

# bOKS FITNESS CALENDAR



June Fitness Challenge - Keep your family active by practicing your fitness skills during the month.

June 2020

Week 1  
Week 2  
Week 3  
Week 4

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<input type="checkbox"/> Travel the World Activity No. 1 <input type="checkbox"/> BOKS Live Class <input type="checkbox"/> <u>Travel the World Burst</u>	<input type="checkbox"/> Travel the World Activity No. 2 <input type="checkbox"/> BOKS Live Class <input type="checkbox"/> <u>Celebrate Tourism Burst</u>	<input type="checkbox"/> Travel the World Activity No. 3 <input type="checkbox"/> BOKS Live Class <input type="checkbox"/> <u>Land &amp; Sea Burst</u>	<input type="checkbox"/> Travel the World Activity No. 4 <input type="checkbox"/> BOKS Live Class <input type="checkbox"/> <u>ABC Burst, Using the word "TRAVEL"</u>	<input type="checkbox"/> Travel the World Activity No. 5 <input type="checkbox"/> BOKS Live Class <input type="checkbox"/> <u>Move Through the Forest Burst</u>	Travel the World Scavenger Hunt Activity <b>6</b>
Stuffed Animal Minute to Win It Run <b>7</b>	<input type="checkbox"/> Travel the World Activity No. 6 <input type="checkbox"/> BOKS Live Class <input type="checkbox"/> <u>Do The Zoo Burst</u>	<input type="checkbox"/> Travel the World Activity No. 7 <input type="checkbox"/> BOKS Live Class <input type="checkbox"/> <u>Don't Touch My Paw Burst</u>	<input type="checkbox"/> Travel the World Activity No. 8 <input type="checkbox"/> BOKS Live Class <input type="checkbox"/> <u>Fishing Season Burst</u>	<input type="checkbox"/> Travel the World Activity No. 9 <input type="checkbox"/> BOKS Live Class <input type="checkbox"/> <u>Jungle Run Burst</u>	<input type="checkbox"/> Travel the World Activity No. 10 <input type="checkbox"/> BOKS Live Class <input type="checkbox"/> <u>Pets Around the World Burst</u>	Take your family on a Dog Jog! <b>13</b>
Travel the World Seven Continents Chalking Activity <b>14</b>	<input type="checkbox"/> Travel the World Activity No. 11 <input type="checkbox"/> BOKS Live Class <input type="checkbox"/> <u>Go Team Canada Burst</u>	<input type="checkbox"/> Travel the World Activity No. 12 <input type="checkbox"/> BOKS Live Class <input type="checkbox"/> <u>The United States of America Flag Burst</u>	<input type="checkbox"/> Travel the World Activity No. 13 <input type="checkbox"/> BOKS Live Class <input type="checkbox"/> <u>Welcome to the World of Japanese Sports!</u>	<input type="checkbox"/> Travel the World Activity No. 14 <input type="checkbox"/> BOKS Live Class <input type="checkbox"/> <u>"Lucky Irish Leprechaun Rainbow" Burst</u>	<input type="checkbox"/> Travel the World Activity No. 15 <input type="checkbox"/> BOKS Live Class with America's Test Kitchen <input type="checkbox"/> <u>Build the Eiffel Tower Burst</u>	Partner/Team Flag Scavenger Hunt! <b>20</b>
Father's Day Backyard Picnic/BBQ Fun <b>21</b>	<input type="checkbox"/> Travel the World Activity No. 16 <input type="checkbox"/> BOKS Class - Fan Favorites - <u>Vote now!</u> <input type="checkbox"/> <u>Balancing Act Burst</u>	<input type="checkbox"/> Travel the World Activity No. 17 <input type="checkbox"/> BOKS Class - Fan Favorites - <u>Vote now!</u> <input type="checkbox"/> <u>Burpee Pyramid Burst</u>	<input type="checkbox"/> Travel the World Activity No. 18 <input type="checkbox"/> BOKS Class - Fan Favorites - <u>Vote now!</u> <input type="checkbox"/> <u>Last One Standing Burst</u>	<input type="checkbox"/> Travel the World Activity No. 19 <input type="checkbox"/> BOKS Class - Fan Favorites - <u>Vote now!</u> <input type="checkbox"/> <u>Track &amp; Field Burst</u>	<input type="checkbox"/> Travel the World Activity No. 20 <input type="checkbox"/> BOKS Class - Fan Favorites - <u>Vote now!</u> <input type="checkbox"/> <u>Push Up Challenge Burst</u>	Water Balloon/Ball Toss Game <b>27</b>
Celebrations of the World Activity <b>28</b>	<input type="checkbox"/> Travel the World Activity No. 21 <input type="checkbox"/> <u>Hip Hop Burst</u>	<input type="checkbox"/> Travel the World Activity No. 22 <input type="checkbox"/> <u>Dance It Up Burst</u>				

## 3 different activities per day!

- Travel the world daily with a specific related activity (see the map below).
- Join a BOKS live class at 12 pm EST / 9 am PDT on our Facebook Page.
- Practice a BOKS Burst every weekday!

## 3 easy steps

- Download the calendar.
- Click on the activity to see how to perform the exercise and find the descriptions for each activity below.
- Complete the Fitness Calendar and earn the Certificate of Congratulations below.

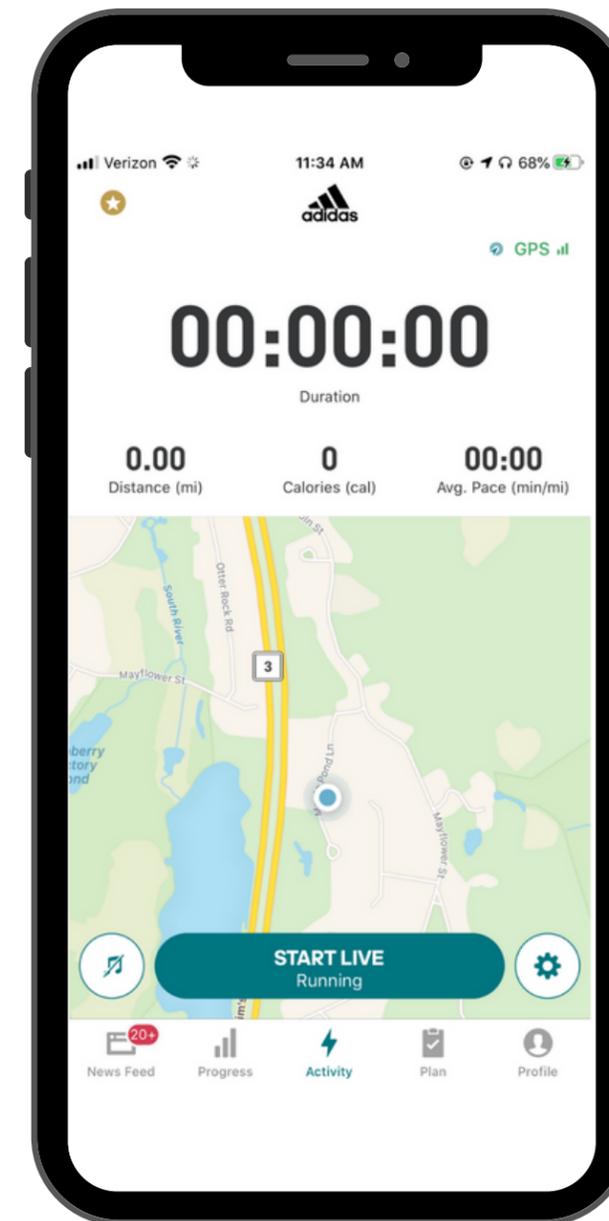
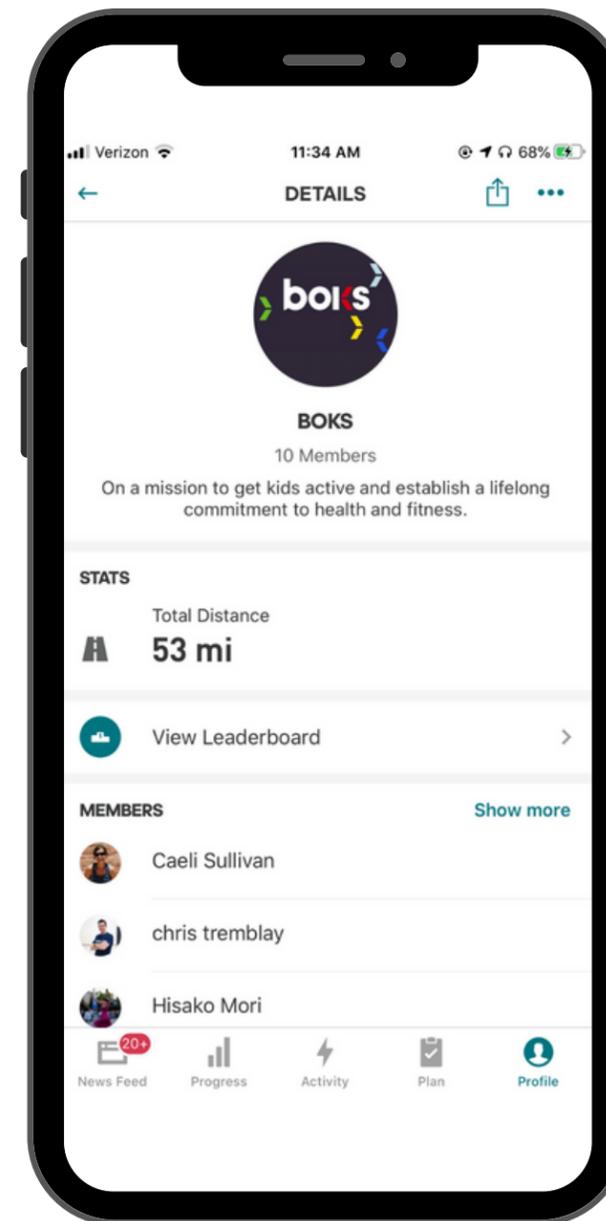
# bOKS FITNESS CALENDAR

Join the #HOMETEAMHERO Challenge

**May 29th - June 9th**

Every active minute counts! Join the #HOMETEAMHERO Challenge and be part of a global donation relay to raise additional money for the World Health Organization COVID-19 Solidarity Response Fund. adidas will match one dollar for every hour of activity completed in the Running and Training apps. To participate, you'll need to download the apps for iOS or Android — get them now!

Open your camera and scan this QR code to get the free Runtastic app and join the challenge!



Join the BOKS Team and track your activity! Running, yoga, hiking, biking, sports (and more) can be tracked.

# boks FITNESS CALENDAR

Even though we are unable to travel the world at this time, we thought it would be fun to dream about all the exploring we want to do one day! Join us for the month of June as we "Travel the World" with our month long challenge. Track your activity on the map and learn more about locations you may have already been and those you still want to see.

<h2>Week 1</h2> <h3>Travel the World</h3>	<h2>Week 2</h2> <h3>Pets of the World!</h3>	<h2>Week 3</h2> <h3>Flags of the World</h3>	<h2>Week 4</h2> <h3>Let's Celebrate the Men We Love</h3>
<p>While many of us are staying safe at home or safe in our communities and our worlds in many ways have gotten smaller, our big, amazing globe is still open to us virtually. Join us as we kick off our month of Travelling the World with some new bursts and family friendly activities that can be done in your home and in your communities, while still learning about the broader world around you! See where this week with BOKS will take you!</p> 	<p>Kids are drawn to animals, especially the more unique and the more colorful they are. Depending on where we are in the world, we have the unique experience of being exposed to a broad variety of animal species native to the area. This week we will enjoy an exploration of pets and animals of the world. Get ready to get your "Zoo" on!</p> 	<p>Many of us proudly fly our countries flag. Or have shed a tear or two while our national anthem is played after a big win! Join us for week three as we celebrate some of our team members and trainers from around the globe.</p> 	<p>June 21 is Father's Day and we want to take this week to celebrate all the men in our lives. Who has had an impact on your life? Your teachers, co-workers, fathers, friends, uncles and brothers? Let's celebrate them together this week!</p> 

## WHERE IN THE WORLD HAVE YOU EXERCISED?

Track your activity on the map and learn more about famous locations!



You can click on the monuments to get information about them.

## WHERE IN THE WORLD HAVE YOU EXERCISED? Add a check mark each time you do a cardio-based activity.



- |           |  |   |                          |           |  |   |                          |
|-----------|--|---|--------------------------|-----------|--|---|--------------------------|
| <b>1</b>  | Jump rope for 10 minutes. Try different jump ropes exercises & rest as needed.   |    | <input type="checkbox"/> | <b>12</b> | 100 squats around the world – do 25 squats in each of the four direction   |    | <input type="checkbox"/> |
| <b>2</b>  | 100 jumping jacks  |    | <input type="checkbox"/> | <b>13</b> | Animal walk – get creative on a 10-minute walk as you act out different animals every minute. Examples: gallop like a horse, walk like a duck, sprint like a tiger, fly like a bird...   |    | <input type="checkbox"/> |
| <b>3</b>  | Jog to a designated spot in your neighborhood (keep it short). Then do as many laps as you can in 10 minutes.  |   | <input type="checkbox"/> | <b>14</b> | Hopscotch – chalk up a new hopscotch course and get busy hopscotching for 10 minutes!  |    | <input type="checkbox"/> |
| <b>4</b>  | 100 side to side jumps   |    | <input type="checkbox"/> | <b>15</b> | Field jog – head to a local field and mark off a large square. Jog along one side, side shuffle the next and repeat as you head around your square. Keep moving for 10 minutes.  |   | <input type="checkbox"/> |
| <b>5</b>  | Go for a 10 minute walk & set an alarm to go off every minute. When you hear the alarm, switch to a new movement (example: walking to side shuffle).   |   | <input type="checkbox"/> | <b>16</b> | Shadow partner run – 10-minute family run. The person in front leads the moves, changing every 30 secs, with people behind shadowing the leader. Switch leaders throughout the run. Movements can include jogging, high knees, skipping, etc.  |   | <input type="checkbox"/> |
| <b>6</b>  | Kangaroo jump relay – set up two cones far apart and jump back and forth between them, with a ball between your legs. Make sure to do 10 jumping jacks at each cone. Set your timer for 10 minutes!    |  | <input type="checkbox"/> | <b>17</b> | 100 mountain climbers  |   | <input type="checkbox"/> |
| <b>7</b>  | Run/Walk – go for a walk for 10 minutes. Run for a minute, walk for a minute.  |  | <input type="checkbox"/> | <b>18</b> | Have one member of your family lead a 10-minute walk/run. Walk in a row with one person behind the next. The person in the back speeds up to pass the first person in line and takes over the lead position. As soon as the person has taken over the lead, the individual in the back takes off to the front of the line. Continue switching positions for the duration of your walk/run. |   | <input type="checkbox"/> |
| <b>8</b>  | 80 Burpees – this is tough one! Break it up throughout the day – do 20 burpees each time you need to move your body.   |   | <input type="checkbox"/> | <b>19</b> | 100 speed skaters  |  | <input type="checkbox"/> |
| <b>9</b>  | Tree run – sprint from one tree (or lamp post), to the next one in your neighborhood. Then walk to the next tree/lamp post. Continue walking and sprinting between lamp posts or trees for 10 minutes. |   | <input type="checkbox"/> | <b>20</b> | Run the bases – create 4 bases with chalk. Run the bases for 10 mins, stopping at each base to perform activities. First base – 10 jumping jacks. Second base – 10 side to side jumps. Third base – 10 jump squats. Home base – 10 star jumps.   |  | <input type="checkbox"/> |
| <b>10</b> | 80 Push Ups – another tough one. Break this up throughout the day – 20 push ups before each meal or snack!   |  | <input type="checkbox"/> | <b>21</b> | Musical run – take some music with you on this 10-minute run or walk. Whenever you hear the chorus of the song, switch the activity. Start with a run, then switch to skipping when you hear the chorus, switch back to running when the chorus is done.   |   | <input type="checkbox"/> |
| <b>11</b> | Walk and squat – head out for a 10-minute walk. Every minute, stop and do 10 squats.   |   | <input type="checkbox"/> | <b>22</b> | Dance Party! Celebrate your success with a dance party. Crank the tunes & dance it up with your family for at least 10 minutes!  |  | <input type="checkbox"/> |

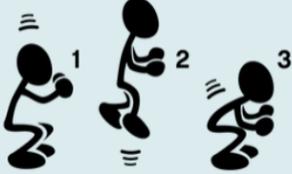
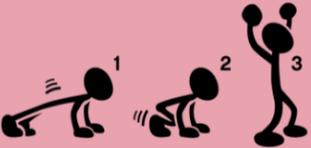
# boiks FITNESS CALENDAR

## Fitness Skills

<b>Running</b>		<ul style="list-style-type: none"> <li>• Stand up tall with core tight</li> <li>• Shoulders and arms are relaxed and swing naturally</li> <li>• Breathe rhythmically, filling the belly</li> </ul>
<b>Push-ups</b>		<ul style="list-style-type: none"> <li>• Keep body in a straight line, with arms a bit wider than shoulder width</li> <li>• Arms fully extended at the top</li> <li>• Chest close to the floor at the bottom</li> </ul>
<b>Plank</b>		<ul style="list-style-type: none"> <li>• Keep body in a straight line</li> <li>• Keep knees off the ground</li> <li>• Keep weight evenly distributed between elbows/forearms and feet</li> </ul>
<b>Donkey Kicks</b>		<ul style="list-style-type: none"> <li>• Start from standing position, move hands to the floor slightly wider than shoulder width</li> <li>• Kick the feet off the ground and move them back in the air</li> <li>• Stand up straight at the end</li> </ul>



Click on the fitness skills to have a visual on how to perform them.

<b>Jumping</b>		<ul style="list-style-type: none"> <li>• Start with your feet at shoulder-width and keep heels super-glued to the ground</li> <li>• Bend your knees and squat deep</li> <li>• Use arms by bringing them back and driving them forward to initiate the jump</li> <li>• Jump up straight and tall, and land softly by absorbing the landing by bending at ankles, knees and hips</li> </ul>
<b>Burpees</b>		<ul style="list-style-type: none"> <li>• Drop into a push-up, keeping the body straight</li> <li>• Jump up to stand with feet moving between the hands</li> <li>• Stand up tall, jump up and clap hands above head</li> </ul>
<b>Squats</b>		<ul style="list-style-type: none"> <li>• Keep heels super-glued to the floor</li> <li>• Squat deep to get your knees at a 90-degree angle to the floor</li> <li>• Keep your back arched like a superhero</li> </ul>
<b>Crunches</b>		<ul style="list-style-type: none"> <li>• Keep core contracted through the entire movement</li> <li>• Elbows are wide, don't pull on your head or neck</li> <li>• Imagine bringing your ribcage toward your hips</li> </ul>



# bOKS FITNESS CALENDAR

## BOKS Activity Descriptions

**1**

### TRAVEL THE WORLD BURST

Materials: Graphic or drawing of a pie chart with the 7 Continents written in a piece of the pie. Coin or bottle top.

- Place the continent graphic on an open table or the floor.
- Spin a coin or bottle top on the board.
- While the coin is spinning participants do jumping jacks.
- Where the coin stops you will perform the activity associated with that continent for 15-30 seconds.

- o North America – High knee jog as you hike through the Rocky Mountains.
- o South America – Pretend to kick a soccer ball.
- o Africa – Move like a lion in the jungle.
- o Antarctica – Walk like a penguin.
- o Europe – Perform mountain climbers like you are climbing the Alps.
- o Australia – Jump like a kangaroo.
- o Asia – Dance like you are a Chinese Dragon.

**2**

### CELEBRATE TOURISM BURST

You will need a ball. Do each of the following exercises for 1 minute followed by a 1 minute rest. For each exercise, partner A will start with 1 rep, then partner B will do 1. Then 2-2, then 3-3 etc. They will work their way up to see how many they can complete as a team in 1 minute. Their ball represents the world as we celebrate travel & tourism. With each throw of the ball, have each person name different places they have travelled or would like to travel.

1. Squat (appropriate number) then chest throw to partner.
2. Side lunges (appropriate number per side) then overhead throw with bounce to partner.
3. High knee jog (appropriate number per side) and v-ball set ball to partner.
4. Crunch then ball toss to partner.
5. Tuck jump then volleyball bump to partner.
6. Wall sit passing ball back and forth to partner for time limit.

**3**

### LAND & SEA BURST

1. Identify someone to be the "leader".
2. Anyone else playing will start by sitting in their chair, with room to stand.
3. The leader will issue the following commands "Land, Sea, or Both".
4. When the leader says "Land" kids stand and jog on the spot. When the leader says "Sea", kids sit and pretend to paddle a boat. When the leader says "Both", kids hover over their chair in a squat.
5. If a kid completes the wrong action, they must complete 3 jumping jacks before returning to the game.

**6**

### STUFFED ANIMAL MINUTE TO WIN IT RUN

Family Activity

Materials: stuffed animals/pillows, something to mark relay boundaries (cones, shoe, book, etc.)

1. 1-minute scavenger hunt to collect as many stuffed animals around your living space.
2. Put all the stuffed animals in one pile which is the starting point.
3. On the count of go, pick a stuffed animal and run to the point across the room or yard and come back. Without dropping the first stuffed animal pick up a second one and run with both across the room/yard and back. Then pick up the third one (you should now be carrying three animals). Continue to add to your load until the minute is up.
4. See how many stuffed animals you are able to carry back and forth for that minute. Winner will be the person who can carry the most stuffed animals in that minute.

Variations:

Instead of running – speed walk or do the movement of the animal (ie: bunny jumps, cat leaps, bear crawl, horse gallop, etc.)

**4**

### ABC BURST, USING THE WORD "TRAVEL"

Use the ABC poster featured in our May calendar and spell out the word TRAVEL to get your sweat on today!

- T = 10 supermans
- R = Mountain pose (10 s.)
- A = 10 jumping jacks
- V = 10 jump squats
- E = 20 high knees
- L = Downward dog (10 s.)

**5**

### MOVE THROUGH THE FOREST BURST

For 60 seconds per animal, pretend to move through the forest:

1. Like a big bear (do bear crawls on hands and feet, lifting knees to elbows to walk).
2. Like a frog (squat low and spring up high).
3. Like a deer (arms straight out jumping with high knees to chest).
4. Like a hummingbird (running quickly on the spot while swinging arms like windmills).
5. Like a squirrel climbing a tree (reach high and then pull arms down and knee lifts to touch elbow, then alternate to other side like you are climbing).
6. Like a beaver smacking his tail down (place hands behind your back, kick your heels up to try to touch your feet).
7. Pick your favorite forest animal and act like it!

Find the following items to help you virtually travel the world! Get creative in terms of how you can represent some of these items!  
For each item you find, do 5 jumping jacks! Rather than collecting items, take pictures of each item!

- |   |  |
|---|--|
| <input type="checkbox"/> A globe  | <input type="checkbox"/> Something warm                          |
| <input type="checkbox"/> Stuffedie of an animal that lives in another country | <input type="checkbox"/> Ear buds                                |
| <input type="checkbox"/> A flag   | <input type="checkbox"/> Flip flops                              |
| <input type="checkbox"/> A picture from a trip you went on                    | <input type="checkbox"/> Something you would take on a road trip |
| <input type="checkbox"/> Sunglasses   | <input type="checkbox"/> Favorite snack                          |
| <input type="checkbox"/> Something that likes to swim in water                | <input type="checkbox"/> Game for the car                        |
| <input type="checkbox"/> Sporting gear you use when travelling                |  |
| <input type="checkbox"/> Book   |  |
| <input type="checkbox"/> Magazine   |  |
| <input type="checkbox"/> Musical instrument                                   |  |
| <input type="checkbox"/> Something you can use to burn in a campfire          |  |
| <input type="checkbox"/> Postcard   |  |
| <input type="checkbox"/> Your passport or identity card                       |  |
| <input type="checkbox"/> Small suitcase                                       |  |
| <input type="checkbox"/> Something that flies                                 |  |
| <input type="checkbox"/> Map  |  |
| <input type="checkbox"/> Sunhat   |  |



# bOKS FITNESS CALENDAR

## BOKS Activity Descriptions

8

### DO THE ZOO BURST

Have the kids pretend they are at a zoo and take them on a journey where they need to act like the animals. Be creative!

1. Act like a donkey and try a donkey kick
2. Act like a monkey and jump up and down
3. Act like an elephant and swing your trunk
4. Act like a crab and do a crab walk
5. Act like a seal and try to do seal walks around the room
6. Act like a snake and slither on the floor
7. Act like a bear and do the bear crawl
8. Ask kids to be assistant Zookeepers and suggest animals too!

9

### DON'T TOUCH MY PAW BURST

1. Each individual must get in a bear crawl stance across from their partner.
2. The object of the game is to touch another child's paw (hand) while bear crawling around the room (similar to tag).
3. If the child's paw (hand) is touched by another child that child must perform 10 toe touches (crunches, pretend ladder climbs, etc.) then continue the game.
4. Repeat for 5 to 7 minutes.

10

### FISHING SEASON BURST

1. Sit in your pretend boat - your chair.
2. Pretend to paddle your boat out to your favorite fishing spot - 15 seconds of paddling.
3. Dodge under tree limbs on the right and left side of the boat. Pretend to push the tree branches out of the way then continue to paddle.
4. It has started to rain and water is collecting on the bottom of your boat; pretend to reach down and grab your bucket which you will use to remove the water from the bottom of your boat. Empty the water from your boat and return to paddling.
5. Paddle for another 15 seconds switching from paddling on the right side of the boat with the left side (lift your legs as if you are sitting in a canoe for a challenge).
6. Finally, you are only a few strokes to your spot. Complete 10 more paddle powerful strokes and arrive at your spot.
7. Pretend to pull the anchor from the front of your boat. Stand and throw the anchor overboard.
8. While sitting in your boat (chair) pull out your fishing rod from the side of the boat. Place some bait (fish food) on the hook attached to your rod. Now cast (throw) the fishing line into the creek. Reel the line back in when you have caught a fish or a fish has taken all the food off your hook.
9. Did you catch a fish or did the fish eat all the food from your hook? If you caught a fish celebrate by getting on the ground and wiggling around like a fish from side to side for 15 seconds. If a fish ate all your food from your hook pretend to paddle for 15 seconds.

11

### JUNGLE RUN BURST

Kids move around your space. Cue them to change movements:

1. Jump over logs
2. Duck under branches
3. High knees through quick sand
4. Run from a tiger
5. Tip toe past a snake
6. Imitate monkeys
7. Have kids choose a jungle movement of their choice and share with the group

12

### PETS AROUND THE WORLD BURST

Materials: A Pet - Dog/Cat/Bunny - any pet that is willing to play with you (if you do not have a pet, a stuffed animal can be used). Tennis balls, any other ball, soccer, basketball.

- Set up in relay format.
- Place a pile or bucket filled with balls at the end of the relay line.
- Participants line up opposite the pile or bucket of balls.
- Set a timer for 1 minute.
- Participants must run with their pet back and forth to the bucket or pile of balls.
- Each time they reach the ball pile the person and their pet must pick up a ball and bring it back to the start line.
- The team with the most balls at the end of the minute is the winner.
- If there are different participants and pets, switch and play again.
- If you are using stuffed animals, be creative and see how the human and stuffed animal can both carry or kick a ball.

# bOKS FITNESS CALENDAR

## BOKS Activity Descriptions

### 13 TAKE YOUR FAMILY ON A DOG JOG! *Family Activity*

Get outside and enjoy the fresh air on a 30-minute walk or jog.

If you have a dog, leash them up and take them with you.

Do the following activities depending on what you pass along the way...

- Lamp posts – 5 squats
- Benches – 10 jumping jacks
- Fire hydrants – 10 high knees

#### BONUS

If you have a dog with you, enjoy these bonus activities.

- Your dog barks – sprint for 10 seconds
- Your dog sniffs another dog – 4 walking lunges
- Your dog “marks” a tree – 3 star jumps

### 16 THE UNITED STATES OF AMERICA FLAG

The United State of America Flag has 3 colors, 50 stars, and 13 stripes.

Complete the below activities to celebrate the USA Flag!

Complete the below 3 exercises, representing the colors of the flag, 13 times to represent the stripes:

- Squats
- Sit-Ups
- Push-Ups

Complete the below 4 exercises 5 times each side, representing the 4th of July (AKA Independence Day):

- Lunges
- Mountain Climbers
- Lateral Lunges
- Bicycles (core exercise)

### 14 TRAVEL THE WORLD 7 CONTINENTS CHALKING BURST *Family Activity*

Check out the description of this burst on the following page.



### 17 WELCOME TO WORLD OF JAPANESE SPORTS!

#### SUMO

Lower yourself with your fists touching the floor

Look into partner's eyes

As you get up (adults in squat position, kids standing depending on age and size ) spread your hands and hit the other person's hands and push Try to keep your balance and stay in your original position

#### JUDO

Spread your legs

Bend your arms and bring both arms with fists together over one shoulder (both parties need to have the arms over the same side)

Thrust your arms forward diagonally making sure you bend your knees at the same time (like you're throwing someone over your shoulder)

Change sides

#### KENDO

Use a soft stick such as paper towel roll or make one with paper

Put right leg in front of the other while holding out the stick in front of you with both hands (make sure your arms stay as straight as possible)

Raise the stick over your head and raise your right leg high at the same time

Bring the stick down and lower your leg at the same time

Try to hit the your partner's upper body (no arms and lower body allowed according to kendo rules) – hitting partner's stick is allowed

#### SEIZA

Sit up straight with your legs folded under each other

This can be done as part of cool down by closing your eyes in meditation

#### REI

Bowing while sitting

Sit up straight with your legs folded under each other and your hands on your thighs

This is a way to end Japanese martial arts and to say THANK YOU

### 15 GO TEAM CANADA!

1. Jog around the room, jump up and high as many times as you can.

2. Quickly get into a group of two or four, line up with your hands on the hips of the person in front of you and sprint as a team, weaving around the room, BOBSLED style!

3. Holding hands with a partner, alternate doing squat jumps as though you are competing in pairs figure skating.

4. With the same partner, get into a one-legged balance pose, holding onto your partners' hands for support (figure skating style).

5. With your partner, face the same direction, line up with the back person placing their hands on the hips of the person in front. Get into a low squat and kick one leg out to the side then the other leg, moving forward as you kick – kick with the same leg as your partner. (short track speed skating style)

### 18 "LUCKY IRISH LEPRECHAUN RAINBOW" BURST

Fun exercises based on the colors of the rainbow. Do each exercise for 10 seconds.

1. Red - Running in place
2. Orange - Overhead pulldown
3. Yellow - Y-Raises (Superman position)
4. Green - Goddess Squats
5. Blue - Boat Pose
6. Indigo - Inchworm
7. Violet - V-Up
8. Black - Burpee
9. Brown - Bridge

### Materials:

Bouncing Ball, Chalk

### Set Up:

Make up a grid with two columns and a big rectangular box at the top. The boxes should be about 2 feet wide and 1 foot deep. In each box write a continent. (see photo) Also, think up some categories that you can name for each continent.

Continents should be ordered by size smallest to largest: Australia, Europe, Antarctica, S. America, N. America, Africa, Asia

### Category Examples:

Country in the continent: Africa – Ethiopia; Europe – Spain; Asia – China; S. America – Peru etc.

Food associated with continent: Africa – Watermelon; Europe – Olives; Australia – Coconut Crab etc.

Sports associated with continent: Africa – running, Europe – skiing, N. America – football, S. America – soccer, Australia – swimming, Asia – table tennis

### Play:

To begin play, one player stands in the START box. Player rolls the ball into the box with the smallest continent (Australia). Player must stop the ball with their hands or feet before it leaves the box. Then, player stands up, bounces the ball once in the box, and gives the name of something that meets the category. This has to be a name that noone in this game has used before. The player continues moving through all 7 squares (going in order of continent size), bouncing the ball once in each box, and giving a name of something that meets the category. They keep going through the grid until they fault out, or successfully finish the round. If the player did not fault out, then still standing at START box, they must roll the ball into next continent box based on size, and stop it with their hands or feet before it leaves the box. The player cannot touch the ball before it reaches the correct box.

Play continues until a player faults out, or successfully goes all the way around the court, rolling the ball with each new level.

The winner is the first player to make it through all 7 levels. Some people play that if you make a mistake, you must start all over on your next turn at the first box (Australia).



# boks FITNESS CALENDAR

## BOKS Activity Descriptions

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### BUILD THE EIFFEL TOWER BURST

Let's go for a trip to France!

Equipment: deck of cards

1. Build a tower (in a triangle like the Eiffel Tower) with the cards – 3 floors only.
  2. If a card falls, you must stand on a chair by the wall for 10 seconds.
  3. If the whole stack falls, you do 5 burpees.
- If several people play, the first to have finished the tower wins!

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### FLAG SCAVENGER HUNT

Family  
Activity

Materials: 10 pieces of paper

Set-up: Split into 2 teams, draw 10 flags (5 for each team) and write movements on the back of each paper

1. Each team draws out 5 flags (one on each paper) from different countries (ex. USA, Canada, Japan, Ireland, Australia).
2. On the back of each flag write a movement and how many times the movement should be done (ex. 5 Jumping jacks, 10 burpees, 10 squats, 20 mountain climbers, 30 second plank).
3. Each team hides their flags.
4. Once flags are hidden each team looks for the flags from the opposite team.
5. When all the flags are found, everyone does the movements that are on the back.

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### FATHER'S DAY BACKYARD PICNIC/BBQ FUN

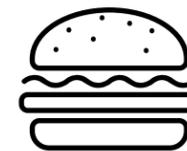
Family  
Activity

An activity you can do with your Dad, a male role model or your family!

Materials: Small ball or rolled sock, playground ball, tennis racket or plastic container lid, squeeze bottle (could be an empty condiment container like ketchup or mustard), plastic cups, water, cones or something to mark your area.

Partner up and play these four games!

#### Game 1: Burger Flip



Take a small ball or rolled sock and see how many times you can bounce the ball/sock with the racket/lid. For an extra challenge, try flipping the racket/lid after each bounce.

If playing with teams, the person with the most bounces in a minute wins.

#### Game 3: Knock the cup over



Who hasn't experienced spills at a picnic/bbq?  
This time it is intentional!

With teams, set up a plastic cup at one end of a table. If two teams, two cups. Then, using the squeeze bottle filled with water, squirt the cup to move the cup to the other end of the table and off the edge. First to get their cup off the end of the table wins.

#### Game 2: Volleyball



Take a playground ball or rolled sock (or any type of ball) and with your partner volley the ball back and forth. How many times can you keep the ball going back and forth?

#### Game 4: Let's Get a Drink



Using cones or other marking device (could be shoes, rocks, etc.) set up a distance of about 25 yards. If there are two teams, fill two plastic cups to the brim with water. The goal is to get from the start line to the finish line without spilling anything from your cup. The winner is the one who not only passes the finish line, but finishes with the most water left in their cup.

# bOKS FITNESS CALENDAR

## BOKS Activity Descriptions

### **BALANCING ACT BURST**

1. Label 10 – 15 red cups on the inside with activities.
2. Each person places one red cup upside down on their head.
3. With the cup on their head each person will perform one movement (i.e. lunge, squat, marching, plank hold, etc.).
4. If the cup falls off the participant's head they must perform the specific activity labeled on the inside of their cup for 30 seconds.

### **TRACK & FIELD BURST**

- Materials: tape, toilet paper roll, ball, metronome to set the pace
- Standing Long Jump**
- Start from behind a line or tape, jump as far as you can and land with soft knees.
  - Repeat and try to jump over the 1st mark!
  - Try a single-leg take-off into a two foot landing.
  - Repeat on the other leg.
- Javelin throw on a rope**
- Place a toilet paper roll on a rope.
  - Anchor the rope up high.
  - Grab the toilet paper roll palm up, take a step towards the anchor while keeping your throwing arm behind you.
  - High throwing arm!
  - Long pull and try the other arm.
- Relay Races**
- Line up in a crab walk start position.
  - Place an object on your core.
  - Ready, Set, Go! Race to a line (touch it) and back.
  - Try with a ball or a balloon between your knees.
- Pace-Race**
- Use a Metronome to set the pace.
  - Start in a plank position.
  - On a command, start "running" by performing Mountain Climbers to the beat! KEEP TO THE BEAT!!
  - For a faster race, set it to 155 bpm (or faster) and for a steady pace, set below 140 bpm.
  - Try to run for 30 secs or 1 min...or until you are the last one standing.

### **BURPEE PYRAMID BURST**

1. Pair up and stand facing each other with 3 or 5 cups for each teammate. Cups are placed to either side of each participant.
  2. On the 'go' cue, participants go one at a time and do a burpee to the ground, come back up, pick up a cup and place it in the space between both teammates. Cups are placed with bottoms up.
  3. Then the next participant will do a burpee, grab a cup and place it next to the first cup. Game is repeated one cup at a time until all 6 or 10 cups create a pyramid.
  4. Game can be continued so that participants deconstruct the pyramid so that all cups are returned to the start position.
  5. If a pyramid is toppled during the game, then the team has to start over.
- Variations: Use more cups for a more challenging task that requires steady hands and performing more burpees. OR use non-dominant hand when placing cups. Kids can also do the number of burpees for cups that are currently in the pyramid as they construct it. For example, before placing the 4th cup, the participant does 4 burpees, etc.

### **PUSH UP CHALLENGE BURST**

1. Partner A performs 1 push up
2. Partner B performs 1 push up
3. Partner A performs 2 push ups
4. Partner B performs 2 push ups
5. Continue this push up ladder for 2 minutes increasing your number of push ups each time it is your turn. See how many push ups you can complete!
6. Have the kids stand up and shake it out for 60 seconds
7. Repeat

### **LAST ONE STANDING BURST**

- Partner up and "challenge" your partner to complete the activity.
1. Run on the spot or around the space moderately for 1 minute
  2. Drop down for 2 burpees
  3. Jog moderately for 1 minute
  4. Drop down for 2 burpees
  5. Jog quickly for 1 minute
  6. Drop down for 2 burpees
  7. Run on the spot as quickly as possibly for 1 minute
  8. Drop down for 2 burpees
  9. Jog moderately for 1 minute
  10. Drop down for 2 burpees
  11. Switch roles and repeat

### **WATER BALLOON/BALL TOSS** Family Activity

- Materials: 1 or more water balloons or balls that can be tossed for each pair of participants
- Set-up: Line up in a straight line facing their partners, who are roughly 3-4 feet away
- Details:
1. One side starts with the water balloon or ball.
  2. Toss the balloon or ball to their partners while their partners try to catch it.
  3. After tossing do 3 jumping jacks.
  4. Take one step back and repeat the activity.
  5. Mix up the movements (3 burpees, 3 mountain climbers, 3 squats).
  6. If the water balloon breaks everyone does 5 burpees together.

# bOKS FITNESS CALENDAR

## BOKS Activity Descriptions

### 28 CELEBRATIONS OF THE WORLD ACTIVITY *Family Activity*

### 29 HIP HOP BURST

### 30 DANCE IT UP BURST

Perform each activity from the different countries for 30 seconds.

**USA - 4th of July/Canada Day July 1st - National Day**

- Perform jumps acting like you are fireworks exploding

**Mexico - Mexican Independence Day**

- Dance around as if you are doing a Mexican Hat Dance

**Europe - Europe Day - Day of Peace and Unity**

- Tell 3 people something positive

**Asia - Chinese New Year**

- Dance around like you are a Chinese Dragon

**India - Holi - time celebrated with dancing and colorful paint thrown around**

- Dance around as if you are spreading color and paint on all your friends

**South America - Carnival - celebrated in countries like Brazil**

- March with high knees like you are in a parade

**New Years - New Years is celebrated all around the world**

- Jump around like a firecracker, yelling Happy New Year in different languages

**Biz Markie**

Start with your feet apart and hop to one side with arms in a T and jazz hands/show biz hands. When you land, the opposite arm of the direction you hopped goes across the body as if you are marking something on the wall.

**Gucci**

Hopping twice side to side, bending your arm at the chest, shake your arm in the direction of the hop.

**Wop**

Both arms bent at your chest, swing them going down with your body towards your knees for four counts and going back up for four counts.

**Bart Simpson**

Sliding to one side, your opposite arm from your slide is straight while the other one is bent. Once in a standing position arms go into a muscle man.

Perform all the movements below in 15 second intervals while playing a song of your choice from the [BOKS Canada Spotify list](#).

1. Flossing – move hips right to left while holding your arms in a straight position with one arm hanging in front and the other behind your body. Essentially flossing your hips through your arms.
2. Rake the lawn – pretend to hold and rake the leaves in one direction than another.
3. Disco dancing – Point one finger in the air while holding your arm in a diagonal position above your head with the other arm and finger pointing to the floor.
4. Sprinkler – move your arm like the motion of a sprinkler and switch arms when desired.
5. Lawnmowing – pretend to cut the grass with the lawnmower in different directions.
6. Changing the light bulbs – use one hand to reach about your head and pretend to change the light bulb in the ceiling, switch hands when desired.
7. Repeat until the end of the song.

## DOWNLOAD OUR SUMMER FUN PACK!

Create Your Own "Adventure of Fun" this summer!  
**Available on June 20th.**

It will contains BOKS Bursts, 20 min BOKS Classes, kid friendly recipes, BOKS Games, BOKS Crafts and monthly calendars to fill out and place your chosen activities.

Stay tuned on our website:  
[www.bokskids.org/boks-at-home/](http://www.bokskids.org/boks-at-home/)



# CERTIFICATE OF CONGRATULATIONS

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for completing the  
**BOKS JUNE FITNESS CHALLENGE**

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Date



# bOKS

## HAVE FUN!

Find more at-home resources on our website:

<https://www.bokskids.org/boks-at-home/>

Share your pictures/videos with us on social!

