

# **boks** Kamloops-Thompson Context: Brain Health

## **Moderate to Vigorous Initiative**

6 Years District-Wide BOKS Implementation:

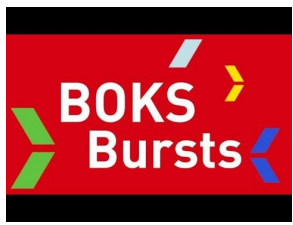
- Before school
- **First block of the day**
- PHE classes
- Integrated into after school programming

## **10 focus Schools First Block of Day**

- Intermediate multi-grade and teachers
- 4 to 5 days per week
- 30 minutes per day
- All year long



*“...there is a noticeable difference in focus when we don't have BOKS”*  
*Grade 7 Student*



# Teacher Tasks? Student Tasks? Experimentation



## Moderate to Vigorous Initiative Outside of Gym

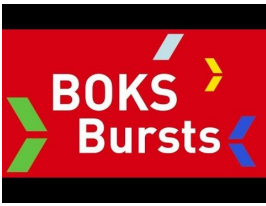
- Focus on BOKS Bursts
- Adapt, Evolve, Change
- Develop Physical Literacy Ambassadors: BOKS Leaders

## October 23, 2019 (5 BOKS schools)

- Trained 110 grade 6/7 students
- **Mentored by teachers**



How do we implement BOKS Bursts into our School Contexts?



# March 11, 2020 Student Physical Literacy Ambassadors Take the Lead



- Cohort Two: non-BOKS Schools
- 5 new Schools (95 students)
- PL Ambassadors as facilitators
- Trained grades 6's for new year



**"I don't have to change who I am to be a good leader in my school."**

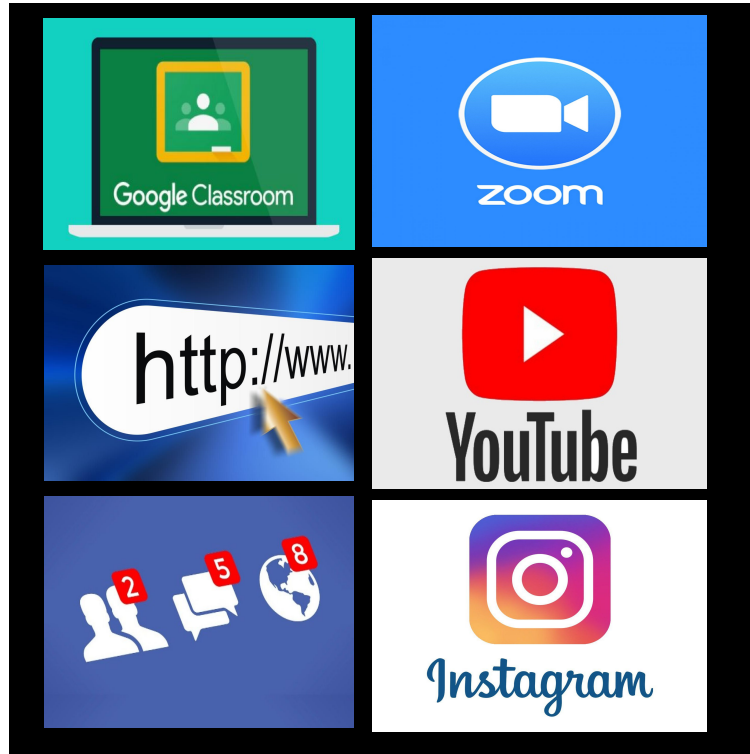
**" I really like mentoring others."**

**" I didn't know I was good at this."**



# March 23: Preparing for at Home Learning

## Communication Platforms



## Provincial and Canadian Partners

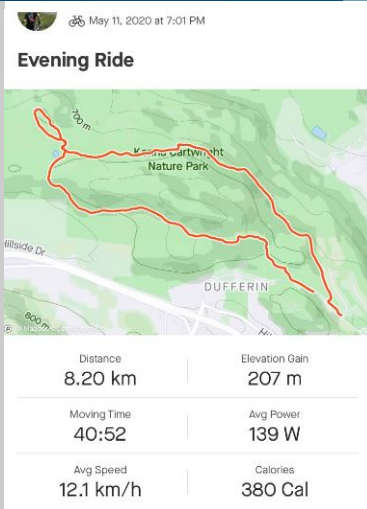


# Educator Update

## SD73



- **Be Kind, Be Calm, Be Safe:** evidence-based initiatives
- Intranet Updates: One-point access
- **Hyperdoc** (sharing for impact): Zoom Presentations
  - [Connecting Through Activity](#)
  - [Connecting Through Mental Well-being](#)
  - [Connecting Through Food Literacy](#)
- Go where students and educators are



SD73 AFTER-SCHOOL PROGRAMS

## SOCCER

Remember, lots of touches is key. Practice. Practice. Practice. Have fun!

### SESSION ONE

**DRIBBLING** - Remember it is important to practice using both feet.

#### 1. Toe taps

Alternating right and left toes, tap the top of the soccer ball. Start slow and gradually build up speed. Stay on your toes (stabilizing foot). Go for 30 seconds and repeat 3-5 times.

Challenge: complete as many toe taps as you can in one minute.



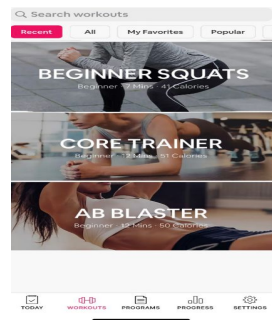
#### 2. Bell taps (foot-to-foot pass)

Using the inside of your feet, pass the ball back and forth continuously. Try to stay on your toes while performing this drill. The easier it gets, the faster you can do this. This drill improves coordination with the ball. Go for 30 seconds and repeat 3-5 times.



Will a Fitness App  
Help ME  
Reach My Fitness Goal?

Click to add subtitle



# bOKS Maintaining Moderate to Vigorous Exercise

## Inclusion and Equity for PHE and DPA at Home

- Google Classroom weekly updates
- Locally developed slide decks with challenges
- Moderate to Vigorous labs
- Student choice and voice
- Universal Design for Learning: multiple platforms
- Family, Teacher/Student Challenges
- Reflections

**bOKS FITNESS CALENDAR** June 2020

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

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
1	2	3	4	5	6
7	8	9	10	11	12
13	14	15	16	17	18
19	20	21	22	23	24
25	26	27	28	29	30

**3 different activities per day!**

Download the calendar.

Click on the activity names to go to the activity page.

Use the links along the top for each activity below.

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**AT-HOME BOKS LIVE WORKOUT!**

Friday (5/29) at 12pm EST / 9am PDT on Facebook live!

Bootcamp/Marching!

Shannon

- Go Team Canada Burst/Bourne BOKS - GO équipe Canada
- Travel the world Burst / Bourne BOKS de la course autour du monde
- Celebrate Tourism Burst / Bourne BOKS de la célébration du tourisme
- ABC Burst, Using the word "TRAVEL" (Bourne BOKS avec le mot "TRAVEL")
- Do The Zoo Burst / Bourne BOKS - une visite au zoo
- Jungle Run Burst / Une course dans la jungle
- Dance It Up Burst / Bourne BOKS - Et danse!
- The United States of America Flag Burst/Bourne BOKS du drapeau des États-Unis
- Lucy High Leaps/Bourne Burst/Bourne BOKS fête de la chance du lot
- Welcome to the World of Japanese Sports/Bourne BOKS des sports japonais

**BURST 2 - Tabata Planks Burst**

- Take as many of your choice from the BOKS Specialty playlist.
- Hold plank for 20 seconds.
- Rest for 10 seconds.
- Repeat 10 times.
- Rest for 10 seconds.
- Repeat 10 times.
- Rest for 10 seconds.
- Repeat 10 times.
- Rest for 10 seconds.
- Repeat 10 times.

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

Tabata Plank Burst (Bourne BOKS) de la planche (à la Tabata)

bOKS / Reebok

**bOKS BURSTS ACTIVITIES**

MAINTAIN physical distancing

**BUILD OUR KIDS' SUCCESS**

Engage in a selection of BOKS Burst activities for kids in Kindergarten through Grade 6, to stay active at a distance, in cases of outbreaks.

www.bokskids.ca

**SOCIAL RESPONSIBILITY**

PS Student Self-Assessment

The four facets of social responsibility described are interrelated and interweave with each other and with other competencies.

- Contributing to community and caring for the environment
- Applying innovatively
- Working independently
- Working with guided support
- Working with each other and with other competencies
- Working with direct support

I can participate in classroom and group activities to improve the classroom, school, community, or natural world.

# What's Going to Happen to Our Student Mentors

## Collective Intelligence

- Blended Learning Training Model
- Model, Scaffold, Coach
- Multi-School Training in smaller groups
- Student Lead BOKS Bursts pre-recorded
- Locally developed Pre-recorded videos (**school connectedness**)
- Collaborative meetings with student mentors to determine future direction



*"I like doing activities with Junior Trainers more than teachers sometimes because we spend so much time being taught by them in a day. It's really nice to get taught by my classmates."*

*I would like to acknowledge with thanks the thoughtful contribution of our Canadian partners for providing access to PHE curriculum in the home setting for all our learners.*

**SHERRY STADE**

Health Promoting Schools Coordinator

**School District No. 73 (Kamloops-Thompson)**

CONNECTING STUDENTS TO THEIR FUTURE

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