

# Physical Activity at a Distance Panel



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# **bOKS**

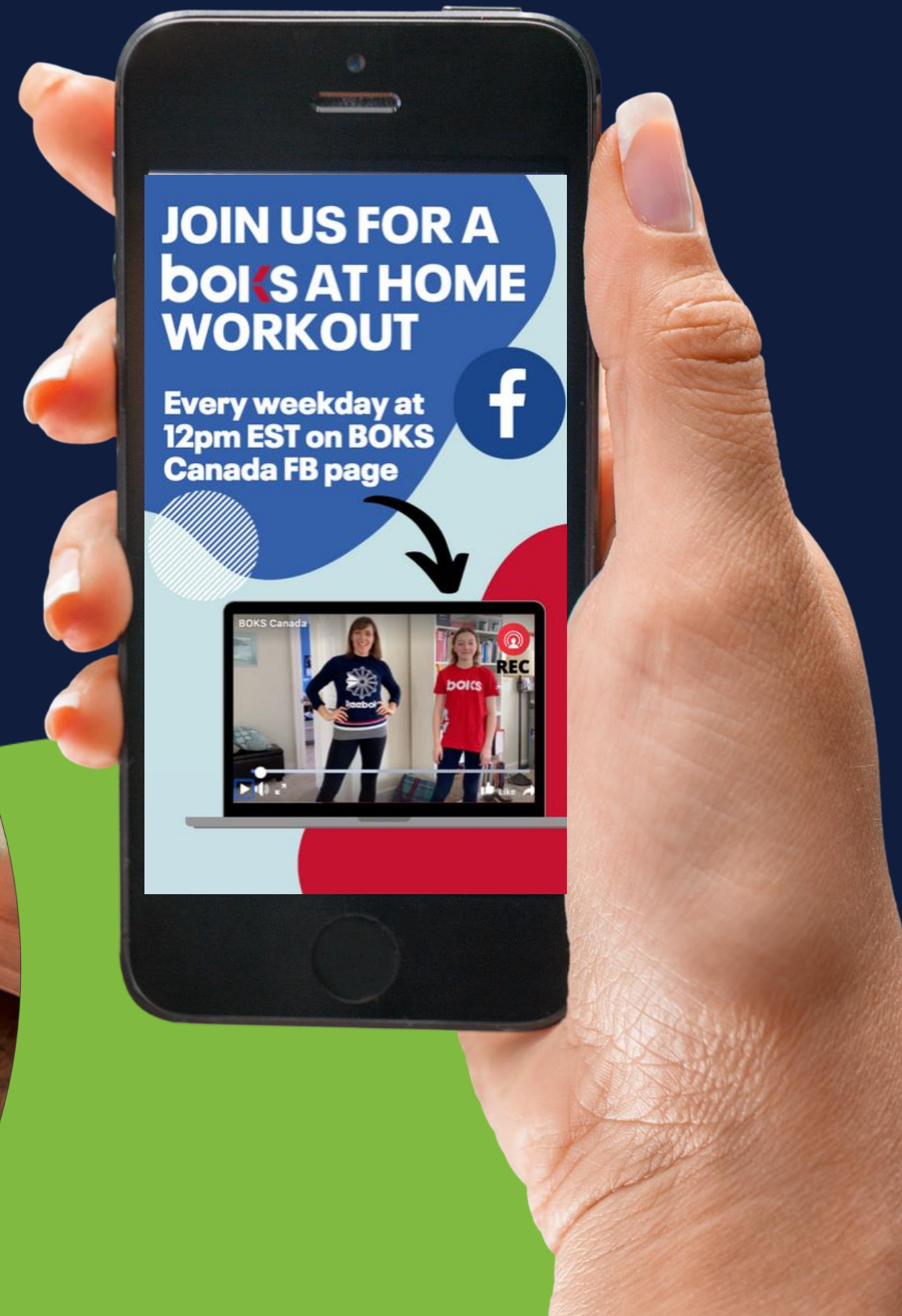
## **BUILD OUR KIDS' SUCCESS**

BOKS is a free physical activity program designed to get kids active and establish a lifelong commitment to health and fitness.

[www.bokskids.ca](http://www.bokskids.ca)



# BOKS @ Home – In action!





# **boKS**



**IN THE CLASSROOM**



**OUTDOORS**

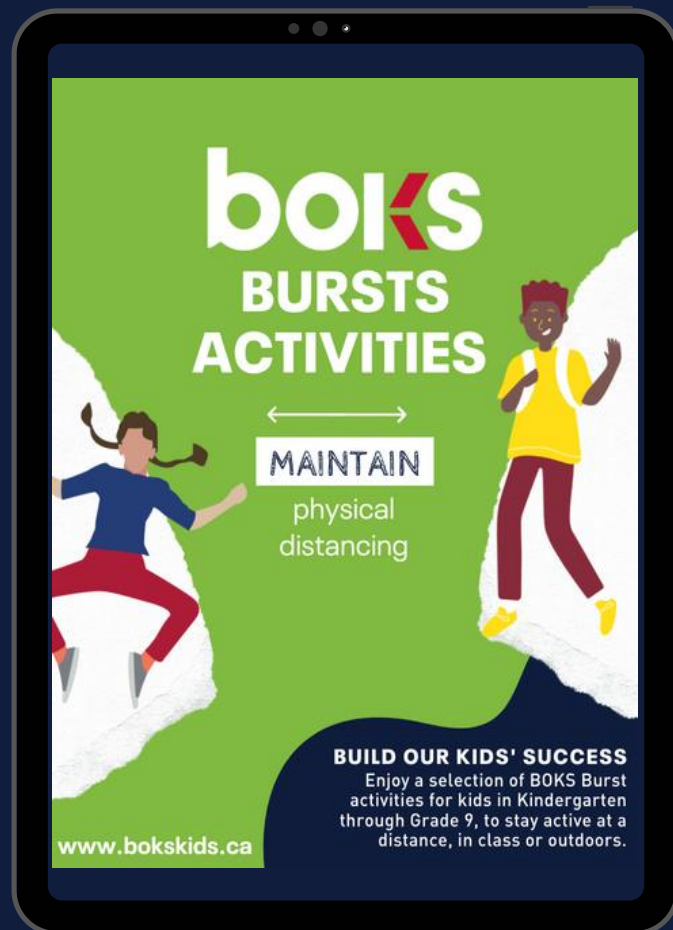


**DURING PHE**

**@ A DISTANCE**

# BOKS Bursts

BOKS Bursts are short activities, ranging from 1-10 minutes, and are designed to help kids stay active throughout the school day.



## Blog

Top 20 Bursts to stay active at a distance

## Fall Calendar

4 physical distancing Bursts each week and 1 mindfulness activity





# BOKS Burst Weekly Emails

- Visit our website to sign up to receive a weekly email with a different burst of activity for each day of the week!
- These will all be focused on physical distancing AND will include mindfulness follow along videos.

## boks Bursts

### Week 2 of June: Pets of the World!

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!

### BURST 1 - Do The Zoo Burst

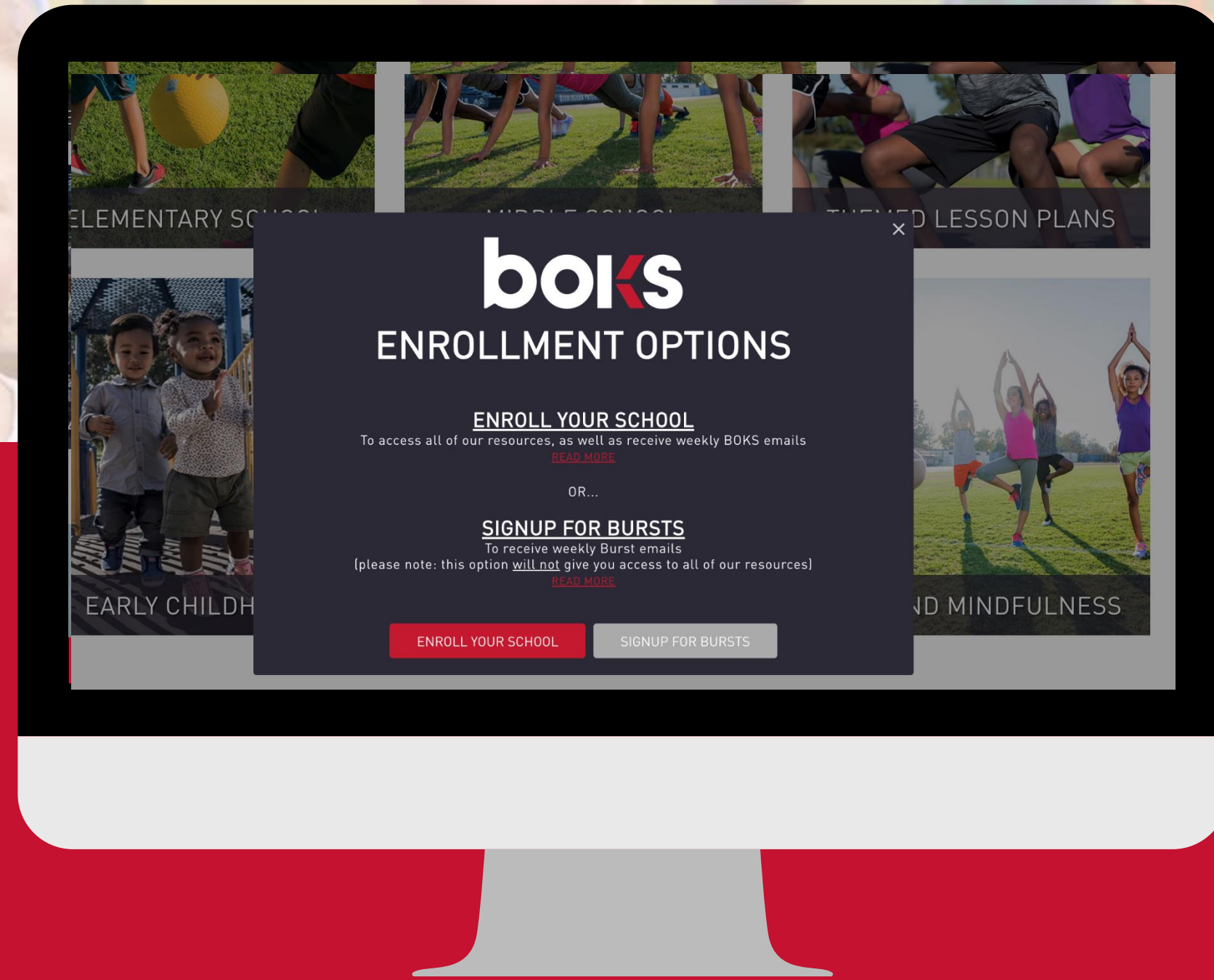
Have the kids pretend they are at a zoo and take them on a job they need to act like the animals. Be creative!

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



### BURST 2 - 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.





# Top 10 BOKS Physical Distancing Ideas – Add to your toolkit!



- Games
  - BOKSopoly
  - BOKS Bingo
  - Board Games
- ABC Workout poster
- Ladders
- Tabatas
- Stations
- Dance/Music – BOKS Spotify Playlist
- Running activities from our traditional lesson plans (Focus on FUN)
- Weekly Challenges
- Engage Student Leadership
- Consistency – offering BOKS daily helps to create expectations around regular PA

# boks at Home

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

- Possible reality in the Fall
- Bursts
- 20-minute lesson plans
- Monthly Calendar
- Yoga & Mindfulness
- Weekly Challenges





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

### 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.

- 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!

Visit our social media for more resources:    

# Monthly Classroom Challenges

**bOKS** WHERE IN THE WORLD HAVE YOU EXERCISED?  
Track your activity on the map and learn more about famous locations!

**START** **FINISH**

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

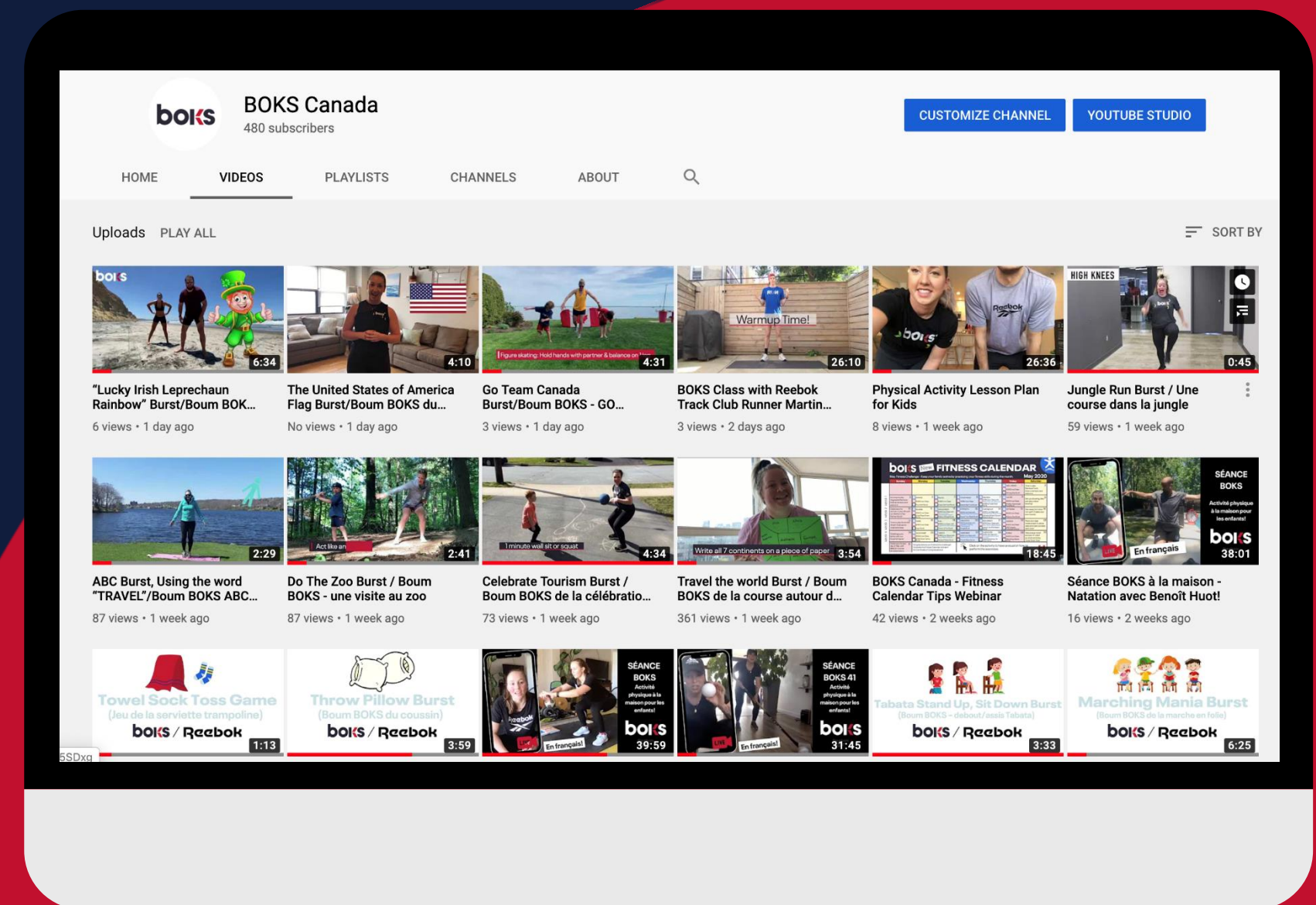
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# BOKS Canada YouTube Channel



- Playlists BOKS Bursts
- Yoga & Mindfulness
- 20 minute lesson plans
  - 20-30 minute classes.
  - Suitable to an outdoor or at home setting.
  - Videos (YouTube) and written lesson plans available.
  - Lessons are based on the BOKS functional fitness curriculum and can be easily picked up and modified to allow for physical distancing AND to be used by the non-PE specialist.





# Stay Tuned!



Summer fun pack

Opportunities for home and school environments

September back to School Calendar

Focus on physical distancing and mindfulness

PD Training this Fall





# BOKS Regional Coordinators



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