- Wednesday - Weightlifting with your box - put some items in your box to make it heavier. Then try different lifting movements with the box. For example: bicep curls, squats while holding your box against your chest, overhead lifts.
- Thursday - Use your box to help you do some stretching exercises. For example: sit with your legs stretched out in front of you, try to see how far you can push the box past your feet while still touching the box.
- Friday - Use your box as a yoga block and practice some yoga. For example: Standing forward fold- while standing try to touch your toes. If you cannot do this without bending your knees use the block between your hands and the ground.

Week 5

Mystery BOKS Challenge

Your challenge this week will keep you on your toes! Each kid will take a piece of paper and on one side of the paper they will copy something they have already written in their Happiness BOKS. These should be something that they are grateful for or that makes them happy. On the opposite side they will write a favorite exercise and the number of repetitions.

Each day of the week the teacher will choose 3-5 kids to share their sheets. They will say what makes them happy and what their exercise is. Then, the whole class will do the exercise together!

Follow us and check out our website for more free resources:

www.bokskids.org



Having fun with the BOKS Bursts and weekly challenges? Show us how you're getting active at home or in school by tagging @BOKSkids on social and we'll share some of our favorites!

"Delicious and fun to make. Whenever I eat one I want to eat a hundred." – David, recipe tester, age 5



Cranberry-Almond No-Bake Energy Bites



PREP TIME
15 MIN



CHILLING TIME
30 MIN



YIELD
12 BITES

Prepare Ingredients Gather Cooking Equipment

- $\frac{3}{4}$ cup (2 $\frac{1}{4}$ ounces) old-fashioned rolled oats
- $\frac{1}{3}$ cup peanut, almond, or sunflower butter
- $\frac{1}{3}$ cup sliced almonds
- $\frac{1}{3}$ cup dried cranberries
- 2 tablespoons honey
- $\frac{1}{8}$ teaspoon salt
- Dry measuring cups
- Measuring spoons
- Large bowl
- Rubber spatula
- Plate
- Plastic wrap

Start Cooking!

1. MIX: Stir all ingredients in bowl with rubber spatula until well combined.
2. SHAPE: Use your wet hands to roll mixture into 12 balls (about 1 tablespoon each). Place balls on plate and cover with plastic wrap.
3. CHILL: Refrigerate balls until firm, at least 30 minutes.

Fun Fact: Where Does Energy Come From?

FOOD! But different types of food can give you different types of energy. Sweet foods such as cookies and candy give you a lot of energy, and fast—but that energy lasts for only a little bit of time, since sugar moves quickly through your body. But foods such as these energy bites that combine complex carbohydrates (oats!), protein (nut butters!), and fiber (oats and nut butters!), as well as some sugar give you longer-lasting energy. Power up!

Notes

- ✓ You can add 1 tablespoon of chia seeds or ground flax seed to oat mixture in step 1, if desired. Energy bites can be refrigerated in an airtight container for up to three days.
- ✓ Safety: No safety considerations
- ✓ Difficulty: Beginner

Squats



TIME

25-30 MIN



MATERIALS

None.

Lesson Plan #5 1/3

Warm Up (RPE 1-2)

SPORTS GALORE

Format: Individual activity

Set Up: Kids stand in an open area.

Objective: Get moving!

Details:

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

Running Related Activity (RPE 2-3)

SQUAT SPRINT RELAY

Format: Team activity

Setup: Kids get into small groups while maintaining physical distancing.

Objective: Develop speed through sprinting relays.

Details:

- Kids perform 3 squats at starting cone.
- Sprint to the end cone to perform 3 more squats.
- Sprint back to the beginning maintaining proper distancing.
- The next in line takes their turn.

How are you feeling?

RPE (RATE OF PERCEIVED EXERTION)



How are you feeling?

RPE (RATE OF PERCEIVED EXERTION)



Squats



TIME

25-30 MIN



MATERIALS

None.

Lesson Plan #5

2/3

Skill of the Week (RPE 2-3)

TABATA SQUATS

Format: Individual activity

Set up: Have kids spread out in their own personal space.

Objective: Practice skill of week.

Details: Review proper form, listing 3 key points of performance.

- Have the kids perform 20 seconds of squats and then rest for 10 seconds.
- Complete 4 rounds and then give the kids a water break (repeat if time allows).

Game (RPE 2-3)

SQUAT WAVE

Format: Group activity

Set Up: Get the kids to make 2 or more circles following physical distancing guidelines.

Objective: Body strength.

Details:

- One kid starts by performing 5 squats while all others hold a specific balance (ex. tree pose, airplane, etc.).
- Once the kid who starts has finished their 5th squat, the kid to their right starts their 5 squats.
- Try to see which circle can complete the squat wave fastest or most accurately.
- Variations: Vary number of squats per individual depending on the skill of the group or complete more than one revolution. Another variation is to use a different skill other than squats, such as burpees.

How are you feeling?

RPE (RATE OF PERCEIVED EXERTION)



How are you feeling?

RPE (RATE OF PERCEIVED EXERTION)



Squats



TIME

25-30 MIN



MATERIALS

None.

Lesson Plan #5

3/3

Cool Down (RPE 1-2)

SWAN DIVE

- Start in mountain pose. Spread out your arms wide and exhale, bending at your waist towards the floor. Repeat as desired.
- Deep breaths- Take a deep breath in and slowly blow it out to the count of 10.
- Repeat this 3x.

How are you feeling?

RPE (RATE OF PERCEIVED EXERTION)



BOKS Bit

FEWER INGREDIENTS

Objective: To discuss the general rule of fewer ingredients.

Discussion/Questions:

- Last class we discussed the importance of reading the ingredient list on the package of food.
- A general rule is that foods with fewer ingredients and made with words you know, are healthier for you.
- Fruits and vegetables, such as apples or carrots, only have one ingredient. Pumpkin seeds are made only of pumpkin seeds and sometimes a little salt.
- Triscuits are a super snack choice because they only have 3 easy to pronounce ingredients – Whole Wheat, Oil and Salt.
- Other super snacks choice are:
 - Hard boiled eggs.
 - Cheese sticks.
 - Low fat cottage cheese.
 - Fresh fruits and vegetables.
 - Unsweetened applesauce.
 - Fruit cups in water and nuts (as long as you are not allergic).

○ BOKS LESSON PLAN AT RECESS

Earth Day



MATERIALS
None.



TIME
20-25 MIN

1- Warm Up

NATURE RUN

- Complete the following moves for 30 seconds while imagining you are running through a forest:
- Jump as if you are jumping over logs.
- Side lunge as if you are ducking from angry diving birds.
- Hop side to side as if you are hopping across stones in a river.
- Run around as fast as you can as if a big scary bear is chasing you.
- Reach up as if you are trying to grab an apple to eat.

2- Running Related Activity

SQUARE RUN

- Create a square in your activity space.
 - Start on one corner and complete the following movements in a square pattern:
 - Run forward.
 - Side shuffle.
 - Back peddle.
 - Side shuffle.
 - Run at least twice, and then switch directions.
- Variations: Try different themed movements. For example, swimming for water, fire feet for fire, animal movements, etc.

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○ BOKS GAME AT RECESS

Squat Wave

- Get the kids to make 2 circles with proper distancing in effect.
- One kid starts by performing 5 squats while all others hold a specific balance (ex. tree pose, airplane, etc.).
- Once the kid who starts has finished their 5th squat, the kid to their right starts their 5 squats.
- Try to see which circle can complete the squat wave fastest or most accurately.
- Variations: Vary number of squats per individual depending on the skill of the group or complete more than one revolution. Another variation is to use a different skill other than squats, such as burpees.



MATERIALS
None.



TIME
5-10 MIN

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WELCOME TO WEEK ONE

Watch the video below to learn about the skill of
the week!

BOKS Bootcamp

SKILL OVERVIEW: PLANKS



Coached by
Fitness Trainer:
Carleen Tucker




ADDITIONAL WEEK 1 EXERCISES

- **JUMPING JACKS:** Stand with both feet together, hands at sides. Jump feet apart and clap hands overhead at the same time. Return to starting position.
- **ARM CIRCLES,** forward or back: Stand tall. Life arms out to your sides, hands in line with shoulders. Keeping arms straight, create circles either forward or backward with your arms.
- **HIGH KNEES:** Stand tall, hands by your hips. Like you're running through tall grass, lift one knee up to one hand. Quickly switch and bring the other knee up.
- **JABS:** Boxing move. Stand tall. Form a fist with one hand and punch forward, twisting your upper body as you do so. Alternate between sides.
- **BUTT KICKS:** Stand tall, kick one foot back to the back of your thigh. Switch.
- **MOUNTAIN CLIMBERS:** Get into a plank position (hands and toes on the ground, body in a straight line). Bring one knee up towards your chest. Switch.
- **PLANK SHOULDER TAPS:** In a plank position, slowly raise one hand and tap the opposite shoulder. Return hand to starting position, repeat on the other side.

PLANKS

Week 1, Day 1 - Strength

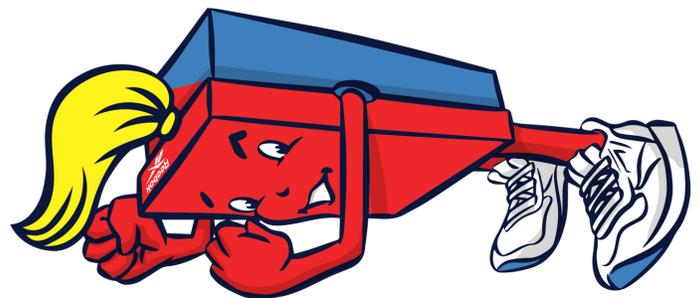
WARM UP

Complete each of the below exercises for 30 seconds.

- Jumping Jacks
- Arm Circles Forward
- High Knees
- Arm Circles Back
- Jog in Place
- REPEAT

SKILL STRENGTH TRAINING

- Plank hold for 20 seconds
- Plank hold on knees for 20 seconds
- **EVALUATE: Should you hold a plank on your knees or toes? If you can hold a plank for 20 seconds without your form faltering on your toes, try to stay on your toes. Otherwise, do planks from your knees.**
- Plank hold for 20 seconds (knees or toes)
- 30 Jumping Jacks
- Plank hold for 30 seconds
- 20 Jumping Jacks
- Plank hold for 40 seconds
- 10 Jumping Jacks
- REPEAT 3 times



EXPERT TIP FROM CARLEEN:

"Your fitness journey is yours. It doesn't have to look like anyone else's."

CHALLENGE

How long can you hold a plank? Set a timer and find out!

COOL DOWN

- Ab (Abdominal) Stretch for 30 seconds, repeat 3 times.
 - Lay on the ground on your stomach. Keeping knees and legs on the ground, press your upper body off the ground until you feel a stretch in your abs.