

## **BOKS BURST ACTIVITIES**

Burst activities help increase your heart rate and give you a quick boost of energy with minimal materials and space required. Each day, we will share a video on our social channels to demonstrate the bursts (<https://www.bokskids.org/boks-at-home/>)

### **Directions:**

1. Teach the kids the following motions:

- Rock= squat down.
- Paper = star jump, landing with legs and arms wide.
- Scissors = cross arms and legs.

2. With a partner, kids play 5 rounds of Rock, Paper, Scissors.

3. Rock is more powerful than scissor; scissor is more powerful than paper; paper is more powerful than rock.

4. Repeat the game until time is up and then find a new partner

### **Directions:**

Choose a short story to read as a group. An ideal story has repetition of key words or rhymes.

Choose a keyword in the story (i.e. if reading "The Cat in the Hat" the word could be "Hat").

Every time the word is read, Kids must perform 3 jumping jacks (push-ups, burpees etc.).

For older Kids, you could use every word that rhymes or has a "y" etc.

### **Directions:**

Do 10 jumping jacks clapping your hands when they are above your head.

2. Do 10 lunges clapping your hands when your hands are above your knees.
3. Do 10 burpees clapping your hands above your head when you jump up.
4. Do 10 crunches clapping your hands when they are above your knees.
5. Do 10 squats clapping your hands when you extend your legs.

#### **BURST 4: PAPER PLATE BURST**

##### **Directions:**

Provide each kid with two paper plates (or towels). Perform each activity 10 times:

1. Sliding burpee. (Stand knees bent, hands on floor and feet on paper plates. Slide feet back until you are in a push up position. Slide feet forward and return to start.)
2. Sliding side lunge. (Stand with legs together (feet on plates), slide left leg to the side, and then back to center. Repeat on right side.)
3. Swimming slide. (Start lying face down with hands on plates. Pull hands straight back and lift chest and shoulders. Return to start.)
4. Sliding mountain climbers. (Start in plank position with feet on paper plates. Bend left knee and bring as close to left elbow as possible. Return left leg to start and repeat with right leg.)

#### **BURST 5: JUNGLE RUN BURST**

##### **Directions:**

Kids move around the room. Cue them to change movements:

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