



boks FITNESS CALENDAR

Theme: Are You Game?

January

WEEKLY CHALLENGE

WEEK 1

Celebrate Your Heritage

MONDAY
Jump Rope Burst

TUESDAY
ABC Workout

WEDNESDAY
Snakes and Ladders Dance Burst

THURSDAY
Tic Tac Toe Burst

FRIDAY
Foot To Foot

WEEK 2

Bring the Outdoors In

Relay Line Burst

BOKS Charades Burst

BOKS Traffic - In place

BOKS It

Cinco Huecos

WEEK 3

Never Get Bored with Board Games

Go Back Hit It On The Spot

Bingo Burst

Tabata Planks

100 Point Challenge

Pong Hau K'I

WEEK 4

Get Sneaky!

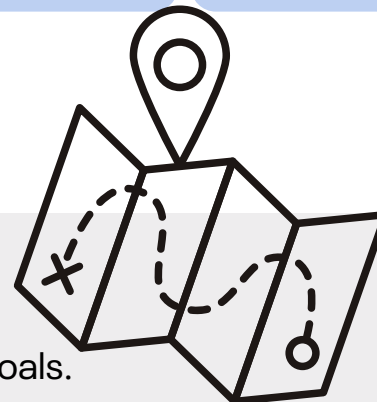
Coin Flip All Skill

Rock, Paper, Scissor

Think Quick

BOKS A Rhyme

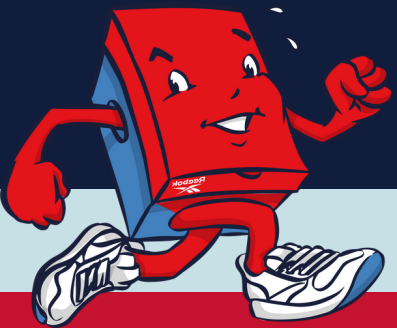
Odd One Out



How does this work?

- Click on the activity to see how to perform the exercise.
- Join the weekly challenge to set and crush your individual physical activity goals.
- Practice a new BOKS Burst every weekday.
- End the week with a new multicultural game.





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Join our Weekly Challenges

WEEK
1

Celebrate Your Heritage

Explore your heritage this week. Is there a game that you play with your family or in your neighborhood that represents your heritage or community? Share it with your classmates and put an active spin on it. Add in some of our fun BOKS skills and get moving while learning about other people's cultures.

WEEK
3

Never Get Bored with Board Games

Get moving with Board Games this week. Download the "Are You Game?" document and pick out your favorites or make up your own. But make sure you integrate movement into any game you try. The challenge: pick a different game for every day of the week and get moving. Let us know your favorite - will it be Uno, Jenga, Bingo or something else?

WEEK
2

Bring the Outdoors In

Depending on where you live, January can often be a challenging month with less sunshine, colder temperatures and shorter days! This week, we want to challenge you to bring your favorite summer activities indoors. Each day this week, think of what you like to do in the summer months and how you can actually make that happen indoors - in your home OR in your classroom. Blow up a beach ball (substitute a balloon if necessary) and see how many times you can hit it before it touches the ground. Play hacky sack - but use a crumpled up piece of paper or a sock! Make a fruit smoothie. Get creative and have fun!

WEEK
4

Get Sneaky!

This week we want you to fire up your brain and body by finding new and creative ways to sneak physical activity into your day. Aim for 30 extra minutes of movement each day this week and let us know how you did it!

Some suggestions to get you started...

- Ten squats EVERY time you stand up or sit down.
- Set a timer to go off every 60 minutes throughout the day. Every time the timer goes off, jog on the spot for 2 minutes.
- Whenever someone in your family or classroom says "the" (or pick a different word), do a jumping jack!
- Ten star jumps every time someone says your name.



**Check out our "Are You Game?"
booklet on the Trainer Hub.**