



bOKS ^{New} FITNESS CALENDAR



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

May 2020

Week 1
Week 2
Week 3
Week 4

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
					<input type="checkbox"/> WELL-BEING 1 <input type="checkbox"/> BOKS Live Class <input type="checkbox"/> Strong Abs Burst	Time to play 2 Rainbow Fruits. Draw a rainbow and color it in.	
It is time to play 3 Vegetable Rainbow. Draw a rainbow and color it in.	<input type="checkbox"/> GRAINS 4 <input type="checkbox"/> BOKS Live Class <input type="checkbox"/> Fruit As If Burst	<input type="checkbox"/> FRUITS 5 <input type="checkbox"/> BOKS Live Class <input type="checkbox"/> Copy Cat Food Burst	<input type="checkbox"/> VEGETABLES 6 <input type="checkbox"/> BOKS Live Class <input type="checkbox"/> Name that Fruit Burst	<input type="checkbox"/> PROTEIN 7 <input type="checkbox"/> BOKS Live Class with <i>Myah Garrett (Soccer)</i> <input type="checkbox"/> Healthy Food Card Burst	<input type="checkbox"/> WATER 8 <input type="checkbox"/> BOKS Live Class <input type="checkbox"/> Portion Scavenger Hunt Burst	Set up a bowling alley 9 and play indoor bowling!	
Celebrate the 10 women in your life with our Mother's Day Partner Burst!	<input type="checkbox"/> WOMEN 11 <input type="checkbox"/> BOKS Live Class <input type="checkbox"/> Hula/Rope Event Burst	<input type="checkbox"/> WHOLENESS 12 <input type="checkbox"/> BOKS Live Class with <i>Karen Furneaux (Canoe Kayak Sprint)</i> <input type="checkbox"/> Make a Shape Burst	<input type="checkbox"/> STRENGTH 13 <input type="checkbox"/> BOKS Live Class with <i>Mélo die Daoust (Hockey)</i> <input type="checkbox"/> Squat Your Back Burst	<input type="checkbox"/> PARTNER UP 14 <input type="checkbox"/> BOKS Live Class with <i>Kyle Norman (Swimming)</i> <input type="checkbox"/> Female Athlete Sports Galore Burst	<input type="checkbox"/> OPTIMISM 15 <input type="checkbox"/> BOKS Live Class <input type="checkbox"/> Make a Box Burst	Get ready for indoor 16 mini golf! Create your own course.	
Time to play 17 Avoid the Shark! Grab some chalk and draw.	<input type="checkbox"/> GAME 18 <input type="checkbox"/> BOKS Live Class <input type="checkbox"/> Lego Burst	<input type="checkbox"/> FUN 19 <input type="checkbox"/> BOKS Live Class with <i>Hugh Smith (Gymnastics)</i> <input type="checkbox"/> Tower of Fun Burst	<input type="checkbox"/> CREATIVITY 20 <input type="checkbox"/> BOKS Live Class with <i>Élizabeth Hosking (Snowboard)</i> <input type="checkbox"/> Jenga Burst	<input type="checkbox"/> MOVEMENT 21 <input type="checkbox"/> BOKS Live Class with <i>Alex Keith (Basketball)</i> <input type="checkbox"/> Indoor Shuffle Board Burst	<input type="checkbox"/> ENERGY 22 <input type="checkbox"/> BOKS Live Class <input type="checkbox"/> UNO meets Candyland Burst	Place your legs 23 inside a sack or pillow case and start a potato sack race!	
Challenge your 24 family with our Pyramid Game!	<input type="checkbox"/> BOOTCAMP 25 <input type="checkbox"/> BOKS Live Class <input type="checkbox"/> BOKS Boot Camp Burst	<input type="checkbox"/> TABATA 26 <input type="checkbox"/> BOKS Live Class with <i>Amy Walsh (Soccer)</i> <input type="checkbox"/> Tabata Planks Burst	<input type="checkbox"/> HEARTBEAT 27 <input type="checkbox"/> BOKS Live Class with <i>Benoit Huot (Swimming)</i> <input type="checkbox"/> Throw Pillow Burst	<input type="checkbox"/> HARDCORE 28 <input type="checkbox"/> BOKS Live Class with <i>Britney Bautista (Track/running)</i> <input type="checkbox"/> Tabata Stand Up, Sit Down Burst	<input type="checkbox"/> FORCE 29 <input type="checkbox"/> BOKS Live Class <input type="checkbox"/> Marching Mania Burst	Take a large towel 30 and pair of rolled up socks and play Towel Sock Toss!	
Celebrate the last 31 day of May with BINGO! Find the template below.	Congratulations you finished the challenge! Complete the Fitness Calendar and earn the Certificate of Congratulations!		 Click on the activity to have a visual on how to perform the exercises.				

- Use our ABC workout poster below and get a quick workout each morning using the Word of the Day!
- Join a BOKS live class at 12 pm EST / 9 am PDT on our Facebook Page. Olympic, Special Olympic and Paralympic Athletes where **highlighted!**
- Practice a BOKS Burst every weekday!

Find the descriptions for each activity and our printable Certificate of Congratulations below.

Visit our social media for more resources:    

boiKS FITNESS CALENDAR

Did you know that May is Health & Wellness month? We have created specific weekly themes for you to embrace Health & Wellness with your family throughout the whole month.

<h2>Week 1</h2> <p>Challenge Yourself with New Recipes</p>	<h2>Week 2</h2> <p>Celebrate the Women in Your Life!</p>	<h2>Week 3</h2> <p>Let's Have Some Fun with Games!</p>	<h2>Week 4</h2> <p>Bootcamp / Tabata</p>
<p>Let's kickstart the month with a focus on healthy choices in the kitchen. Many of you are now cooking at home and getting creative in the kitchen. Why not focus on figuring out how to make your choices even healthier, as a family? Add in more fruits and veggies into your cooking and challenge yourselves with some never before tried recipes!</p> 	<p>March 10 is Mother's Day and we want to take a FULL week to celebrate the women in your life. Consider your bosses, aunts, mothers, daughters and friends. How can you celebrate them this week and let them know the impact they have had in your life?</p> 	<p>So many of us have dusted off the board games during our time at home but have you considered creative and fun ways that you can actually keep active while playing your favorite games? Make sure you check out all we have to share this week to keep your body moving while playing some classic games.</p> 	<p>Let's end the month with a bang! This week will offer a full range of challenges to get your heart rates elevated and to push you out of your comfort zone. We will have a blast with bootcamp and Tabata style Bursts of activity and Facebook Live workouts.</p> 

books FITNESS CALENDAR



ABC Workout



- A** 10 jumping jacks
- B** 20 crunches
- C** 15 squats
- D** 5 push-ups
- E** 20 high knees
- F** Tree pose (10 s.)
- G** 10 burpees
- H** 20 squats
- I** 10 donkey kicks





- J** 15 crunches
- K** 10 push-ups
- L** Downward dog (10 s.)
- M** 30 second wall sit
- N** 10 lunges
- O** 5 burpees
- P** 15 mountain climbers
- Q** 30 crunches
- R** Mountain pose (10 s.)

- S** 25 high knees
- T** 10 supermans
- U** 30 lunges
- V** 10 jump squats
- W** 20 bunny hops
- X** Butterfly pose (10 s.)
- Y** 15 second plank hold
- Z** 20 plank jacks

Use the word of the day from the calendar and move according to the letters in that word.




BOOKS FITNESS CALENDAR

Fitness Skills

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









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

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



bOKS FITNESS CALENDAR

BOKS Activity Descriptions

 1 STRONG ABS BURST	 2 RAINBOW FRUIT GAME Family Activity	 3 VEGETABLE RAINBOW GAME Family Activity
<p>1. Hold a plank (on forearms) & move right foot out and tap toes then return to start position (plank)</p> <p>2. Repeat 10x on right side</p> <p>3. Repeat 10x on left side</p> <p>4. Hold a plank (on forearms) and extend right leg up toward ceiling 10x</p> <p>5. Hold a plank (on forearms) and extend left leg up toward ceiling 10x</p> <p>6. Repeat #1-5 while in reverse plank position (tummy facing ceiling)</p> <p>Variations/Challenges:</p> <ul style="list-style-type: none"> Repeat burst while in a straight arm plank 	<p>It's important to eat fruits and vegetables every day. Did you know a fruit is the part of the plant that contains the seed or seeds? If the seeds find their way into the soil, they can eventually grow into new plants! Some fruits might surprise you like tomatoes, cucumbers and avocados.</p> <p>Draw a rainbow and color it in. Try and identify a fruit for every color of the rainbow and do the movement that is associated with it.</p> <p>Red = 10 squats</p> <p>Orange = say 1 thing that makes you happy</p> <p>Yellow = 10 jumping jacks</p> <p>Green = deep breath for 10 seconds</p> <p>Blue = 10 push ups</p> <p>Purple = 1 thing you are grateful for</p> <p>Some suggested fruits are: Acorn squash, apples, apricots, bananas, berries, butternut squash, cherries, grapes, guava, kiwis, . . . and more!</p>	<p>It's important to eat fruits and vegetables every day. Did you know that Vegetables are the leaves, stems, roots, and even flowers of plants that we eat? Some examples of vegetables are:</p> <ul style="list-style-type: none"> Lettuce (the leaves of the plant) Broccoli (the flowers and the stalk of the plant) Potatoes (the root of the plant) <p>Draw a rainbow and color it in. Try and identify a vegetable for every color of the rainbow and do the movement that is associated with it.</p> <p>Red = 10 jumping squats</p> <p>Orange = say 1 thing that you are grateful for</p> <p>Yellow = 10 mountain climbers</p> <p>Green = deep breath for 10 seconds</p> <p>Blue = 10 burpees</p> <p>Purple = high five a member of your family</p> <p>Some suggested vegetable are: celery, endive, fennel, bean sprouts, eggplant, lettuce, mushrooms, onions, peppers, carrot . . . and more!</p>
 4 FRUIT AS IF BURST	 5 COPY CAT FOOD BURST	 6 NAME THAT FRUIT BURST
<p>Call out movements that are associated with the fruit mentioned. Players complete the skill for 30 seconds each.</p> <ol style="list-style-type: none"> Rock back and forth as if you are a banana. Roll on the floor as if you are a round orange. Jump up as if you are picking apples off a tree. Side shuffle side to side as if you are straining cranberries out of a bog. Squat down as if you are picking strawberries and putting them in containers. Reach up and shake as if you are shaking grapes off the vine. 	<p>Create 2 identical food item platforms.</p> <ol style="list-style-type: none"> Platform should have a white piece of paper in the middle and 4-7 different food items around the edges of the board. To play the game assign one person as the leader to start. Leader taps a pattern consisting of a series of food items, of their choice, with their foot or hand, for the other to follow. Partner attempts to mimic the pattern the leader created. Start with one food item, then progress to 2,3,4 etc... Keep track of how many you can do in a row and try to see who can repeat the longest pattern. 	<p>Fruit 1:</p> <ol style="list-style-type: none"> This "fruit" is sometimes called the alligator pear because it is pear shaped and its skin is rough in texture like an alligator. It is a good source of fiber, potassium and vitamin B ... Any guesses? Many people eat me in the form of guacamole. Name that fruit ... ANSWER - AVOCADO! <p>Do 20 squats. Roll like an avocado and do 5 forward rolls.</p> <p>Fruit 2:</p> <ol style="list-style-type: none"> This fruit is a type of stone fruit, meaning it contains a pit. It is closely related to the plum and resembles them in color They come in sweet and tart varieties. Name that fruit ... ANSWER - CHERRY! <p>Do 20 burpees. 5 squat jumps and reach for the cherry trees.</p> <p>Fruit 3:</p> <ol style="list-style-type: none"> This fruit has a brown, hairy skin and a bright green flesh It is the most nutrient dense of all fruits (which means it is super healthy) and even has more vitamin C than an orange. The fruit was named after a New Zealand bird. Name that fruit ... ANSWER - KIWIFRUIT! Do 20 jumping jacks. While doing a wall sit spell out G-R-E-E-N K-I-W-I for GREEN KIWI

bOKS FITNESS CALENDAR

BOKS Activity Descriptions

7 HEALTHY FOOD CARD BURST

Equipment needed: deck of cards - separate all face cards from the rest of the deck.

1. Create 2 piles of cards - one with all the face cards, and one with the rest of the deck.
2. Have kids pick 4 of their favorite fruits/vegetables, and match it with an activity they think might represent it (eg. Tree pose for broccoli or cauliflower, plank for carrot and celery sticks, jumping jacks for apples), assign each fruit/vegetable to a card suit. It's a good idea to write these down somewhere for easy reference.
3. Ask kids to pull 2 cards: one from each pile:
 - o Face card suit= fruit/vegetable activity
 - o Number on card= number of repetitions/seconds to hold
4. Complete activities, and then draw again! Change activities every few minutes.

8 PORTION SCAVENGER HUNT BURST

Equipment needed: something to time with (watch, clock, etc.)

Use the following portion guide for reference:

- Index finger to measure cheese
- Palm to measure protein like lunch meat
- Open handful to measure snacks like pretzels
- Closed handful to measure nuts/seeds
- Fist to measure fruit or vegetable
- Tip of your thumb for fat like almond butter

1. Review the portion guide above with the kids- have them practice using their hand to help measure different types of foods.
2. Set a timer for 30 seconds.
3. On "GO", kids must run and find items in the activity space that match the size of each portion recommendation-the goal is to get at least one item to represent each portion size!
4. Kids will have 30 seconds to measure and collect as many items as possible.
5. Once they've had an opportunity to practice, switch up how they move around the space! Add lunges, bear crawls, etc. and see how many items they can find!

9 INDOOR BOWLING GAME Family Activity

Equipment needed: water bottle or plastic cup, ball or rolled up socks.

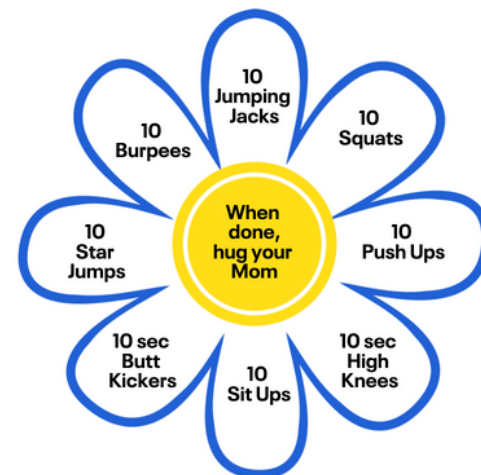
1. Set up a bowling alley.
2. Place cup/bowling pin about 10-15 feet from the start point.
3. Stand on start and try to roll the ball or socks and try to knock over the cup.
4. Do 10 jumping jacks after each time you hit the cup.
5. Set a goal for yourself - knock cup over 5 times OR how many times can I knock it over in a minute?

Variations/Challenges:

- For more than one person set up across from each other at the start and behind the cup.
- After rolling the ball switch positions. Keep the goal of hitting the cup 3-5 times or for a certain amount of time.

10 MOTHER'S DAY PARTNER BURST Family Activity

Mother (or any female role model) and child take turns with each exercise petal. At the end be sure to give each other a hug!
You will find the flower model to follow on page 11.

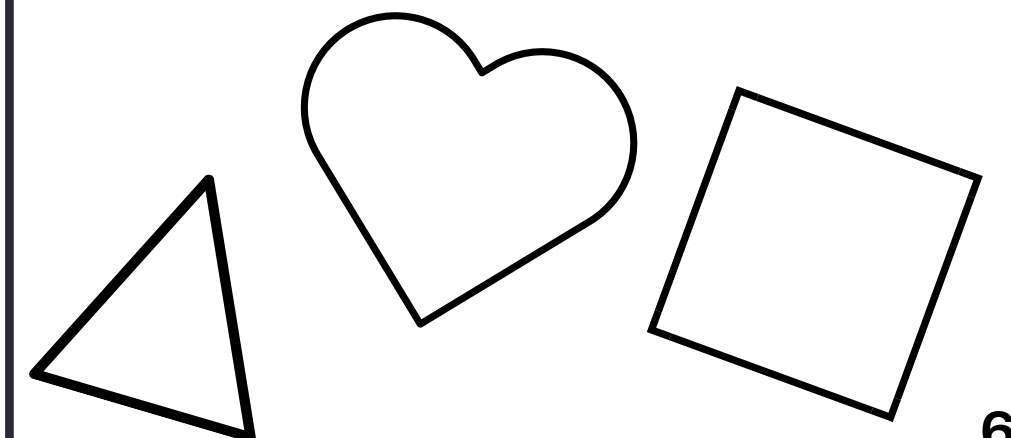


11 HULA/ROPE EVENT BURST

1. Get a hula hoop and/or a jump rope
2. Either take turns where one person hula's, one jumps rope
3. Or both hula hoop, then both jump rope
4. Work together to get a certain # of jumps or a certain amount of time with the hula hoop

12 MAKE A SHAPE BURST

1. Choose a shape, heart, square, triangle, etc.
2. Brainstorm how you both can create that shape with your bodies.



bOKS FITNESS CALENDAR

BOKS Activity Descriptions

13 SQUAT YOUR BACK BURST

1. Partners sit on the floor, back to back.
 2. Without linking arms, partners work together to come to standing WITHOUT their backs coming apart.
 3. Once standing, partners return to a seated position on the floor continuing to keep their backs together.
 4. While partners are moving through the activity, "trainers" will yell "FREEZE"- both partners will have to hold their position/squat until trainers yell "GO"!

Variations/Challenges:

- Have students place an item between their backs (tennis ball, bean bag, etc.). Try to hold the object in place as you stand up/sit down!
- Make it musical! Instead of trainers calling "FREEZE", use music to stop and start partners.

14 FEMALE ATHLETE SPORTS GALORE BURST

Equipment needed: paper and marker or whiteboard to write down names of female athletes
 Object: get the body moving and identify female athletes

1. Call out the following movements for kids to mimic for 10-15 seconds.
 2. Kids must tell the name of a female athlete that plays that sport and record the names on paper or the whiteboard.
 3. See who can come up with the most female athletes in a category:

- Shooting a basketball (i.e. Lisa Leslie, Sue Bird, Kia Nurse, Brittney Griner)
- Swimming (i.e. Katie Ledecky, Penny Oleksiak, Kylie Masse, Missy Franklin)
- Shooting a hockey puck (i.e. Kim St-Pierre, Caroline Ouellette, Briana Decker)
- Serving a tennis ball (i.e. Venus/Serena Williams, Bianca Andreescu)
- Doing a cartwheel like a gymnast (i.e. Gabby Douglas, Ellie Black)
- Sprinting in place as fast as you can (i.e. Florence Griffith Joyner, Cheryl Allen)
- Downhill skiing (i.e. Lindsey Vonn, Britt Janyk, Brigitte Acton, Mikaela Shiffrin)
- Dribbling a soccer ball (i.e. Mia Hamm, Abby Wombak, Christine Sinclair)
- Spiking a volleyball (i.e. Gabrielle Reece, Alicia Ogoms, Sarah Pavan)

15 MAKE A BOX BURST

1. Mom sits on the floor in an L sit (L sit – sit on floor, legs straight in front of you, arms straight overhead)
 2. Child puts hands on ground on either side of moms ankles, child lifts feet off the ground for mom to hold their ankles (Moms arms will come down briefly to grab ankles and push back overhead). Childs body should be in an L shape as well.
 3. Hold this pose for 30 seconds.

16 INDOOR MINI GOLF GAME Family Activity

Equipment needed: plastic cups, small balls (golf or otherwise), golf clubs (or broom/pool noodle/bat), blankets, books other items, duct tape.

- Find an open space or group of spaces in your home that could have a mini golf hole on it.
- Create a hole using books, blankets, etc...
- Duct tape a cup at the end of the hole.
- Create 2-5 holes for your family to challenge themselves with a round of mini golf.
- After each round do 10 family burpees together!

17 AVOID THE SHARK GAME Family Activity

Equipment needed: chalk (2 different colors).

1. Find a safe spot in a driveway or on a sidewalk
2. With different colors of chalk, draw "beaches" various distances apart.
3. Use blue chalk to draw water and shark fins between the beaches
4. Have kids jump from beach to beach to avoid the "sharks" in the "water."

18 LEGO BURST

Equipment needed: individual Lego pieces (50+), deck of cards
 Shuffle a deck of cards and randomly select a card. The colour and value of the card will determine the skill and the # of repetitions that you are asked to perform.

Note: Jack = 11, Queen = 12, King = 13, Joker = 0, Ace = 1

1. If the card is BLACK, perform burpee(s) (modified or traditional).
2. If the card is RED, perform push-up(s) (against a wall, bent knee, or traditional).
3. After you perform the skill, you earn the # of Lego pieces indicated on the card (i.e. a red 8 of Hearts = you do 8 push-ups and earn 8 pieces of Lego; a black Queen of spades = you do 12 burpees and earn 12 pieces of Lego).
4. Continue picking cards, doing the exercises and collecting Legos for an allotted time (2 minutes) then build a TOWER with all of the pieces that you've earned.
5. Repeat 1-4 but build a MONSTER with the Lego.
6. Repeat 1-4 but build a VEHICLE with the Lego.
7. Other building challenges can be found at <https://www.lego.com/en-us/letsbuildtogether?cmp=social-z646ps>

Variations/Challenges:
 If you are using a pair of dice rather than a deck of cards, roll dice to determine # of repetitions & # of Lego pieces earned.
 Even # = Burpee & Odd # = Push-ups

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BOKS Activity Descriptions

19 TOWER OF FUN BURST

Equipment needed: something to stack with (building blocks/ math base ten blocks/cups)

1. Pick any exercise or multiple exercises (i.e. jumping jacks, butt kickers, squats).
2. Do 10 butt kickers and then take 1 building block or cup. .
3. Repeat for a designated time.
4. At the end have each person build their biggest tower and have them estimate the height.

Note: Building blocks can be substituted for other objects on hand, such as books, plastic cups, or erasers.

21 INDOOR SHUFFLE BOARD BURST

Equipment needed: painters tape, any kind that can be put on the floor.

1. Tape two 10"x10" squares about 15 feet across from each other.
2. Get a box, frisbee, plastic plate or any small item that can be slid across the floor.
3. Players stand at opposite taped squares.
4. Player 1 kicks the item (box, frisbee, plate) trying to get it into the opponents taped square.
5. If the item lands with any portion in the taped square the person who kicked it gets a point.
6. First person to score 5 points wins.

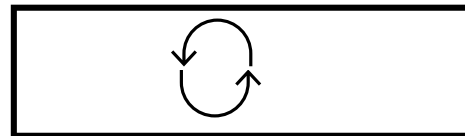
20 JENGA BURST

Equipment needed: 1 Jenga set, permanent markers, (use post it notes if you do not want to write on the original Jenga set)

Fitness Jenga is turn based fitness. Players take turns drawing blocks and building a Jenga tower with a twist! Each block will have a shape that corresponds to an exercise the player must complete before their next turn. Keep going until the tower falls. Beware the Wild Card blocks, your friends can choose your most hated exercise. Knock down the tower and get a triple dose of exercise as you will have to pick 3 of the listed movements!

Get a set of Jenga Blocks and separate Jenga Blocks into even groups of 3.

Take 6 blocks and draw this symbol on them. That symbol means to reverse order of play in games where there are 2 or more people. In a two player game, you can make that block anything you want. (But there are only 6, so make it special!)



Take 3 Blocks and draw a 'W' on them, like this. This stands for 'Wildcard.' The player who played previous to you can give you any exercise from the list (or whatever you decide it stands for).



Divide the remaining blocks equally and draw colorful shapes on one side like at the right.

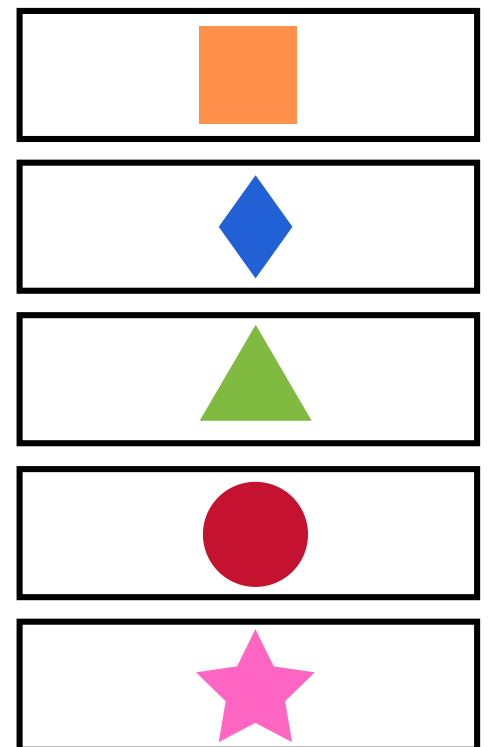
On a piece of paper or white board write what exercise corresponds to each symbol.

You can choose whatever you want. Example:

- Triangle: 10 push-ups
- Circle: hold a plank until your next turn
- Diamond: 10 squat jumps
- Square: 20 mountain climbers
- Star: 20 switch jumps or star jumps
- Arrows: switch directions
- W: Wildcard

Place all blocks shape side down. Mix them up and then build Jenga Tower with blocks grouped in 3's.

PLAY JENGA! Take turns pulling out a Jenga Block and then replacing at the top. Before replacing, look at your shape, and remember what exercise you have to do after you place the block on top of the tower. Follow the sequence of turns unless you get a reverse direction block...then the order reverses. Remember drawing a 'W' block allows the player before you to determine what exercise you do (or really whatever you decide the W stands for). The player who knocks down the tower must pick 3 exercises to do. Then rebuild the tower and start again!



bOKS FITNESS CALENDAR

BOKS Activity Descriptions

22 UNO MEETS CANDYLAND BURST

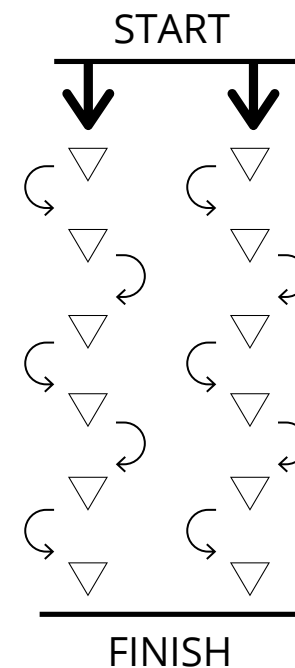
Equipment needed: Uno cards, colored paper – write with different movements written on them (squats, burpees, fast feet, push-ups) .

1. Set up colored paper in the shape of an S – similar to the Candyland board game.
2. Players in the game stand on a spot of the game.
3. Players take turns picking a card from the Uno deck.
4. Whatever card they pick designates how many of the skill on the Candyland board they perform and determines how many spaces they will move.
5. Move around the board until you have completed all the game spots.

23 POTATO SACK RACE GAME Family Activity

Equipment needed: potato sack (or similar object such as a pillow case). Create 2 lines/race courses.

1. Create two lines with plastic glasses (or other objects) with enough space between them to pass between.
2. Create two teams. Why not children against adults?
3. Each team must put their legs in a potato sack (or similar object).
4. Put yourself on a starting line and start the race at the same time.
5. Each team must jump as fast as possible to the finish line passing between the objects.
6. The team that finishes first wins.



24 PYRAMID GAME Family Activity

Equipment needed: 3 plastic or paper cups.

1. Choose a skill – jumping jacks, squats, push ups, sit ups.
2. On Start – players will do 3 of the chosen skill then build a pyramid.
3. Then repeat 3 of the skill and stack the pyramid.
4. Each time you build or stack score 1 point.
5. Continue for a certain amount of time, the person with the most points wins.

25 BOKS BOOTCAMP BURST

1. Set up 3 stations around the room
2. Station 1 (jumping jacks, mountain climbers, fast feet)
3. Station 2 (broad jumps, jumping squats, wall sits)
4. Station 3 (walking lunges, jump rope, star jumps)
5. Complete 5 of each activity at the station, continuing through the exercises until time is up.
6. After 60 seconds, switch stations clockwise.
7. Continue to rotate through the stations for as much time as you have.

26 TABATA PLANKS BURST

1. Turn on music of your choice from the BOKS spotify playlist.
2. Hold plank for 20 seconds.
3. Rest for 10 seconds.
4. Mountain climbers for 20 seconds.
5. Rest for 10 seconds.
6. Hold plank for 20 seconds.
7. Rest for 10 seconds.
8. Mountain climbers for 20 seconds.
9. Rest for 10 seconds.
10. Repeat this 5 times.

Note : Tabata is a form of exercise that alternates intense activity with resting.

27 THROW PILLOW BURST

Equipment needed: 1 throw pillow.

1. Hold pillow overhead from standing position and perform:
 - 10 squats
 - 10 jump squats
 - 10 pillow jacks (do jumping jacks but arms hold pillow up the entire time)
2. Hold the pillow behind your back from a standing position (thumbs facing down and triceps facing up) and perform:
 - 10 pillow lifts holding pillow with both hands (raise pillow approximately 10 cm) if possible
 - 10 pillow tosses (release pillow by thrusting upward and catch it behind your back)
3. Lie down on the ground (legs bent at knees), hold pillow in front of your chest and perform:
 - 10 crunches
 - 10 knees to chest
4. Lie down flat on the ground with legs & arms extended, hold pillow above your head and perform:
 - 10 leg lifts with right leg
 - 10 leg lifts left leg
 - 10 leg lifts (both legs at the same time)
 - Lift arms and legs toward ceiling and transfer pillow from arms (hands) to feet (ankles) or feet (ankles) to arms (hands) then back down to your starting position. Repeat 10 times.
5. Perform a V sit and either hug pillow or sit on it while performing this exercise:
 - 10 second hold challenge

bOKS FITNESS CALENDAR

BOKS Activity Descriptions

28 TABATA STAND UP, SIT DOWN BURST

29 MARCHING MANIA BURST

30 TOWEL SOCK TOSS Family Activity

1. For 20 seconds stand up and sit down in a chair continuously. Have the kids count how many stand up/sit downs they get.
 2. 10 seconds of rest.
 3. Repeat this 4-8 times. Have the kids try to complete the same number of stand up/sit downs in subsequent rounds as they did in round 1.

While staying seated in your chair. Perform each for 30 seconds:

1. Marching (soft feet).
2. High knees (lifting your knee one at a time).
3. Fast feet (as fast as you can running in place).
4. Inside-outside (touching your arch with opposite hand alternating feet-as fast as you can).
5. Marching (soft feet).
6. Straight legs (lifting both legs straight in front of you, bend and straighten - hold onto chair).
7. Running with hands (speed running while swinging your hands and feet).
8. Seated ladder climb opposite leg steps up while arm reaches high).
9. Chair squats (stand up then sit down-repeat).
10. Marching (soft feet).
11. Repeat.

Equipment needed: a large bath or beach towel & pair of rolled up socks or inflatable beach ball

of players required: 2 or 4

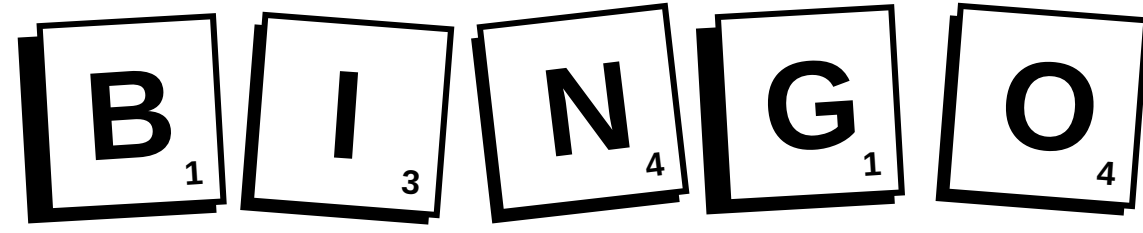
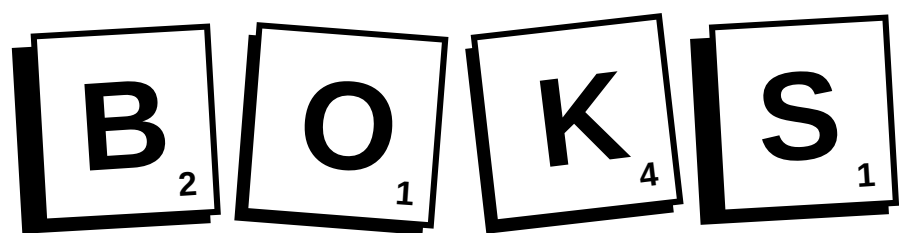
1. If you have 2 people, each of you stands up and holds onto the corners of one end the bath/beach towel (you will be facing each other and holding onto the corners of the shortest sides of the towel).
2. Stretch towel out so it is straight. Place the beach ball or pair of socks in the center of the towel.
3. Attempt to keep control of the beach ball/pair of socks as you coordinate your movements to release it into the air and play "keep up" (make sure to always hold onto the towel).
4. How many times in a row can you launch the beach ball/pair of socks into the air and have it land on the towel again? Every time the beach ball or pair of socks falls to the ground, do a squat jump.
5. Repeat as time permits.

Note: if you are 4 people, try passing the beach ball or pair of socks to the other team rather than tossing it up and catching it on your own towel. Suggestion to stand approximately 1 meter away from other team to start and increase distance between you for an additional challenge.

Variations/Challenges:
 Try this burst from a kneeling position then from a seated position.

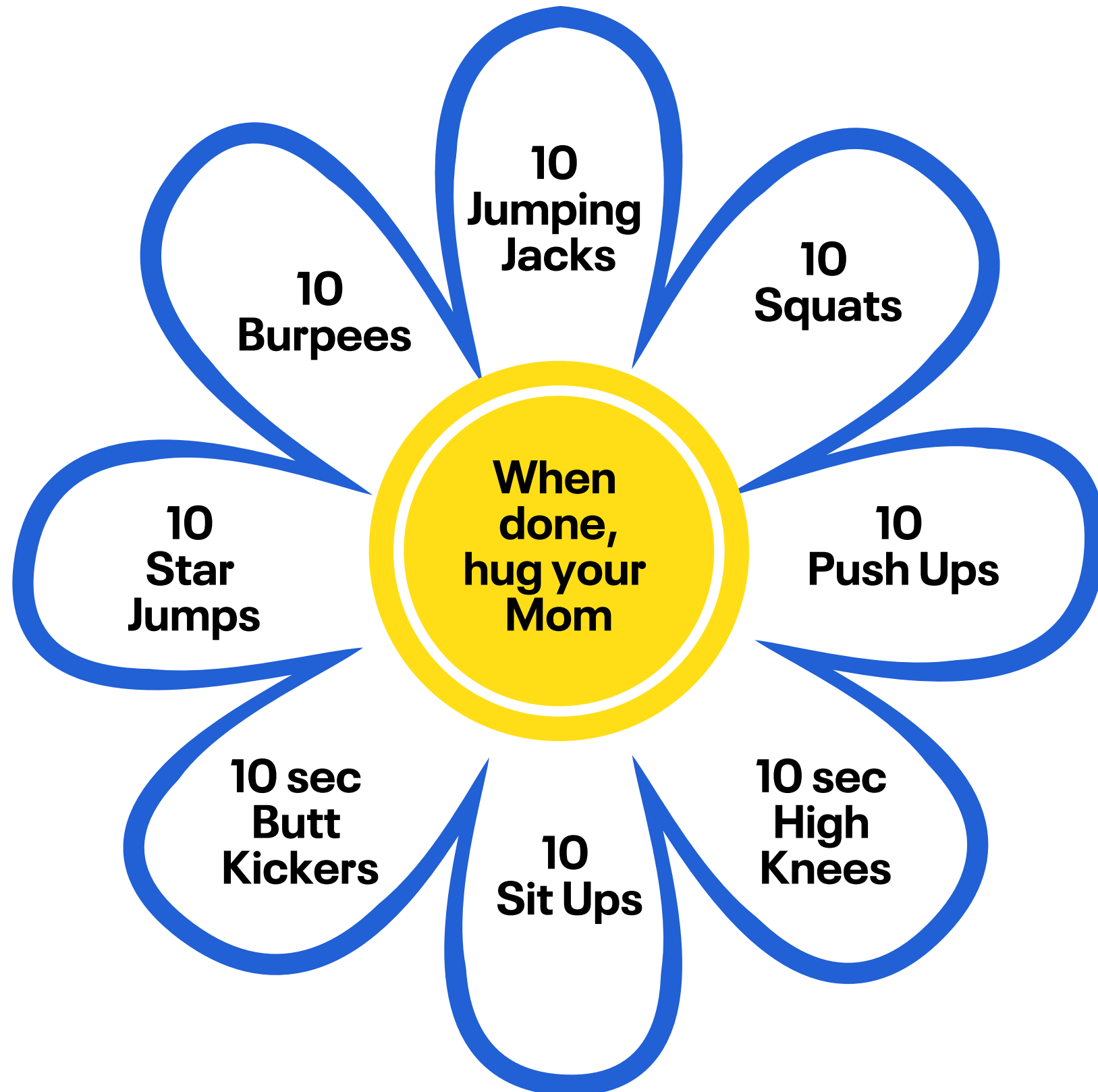
31 FAMILY BINGO! Family Activity

Using the Bingo templates on page 12, have the leader call out an action and children can cross it off once it is complete. The first one to achieve a pre-determined arrangement (i.e. four corners, straight line, full card etc. wins).



boiks FITNESS CALENDAR

Flower model for the Mother's Day Partner Burst



Mother (or any other female role model) and child take turns with each exercise petal.
At the end be sure to give your partner a hug!

boKS FITNESS CALENDAR

Bingo Template - How many rows can you complete in 5 minutes?

Player 1

boKS BINGO

Complete 4 exercises in a row to get BINGO!

20 Jumping Jacks	10 Push Ups	12 Burpees	15 High Knees
20 Walking Lunges	7 Tuck Jumps	30 Second Dance Party	10 Jumping Jacks
18 Squats	20 Crunches or sit ups	5 Push Ups	12 Burpees
8 Donkey Kicks	25 Jumping Jacks	10 Squats	30 Second Plank

Player 2

boKS BINGO

Complete 4 exercises in a row to get BINGO!

15 Jumping Jacks	10 Donkey Kicks	9 Tuck Jumps	15 Squats
20 Walking Lunges	7 Burpees	20 Second Plank	10 Jumping Jacks
15 Burpees	30 Second Dance Party	5 Push Ups	18 Crunches or sit ups
8 Push Ups	25 Jumping Jacks	10 Squats	30 Second Wall Sit

CERTIFICATE OF CONGRATULATIONS

for completing the
BOKS MAY FITNESS CHALLENGE

Date



boks

HAVE FUN!

Find more at-home resources on our website:
<https://www.bokskids.ca/boks-at-home/>

Share your pictures/videos with us on social!

