



# boks

## PHYSICAL ACTIVITY

### **F**<sub>1</sub> **U**<sub>1</sub> **N**<sub>4</sub> PACK

Favorite indoor activities kids can play to stay active.



# ABOUT THIS BOKS FUN PACK

## Who is this booklet for?

If your kids are at home due to coronavirus, we have put together easy indoor exercise ideas as well as crafts, nutrition activities and printables to do with kids at home. It is a really simple way for a family to integrate movement and healthy habits into any day. Most of these can be done right in your living room, and will even work in tight city apartments (or hallways).

We promise everyone will be tired and laughing after attempting just a handful!

## Objectives of the booklet?

- Get kids moving toward their 60 minutes of recommended daily activity;
- Build strong bones and muscles with simple fitness skills;
- Reduce symptoms of anxiety;
- Encourage a love of physical activity through engaging games.

## Who we are?

BOKS (Build Our Kids' Success) is a FREE physical activity program, backed by science, designed to get kids active and establish a lifelong commitment to health and fitness.

Find more activities on our websites and on social media.

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

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



@BoksKids

@BoksCanada



# ABOUT CORONAVIRUS DISEASE (COVID-19)



**PLEASE CHECK THESE  
WEBSITES FOR MORE RESOURCES**

<https://www.canada.ca/en/public-health.html>

<https://www.cdc.gov/>

<https://www.who.int/emergencies/diseases/novel-coronavirus-2019/technical-guidance>





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# FITNESS SKILLS

Before you start these exercises, it's important to make sure you do the movements properly. These exercises can help develop strength and endurance.

<b>Running</b>		<ul style="list-style-type: none"> <li>• Stand up tall with core tight</li> <li>• Shoulders and arms are relaxed and swing naturally</li> <li>• Breathe rhythmically, filling the belly</li> </ul>
<b>Push-ups</b>		<ul style="list-style-type: none"> <li>• Keep body in a straight line, with arms a bit wider than shoulder width</li> <li>• Arms fully extended at the top</li> <li>• Chest close to the floor at the bottom</li> </ul>
<b>Plank</b>		<ul style="list-style-type: none"> <li>• Keep body in a straight line</li> <li>• Keep knees off the ground</li> <li>• Keep weight evenly distributed between elbows/forearms and feet</li> </ul>
<b>Donkey Kicks</b>		<ul style="list-style-type: none"> <li>• Start from standing position, move hands to the floor slightly wider than shoulder width</li> <li>• Kick the feet off the ground and move them back in the air</li> <li>• Stand up straight at the end</li> </ul>
<b>Jumping</b>		<ul style="list-style-type: none"> <li>• Start with your feet at shoulder-width and keep heels super-glued to the ground</li> <li>• Bend your knees and squat deep</li> <li>• Use arms by bringing them back and driving them forward to initiate the jump</li> <li>• Jump up straight and tall, and land softly by absorbing the landing by bending at ankles, knees and hips</li> </ul>
<b>Burpees</b>		<ul style="list-style-type: none"> <li>• Drop into a push-up, keeping the body straight</li> <li>• Jump up to stand with feet moving between the hands</li> <li>• Stand up tall, jump up and clap hands above head</li> </ul>
<b>Squats</b>		<ul style="list-style-type: none"> <li>• Keep heels super-glued to the floor</li> <li>• Squat deep to get your knees at a 90-degree angle to the floor</li> <li>• Keep your back arched like a superhero</li> </ul>
<b>Crunches</b>		<ul style="list-style-type: none"> <li>• Keep core contracted through the entire movement</li> <li>• Elbows are wide, don't pull on your head or neck</li> <li>• Imagine bringing your ribcage toward your hips</li> </ul>

# INDIVIDUAL BURST ACTIVITIES

## Energizing Active Breaks

### BOKS Give Me 8!

1. Jog in place.
2. High knees (knees to chest).
3. Line jumps (pretend there is an imaginary line and jump over it side to side).
4. Squat with speed bag (squat while making a fist and pretend there is a speed bag in front of you).
5. Slalom skiers (quick rotations with feet together).
6. Tuck jumps (jump up high and tuck your legs up to your chest).
7. Repeat.



### Fast & Low

Perform each of the following activities:

1. 30 count jumping jacks.
2. 30 count plank hold.
3. 30 count fast jump rope.
4. 30 count low squat.
5. 30 count fast running with high knees.
6. 30 count plank hold.
7. 30 count wide fast feet (like you are running through tires).
8. 30 count low squat.
9. Rest for 60 seconds.
10. Repeat.



# INDIVIDUAL BURST ACTIVITIES

## Calming Active Breaks

### Square Breathing

This square breathing exercise is a fast, fun, easy way to discover deep breathing and introduce intentional deep breath.

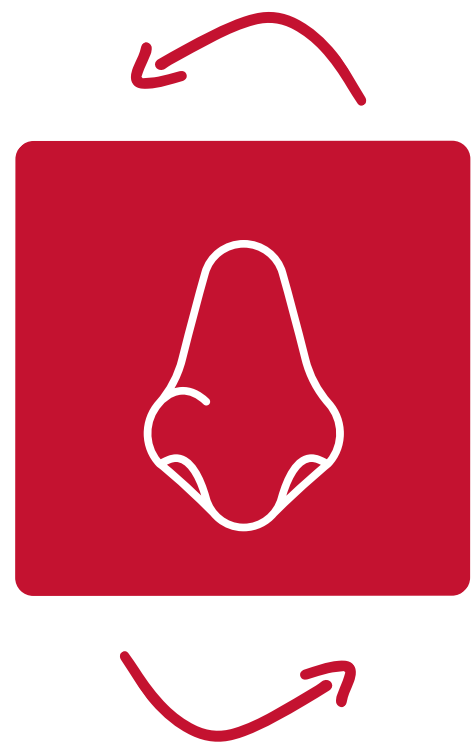
1. Begin in an easy seated position on the floor or in a chair.
2. Breathe in to a count of 4.
3. Hold breath for a count of 4.
4. Breathe out for a count of 4.
5. Pause for a count of 4.
6. Repeat.

Variation: As you try this technique for the first time, draw a square in the air with your finger to help visualize the even breaths!

### Square Breathing Exercise



Go to the [BoksCanada YouTube Channel](#) to check this exercise out!



# INDIVIDUAL BURST ACTIVITIES

## Calming Active Breaks

### Lengthen and Strengthen Yoga Flow

1. Upward Salute: stand tall with feet spread hips distance apart. Inhale your arms over your head, and bring your hands to touch. From here, complete side bends.
2. Intro to Warrior III: from upward salute, take a big step forward with your right foot. Keeping arms straight above your head, balance on your right foot and extend through your left heel as it hovers off the ground. When comfortable, begin to hinge at the hips to bring fingers towards the ground and left heel towards the ceiling. Stop when your balance is challenged. Return to standing, and repeat on the left side.
3. Forward Fold: hinge at the hips and let your head, arms, and upper body fold towards the floor;
4. Downward Dog: from forward fold, bring hands to the floor, step feet back, and lift hips towards the sky.
5. Dolphin: from downward dog, bring knees to the ground. Drop onto your forearms, tuck your toes back under, and lift hips back to sky (like a downward dog on your forearms!).
6. Child's Pose: sit all the way back on your heels and walk hands out in front of you until your head gently rests on the floor. Keep arms extended.
7. Seated wide-legged Forward Fold: from a tall, seated position, extend your legs straight in front of you. Take both feet out as wide as comfortable, take a nice deep breath, and as you exhale, hinge at the hips and bring your belly button towards the floor.
8. Savasana: lay on your back and let all your muscles relax.



Downward Dog



Upward Salute



Seated Wide Legged  
Forward Fold

### Lengthen and Strengthen Yoga Flow



Go to the  
[BoksCanada YouTube Channel](#)  
to check this Yoga Flow out!



# INDIVIDUAL BURST ACTIVITIES

## Indoor Energy Burners

### Dance with BOKS

#### Hip Hop Choreography with Suaad Fitness



#### Pop Choreography with Kyla



Go to the [BoksCanada YouTube Channel](#) to check these out!

### Gone Camping

Get excited for camping by doing each activity for 60 seconds:

1. Jog in place as if a big scary bear is chasing you.
2. Reach up as if you are picking berries.
3. Do toe touches as if you are hammering in tent stakes.
4. Wall sit (or squat) as if you are sitting around the campfire.
5. Move your arms as if you are swimming from a big fish.
6. Shake your body as if you are a wet dog.
7. Torso twist as if you are paddling the kayak side to side.
8. Jump up and down as if you have finally roasted the perfect marshmallow.
9. Repeat as time permits.

### Thunderstruck Burpee Challenge

1. Play the song Thunderstruck from the BOKS spotify playlist.
2. Have kids run on the spot while the song is playing.
3. When the song says "Thunderstruck" kids perform a burpee.
4. Continue until song is over!

Variations/Challenges: you can change the movement the kids are completing on the spot ( i.e. jumping jacks, quick feet etc).

# INDIVIDUAL BURST ACTIVITIES

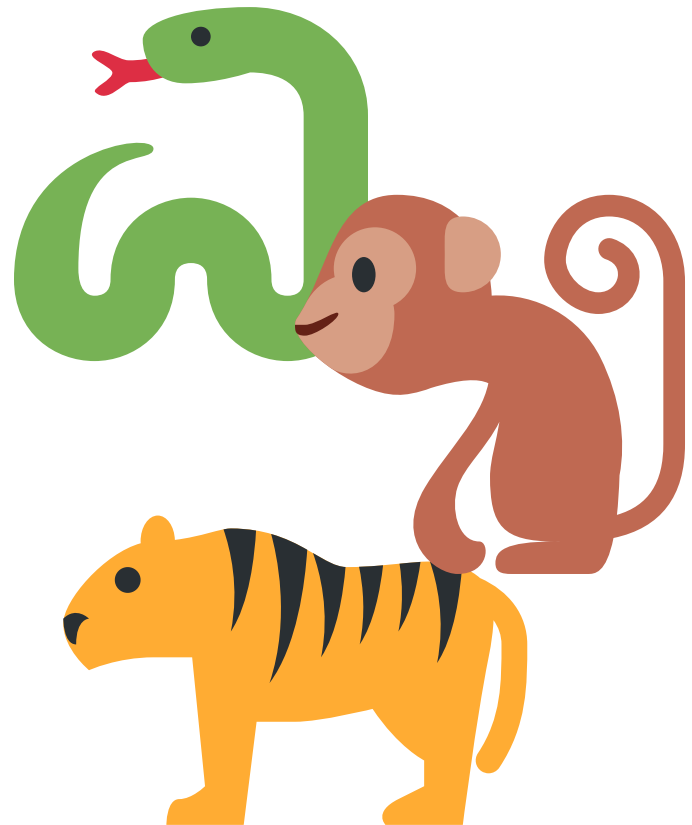
## Outdoor Energy Burners

### Jungle Run

Kids move around the outdoors.

Cue them to change movements:

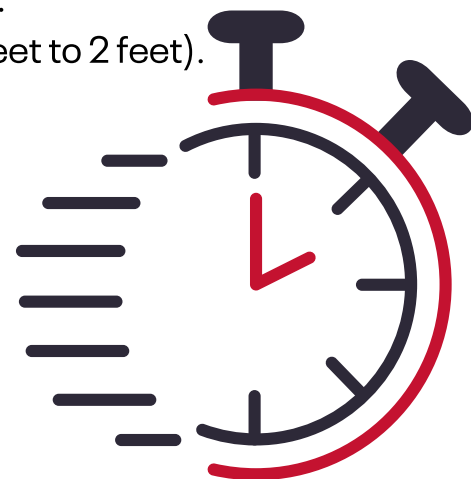
1. Jump over logs.
2. Duck under branches.
3. High knees through quick sand.
4. Run from a tiger.
5. Tip toe past a snake.
6. Imitate monkeys.
7. Have children choose a jungle movement of their choice and share with the group.



### Hurdle Jumps, Squats, Fast Feet

Do each of the following drills for 30-45 seconds each for 2 rounds:

1. 30-45 seconds of jumping side to side over a pretend hurdle (2 feet to 2 feet).
2. 5 Squats.
3. 30-45 seconds of jumping front to back over a pretend hurdle.
4. 5 squats.
5. 30-45 seconds of Fast feet (like a football player).
6. 5 squats.
7. Rest for 30-45 seconds.
8. Repeat.

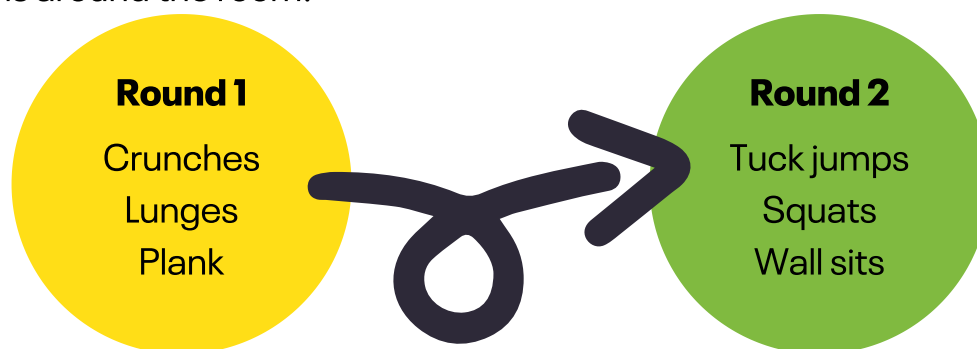


# SMALL GROUP BURST ACTIVITIES

## Energizing Active Breaks

### BOKS Kids Boot Camp

1. Set up 3 stations around the room:



2. Split the kids up into 3 groups and have each group start at a different station.

3. After 30 seconds, switch stations clockwise.

4. After one round, switch the movements and repeat.

### Tic Tac Toe Burst

1. Start with a partner lying flat on the floor and with tic tac toe grid between them. You can build the grid using tape, hoops or even strings.

2. Individuals have 5 bean bags (or any other object) of same colour, but a different colour than partner.

3. Partners alternate who goes first and start by facing each other in a plank position. Repeat until one wins or until all are placed.



Credits/Resources:

<https://ilovemykidsblog.net/2017/07/tic-tac-toe-toss.html>

# SMALL GROUP BURST ACTIVITIES

## Calming Active Breaks

### Create a vision board

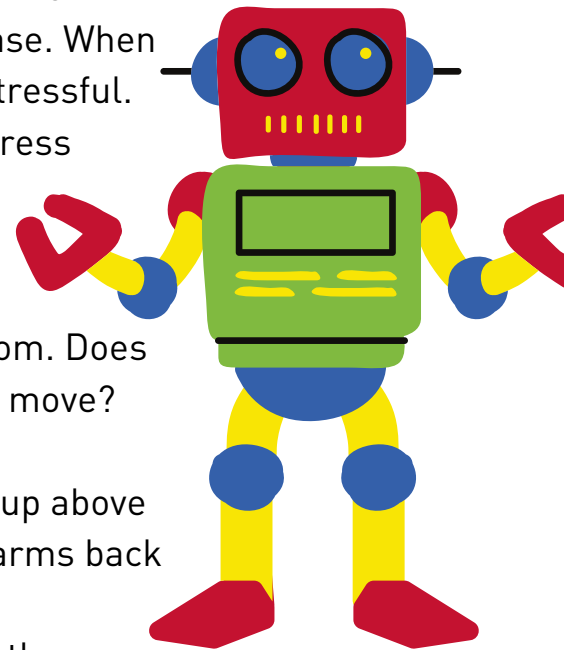
Have your child cut out words and pictures from magazines that speak to their interests, desires, and dreams. Then have them glue these pictures and words onto a poster board to display in their room. Not only does the process of creation allow them to think about what they want from life, displaying things they love gives them an opportunity to focus on what is really important when they are upset.



### Ease Experiment

This activity shows the kids what it feels like to move when their body is super tense and then how they feel to move with ease. When your body is tense it is hard to move which can be a little stressful. Frustration can build which can lead to anxiety and then stress levels can increase.

- Tense up your whole body. Clench your muscles, make tight fists and scrunch your eyebrows.
- Keeping your body tense now try and walk around the room. Does it feel like a robot? Does it feel good? Does it seem hard to move?
- Now relax and shake out your body.
- Take a deep breath in (inhale) and lift your arms out and up above your head. Take a long breath out (exhale) and bring your arms back by your side.
- Take a few more deep breaths. Now try and walk around the room. How does your body feel now? Was it easier to move around like this or like before when you felt like a robot? Ask the kids how they felt and let them explain what they were feeling.



# SMALL GROUP BURST ACTIVITIES

## Indoor Energy Burners

### Vocabulary in Action

1. The kids partner up.
2. The leader calls out a movement that the kids have to do for 15 seconds (i.e. high knees, jumping jacks, tuck jumps, jogging, push-ups).
3. When the leader calls out a spelling word, the kids stop and try to spell the word correctly on a piece of paper with their partner.
4. When the kids are done they perform a plank until all the kids are done.
5. When the kids are done, the leader calls out a new movement.
6. Continue until all the spelling words are practiced.
7. At the end of the activity, the leader can put the words on the board for the kids to check their work.



### Over, Under, Around and Through

Equipment: 2 scarves/3 people

1. Divide the kids in teams of 3.  
Kid A and B will face each other "holding hands" with scarves. Kid C (runner) is standing to one side facing their partners.
2. The leader calls out a sequence of movements: (over, under, around and through) the runner has to go over the scarves (kid A and B need to squat down and lower the scarves to the ground), under the scarves (kid A and B extend their arms up and the runner goes under), around (the runner goes around kid A and B) and through the scarves (kid A and B hold one scarf close to the floor and the other one higher so that kid C can go through the scarves).
3. Repeat the burst so that every kid has a turn to be kid C (runner).

### Over, Under, Around and Through



Go to the  
[BoksCanada YouTube Channel](#)  
to check this exercise out!

# SMALL GROUP BURST ACTIVITIES

## Outdoor Energy Burners

### Wheel Run

1. Each spoke is a different route with the leader standing in the center.
2. One route may be out around a tree and back to the start. Others can be up a short hill and back or to the playground to do the monkey bars and back.
3. Send a different kid off on each spoke and rotate so each kid does them all.
4. If there are more kids than spokes, send them off in waves 30 seconds apart.
5. Continue for 5 – 10 minutes.

Credit: Go! Run

### Agility Ladder Burst

Equipment needed: Sidewalk Chalk. Draw a ladder on a driveway, etc.

Have the kids perform the different variations for 1 or 2 minutes:

- Running forward: one or two feet in each square
- One foot hop: left and right
- Lateral run through the ladder: one or two feet per square
- Bunny jump: forward, sideways, and backwards
- In and out
- Hop Scotch
- Skiers
- 2 forward and 1 back

Variations/Challenges:

- Challenge the kids to come up with their own variations.
- The kids can try to increase their speed.
- Kids can run on the spot, squat or perform a plank while waiting in line for their turn



# PARENT/CHILD ACTIVITIES

## Rock, Paper, Scissors

1. Teach the kids the following motions:
  - a. Rock = squat down.
  - b. Paper = star jump, landing with legs and arms wide.
  - c. Scissors = cross arms and legs.
2. With a partner, kids play 5 rounds of Rock, Paper, Scissors.
3. Rock is more powerful than scissors; scissors is more powerful than paper; paper is more powerful than rock.
4. If there are more than two kids, call out switch and continue with a new partner.
5. Repeat the game until time is up.

### Rock, Paper, Scissors



Go to the [BoksCanada YouTube Channel](#) to check this exercise out!

### Even or Odd Burst to 5



Go to the [BoksCanada YouTube Channel](#) to check this exercise out!

## Even or Odd Burst to 5

1. Kids stand in an open space facing a parent (leader).
2. The parent asks kids to either place 0 (fist), 1 (index finger) or 2 fingers (index and middle finger) in the air on cue (visible to the parent) while the parent does the same. The parent will call out "1,2,3, GO" and kids show their selected hand signal.
3. The kid must count the # of their fingers PLUS the # of fingers that the parent displays.
4. If the total is an ODD #, kid must perform 5 lunges on the spot.
5. If the total is an EVEN #, kid must perform 5 tuck jumps on the spot.

Variations/Challenges:

- Have kids take turns being the parent.
- The parent can call out "1,2,3 GO" and have kids squat each time they call out a #.
- Switch the fitness skills that are performed in #4 & #5 (i.e. squats & push ups).

# CRAFTS



## BOKS dice

Materials: scissors, glue, 2 papers

1. Print the "Skill Avatar Die" and the "Die Roll" templates at the end of this document.
2. Cut out the shapes.
3. Fold along all of the lines.
4. Glue all of the white flaps to the inside of the flap next to it.
5. Roll the dice to see what your next workout move should be and how many repetitions you must perform.



## ABC workout

Materials: poster board, sharpie

1. Write the alphabet vertically down the side of poster board.
2. Write skills/activities next to each letter.
3. Spell your name or a word of your choice and get moving.



## Pool Noodle Paddle Ball

Materials: 1 pool noodle, balloons, duct tape, scissors

1. Cut 4-6 inches off the end of the pool noodle.
2. Cut the bottom of each noodle end at an upward angle.
3. Fit both ends of the pool noodle together and secure with duct tape.
4. Blow up balloon and paddle away!





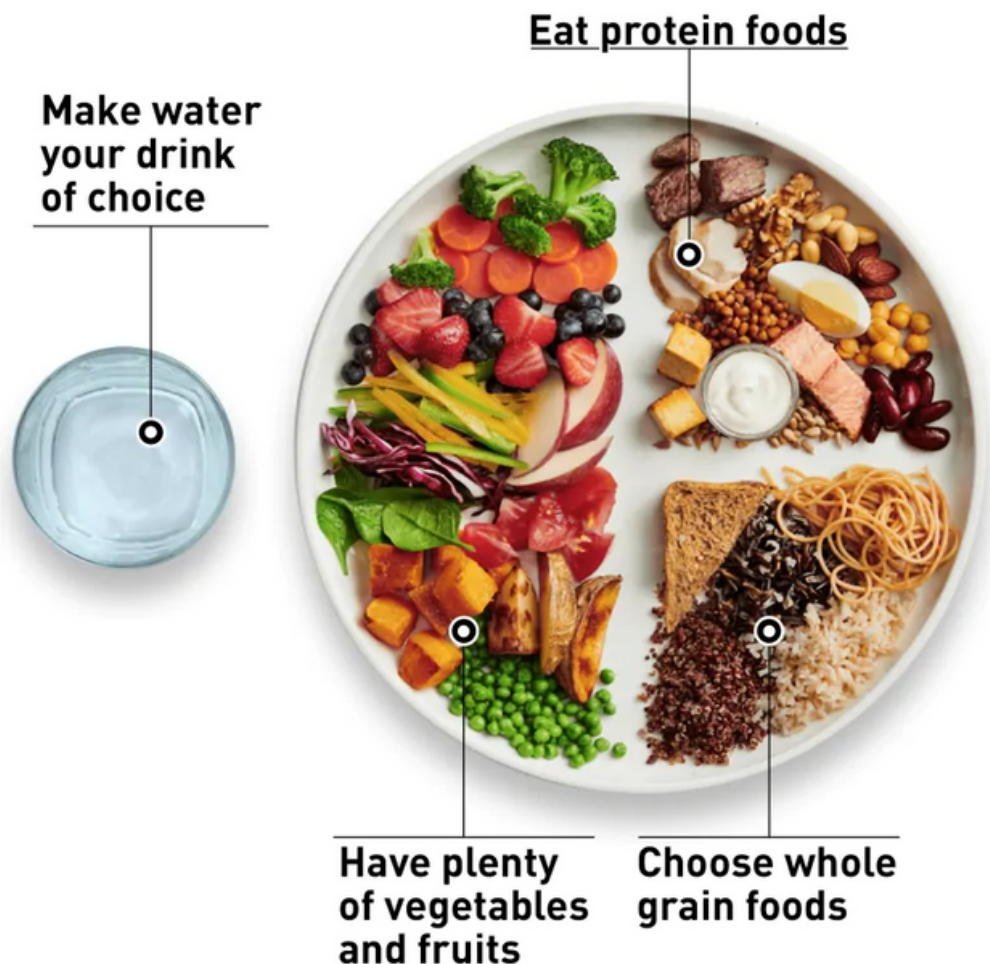
# HEALTHY LEARNING

## Eat Well Plate Burst

1. Provide each family member with magazines/grocery flyers etc.
2. Have them rip out of the magazines as many different food types as they can in 5 minutes.
3. Once the 5 minute time frame is up, provide printouts of the Eat Well Plate image.
4. Have each person create as many healthy food plates as they can within 2 minutes.
5. When time is up, have each participant discuss their healthy food plates and how they followed the Eat Well Plate guide.
6. Now make a healthy snack together!

Credits/Resources: Canada's Food Guide: <https://food-guide.canada.ca/en/>

## Food guide recommendations



# HEALTHY LEARNING

## Marvelous muffins

With a hint of cinnamon and a burst of sweetness from raisins, these wholesome and moist muffins are a nourishing way to start your day.



 Vegetarian  30 mins or less  Kid-friendly  Freezer-friendly

 **PREP TIME**  
10 MIN

 **COOK TIME**  
18 MIN

 **SERVINGS**  
12 MUFFINS

## Ingredients

- 60 mL (1/4 cup) canola oil
- 150 mL (2/3 cup) packed brown sugar
- 1 egg
- 1 very ripe banana, mashed
- 1 zucchini, grated (about 250 mL/1 cup)
- 5 mL (1 tsp) ground cinnamon
- 125 mL (1/2 cup) 0% fat plain Greek yogurt
- 5 mL (1 tsp) vanilla extract
- 250 mL (1 cup) all purpose flour with added bran or all purpose flour
- 75 mL (3/4 cup) wheat bran
- 60 mL (1/4 cup) wheat germ
- 5 mL (1 tsp) baking powder
- 2 mL (1/2 tsp) baking soda
- 125 mL (1/2 cup) raisins or dried cranberries or dried blueberries

## Directions

1. In a large bowl, whisk together oil, sugar and egg. Add banana, zucchini and cinnamon; stir in yogurt and vanilla.
2. In another bowl, whisk together flour, wheat bran and germ, baking powder and soda. Add flour mixture to banana mixture and stir until just moistened. Stir in raisins.
3. Divide among lightly sprayed or paper lined muffin tins. Bake in preheated 200°C (400°F) oven for about 18 minutes or until light golden and firm to the touch. Let cool slightly before enjoying.

Recipe developed by Emily Richards, P.H. EC for the Heart and Stroke Foundation.

## Tips

- ✓ What kid doesn't like making muffins? Little chefs can mash the banana, while older kids can grate the zucchini and scoop batter into the muffin cups.
- ✓ Add a little crunch. Stir in 60 mL (1/4 cup) chopped, toasted walnuts into the batter.
- ✓ Keep a stash of these muffins in the freezer for a perfect handy snack when you're on the go. Allow muffins to cool completely. Wrap each muffin separately or place in a plastic freezer bag for up to 2 weeks. Warm in a microwave to enjoy another day.
- ✓ Try using less of the ingredients that are high in added sodium, sugars or saturated fat. Adding salt or sugars directly to your recipe? Remember, a little often goes a long way.



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Credits:  
<https://www.canada.ca/content/dam/hc-sc/documents/services/canada-food-guide/tips-healthy-eating/meal-planning-cooking-healthy-choices/energy-boosting-muffins/marvelous-muffins-eng.pdf>

# HEALTHY LEARNING

## West coast snapper

### burritos

These burritos are a great way to enjoy fish. Everyone will love customizing their burrito with colourful veggies. This recipe is sure to become a favorite!



 30 mins or less

 Kid-friendly

 **PREP TIME**  
10 MIN

 **COOK TIME**  
10 MIN

 **SERVINGS**  
5 BURRITOS

## Ingredients

- 2 large snapper or trout fillets,
- bones removed, about 350 to
- 500 g (12 to 16 oz) total
- 10 mL (2 tsp) Sambal Badjak
- (Indonesian chili paste) or any
- chili paste
- 60 mL (4 tbsp) all purpose flour
- 30 mL (2 tbsp) extra virgin olive oil
- 125 mL (1/2 cup) 1% fat plain
- yogurt
- 30 mL (2 tbsp) fresh salsa or
- chipotle salsa
- small whole grain flour tortillas
- • 1/2 small nappa cabbage,
- shredded or coleslaw
- 1 carrot, grated
- 1 large tomato, diced
- 1/2 medium avocado, diced
- 10 mL (2 tsp) chopped cilantro
- 1 lime, sliced into wedges

## Directions

1. Place fish on a plate. Thinly spread the chili paste on both sides of the fish.
1. Dip both sides of the fish in flour to cover lightly.
2. Heat olive oil in non-stick frying pan and cook fish until browned slightly and cooked through.
3. Mix the yogurt and salsa together; set aside.
4. Warm tortilla shells in a clean hot skillet. Place tortillas on clean plates. Divide fish into 5 servings and place the cooked snapper, cabbage, carrots, tomato, avocado, yogurt-salsa mixture and cilantro on tortilla. Add a squeeze of lime.

Recipe developed by Emily Richards, P.H. EC for the Heart and Stroke Foundation.



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## Tips

- ✓ Change it up! Instead of snapper or trout, use any firm fish such as tilapia or haddock.
- ✓ Veg out! Add more veggies to your burrito. Shredded zucchini, diced cucumbers, strips of peppers and sliced radishes would make great additions.
- ✓ Older kids can help prep the cabbage, tomato and avocado. Little chefs can mix the yogurt and salsa. Kids, young and old, will have fun assembling their very own burrito.
- ✓ To store the leftover avocado half, rub some lime juice all over the cut surface and wrap with plastic wrap. Place in the fridge to enjoy the next day. The lime juice will help keep the avocado from turning brown.
- ✓ Try using less of the ingredients that are high in added sodium, sugars or saturated fat. Adding salt or sugars directly to your recipe? Remember, a little often goes a long way.

Credits:  
<https://www.canada.ca/content/dam/hc-sc/documents/services/canada-food-guide/tips-healthy-eating/meal-planning-cooking-healthy-choices/west-coast-snapper-burritos/west-coast-snapper-burritos-eng.pdf>

# HEALTHY LEARNING

## Lip smacking

### BBQ drumsticks

These delicious drumsticks are coated in heavenly homemade barbecue sauce. .



Kid-friendly



PREP TIME  
10 MIN



COOK TIME  
35 MIN



SERVINGS  
5

## Ingredients

- 5 mL (1 tsp) canola oil
- 1 onion, chopped
- 2 cloves garlic, minced
- 15 mL (1 tbsp) chopped fresh thyme
- 10 mL (2 tsp) chili powder
- 1 mL (1/4 tsp) fresh ground pepper
- 500 mL (2 cups) tomato passata
- 175 mL (3/4 cup) chopped pitted Medjool dates
- 60 mL (1/4 cup) cider vinegar
- 15 mL (1 tbsp) Worcestershire sauce
- 5 mL (1 tsp) hot pepper sauce
- 10 skinless chicken drumsticks (about 1 kg/2 lbs)

## Directions

1. In a saucepan, heat oil over medium heat and cook onion, garlic, thyme, chili powder and pepper for 3 minutes or until softened. Stir in tomato passata, dates, vinegar, Worcestershire and hot pepper sauce and bring to a simmer for 5 minutes. Remove from heat and let cool slightly. Scrape into blender and purée until smooth. Makes about 625 mL (2 1/2 cups) of sauce.
2. Place drumsticks on greased grill over medium heat for 10 minutes. Turn and grill for 5 minutes more. Start brushing with about 250 mL (1 cup) of sauce, turning often and basting for about more 10 minutes. \* Use a digital food thermometer to check that chicken has reached an internal temperature of 74°C (165°F).
3. Serve with some of the remaining sauce, if desired. Cover and refrigerate remaining sauce for up to 2 weeks.

Recipe developed by Emily Richards, P.H. EC for the Heart and Stroke Foundation.



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## Tips

- ✓ You can use the same amount of skinless, bone-in chicken thighs instead of drumsticks.
- ✓ Food safety move: measure out 250 mL (1 cup) of the sauce for basting the chicken. Cover and save the rest in the fridge for later.
- ✓ Passata is cooked tomatoes that have been crushed and strained, and it's usually sold in a tall glass jar.
- ✓ Try using less of the ingredients that are high in added sodium, sugars or saturated fat. Adding salt or sugars directly to your recipe? Remember, a little often goes a long way.

## BOKSopoly

1. Print the BOKSopoly template and some BOKS \$ (available in appendix).
2. Kids will start their token at the GO corner.
3. The person rolls the dice and must complete the activity to earn the BOKS \$.

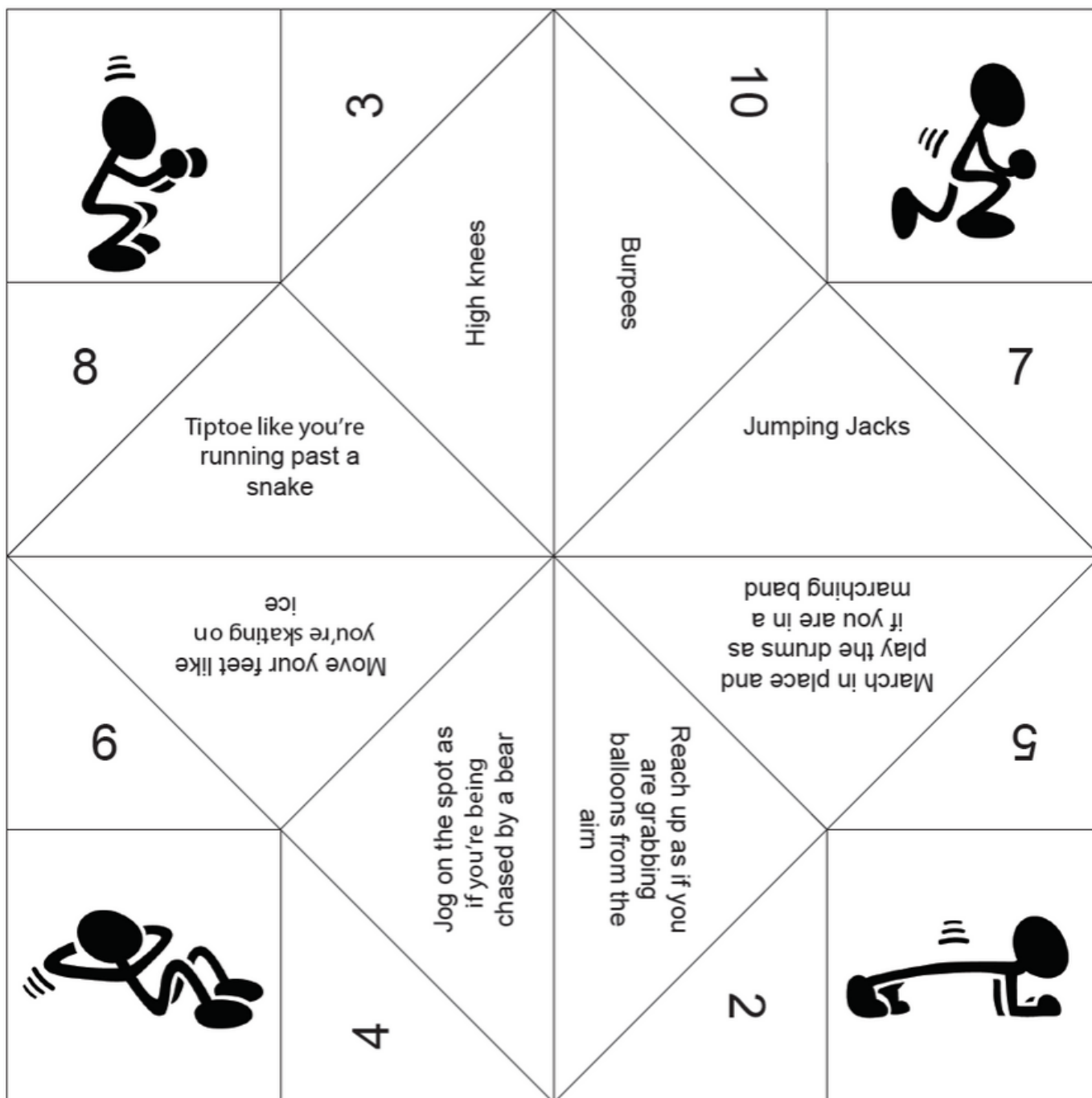
FREE CHOICE 10 TIMES	Run 1 lap 6\$	10 Butt kickers	15 Ski jumps 3\$	Jog in place for 30 sec. 5\$	10 Jumping jacks	5 Star jumps 1\$	10 Lunges 2\$	Plank for 30 seconds	10 High jumps 5\$	Water break
15 Cross-Country skier 3\$										30 sec Wall sit 5\$
10 V-sit 1\$										15 Mountain climbers 3\$
Rest for 30 seconds										Roll the dice again
10 Push-ups 2\$										15 Squats 2\$
10 High knees										Rest for 30 seconds
10 Jumping Lunges 3\$										30 sec. Pretend Jump Rope
5 Squat Jumps 1\$										10 crunches 1\$
10 Jumping Jacks										Downward dog and upward dog (yoga) 5 times
Tree Pose for 30 sec (yoga) 2\$										10 Broad Jumps 3\$
Water break	10 reverse lunges 1\$	10 Frog Jumps 2\$	10 Superman	5 Donkey kicks 5\$	Rest for 30 sec.	Roll the dice again	30 sec. high plank 1\$	15 sec. Quick Feet	10 Burpees 5\$	Collect \$2 as you pass



# BOKSopoly

## Fortune teller

1. Cut the square.
2. Bring the corners to the center of the paper until you've made a smaller square containing 4 triangles.
3. Flip the paper over and fold each corner to the center again. Turn your paper over to the other side so you don't see the folds. Grab one of the corners and fold it toward the middle where the creases intersect. Press down on the fold with your finger. Rotate the paper and fold each corner to the middle of the paper until you've made a smaller square.



# BOKS GAMES

## BOKS Bingo

Randomly write or cut and paste the actions to each card. The leader can then 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.

The Bingo template is available in the appendix.

BOKS BINGO				
<b>Squats</b> 	<b>Lunges</b> 	<b>Thumbs-up</b> 	<b>Happy Face</b> 	<b>Tuck jump</b> 
<b>Burpees</b> 	<b>Chair Pose</b> 	<b>BOKS Trainer</b> 	<b>Superman</b> 	<b>Child Pose</b> 
<b>Squat</b> 	<b>Downward Dog Pose</b> 	<b>BOKS Cheer</b> 	<b>Running</b> 	<b>Donkey Kicks</b> 
<b>BOKS Certificate</b> 	<b>Crunch</b> 	<b>Tree Pose</b> 	<b>Metrics</b> 	<b>Spider man</b> 
<b>Mountain Climbers</b> 	<b>BOKS logo</b> 	<b>Broad Jump</b> 	<b>Push-ups</b> 	<b>Jumping</b> 

# APPENDIX

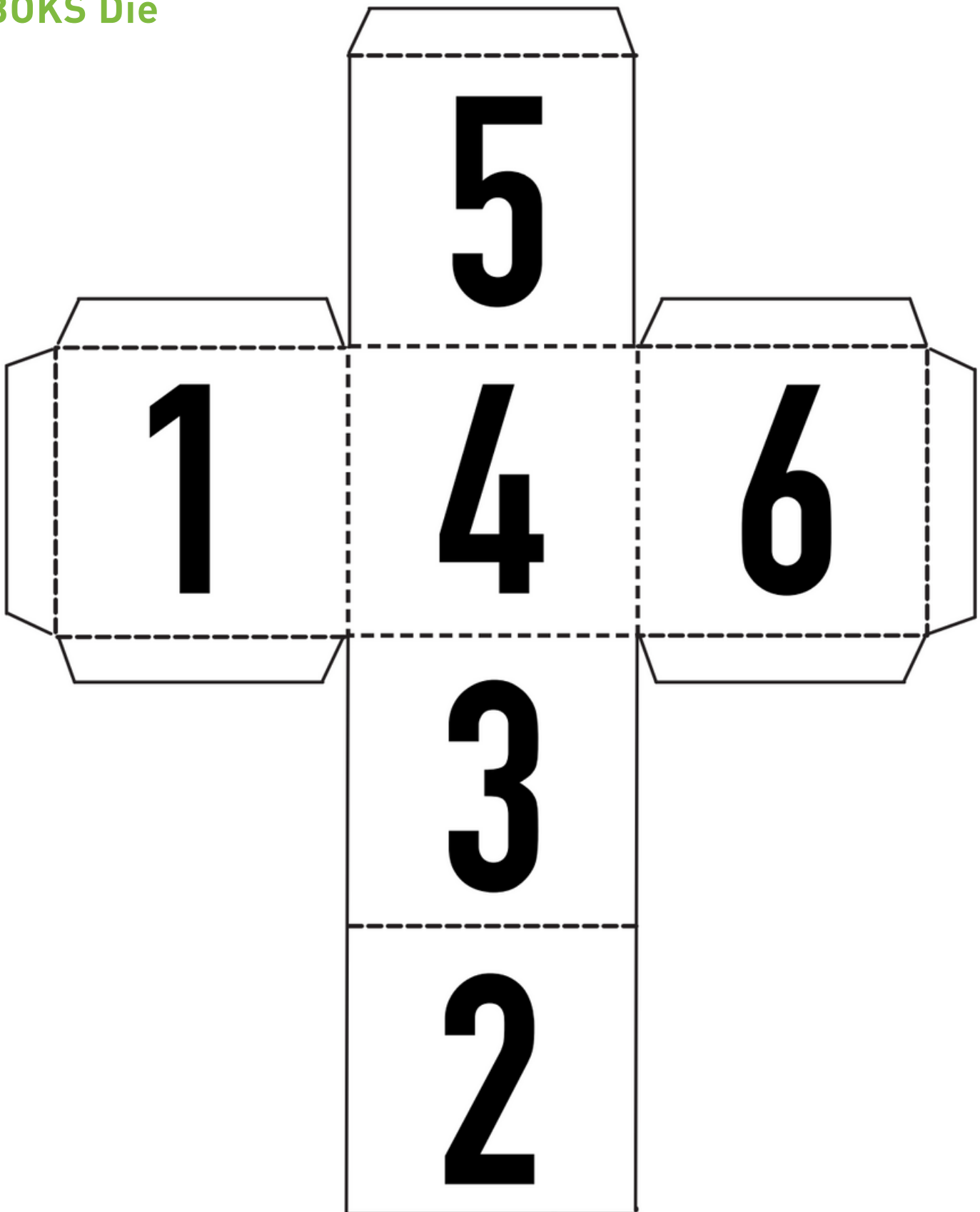
## BOKS Bingo template

<b>BOKS BINGO</b>				



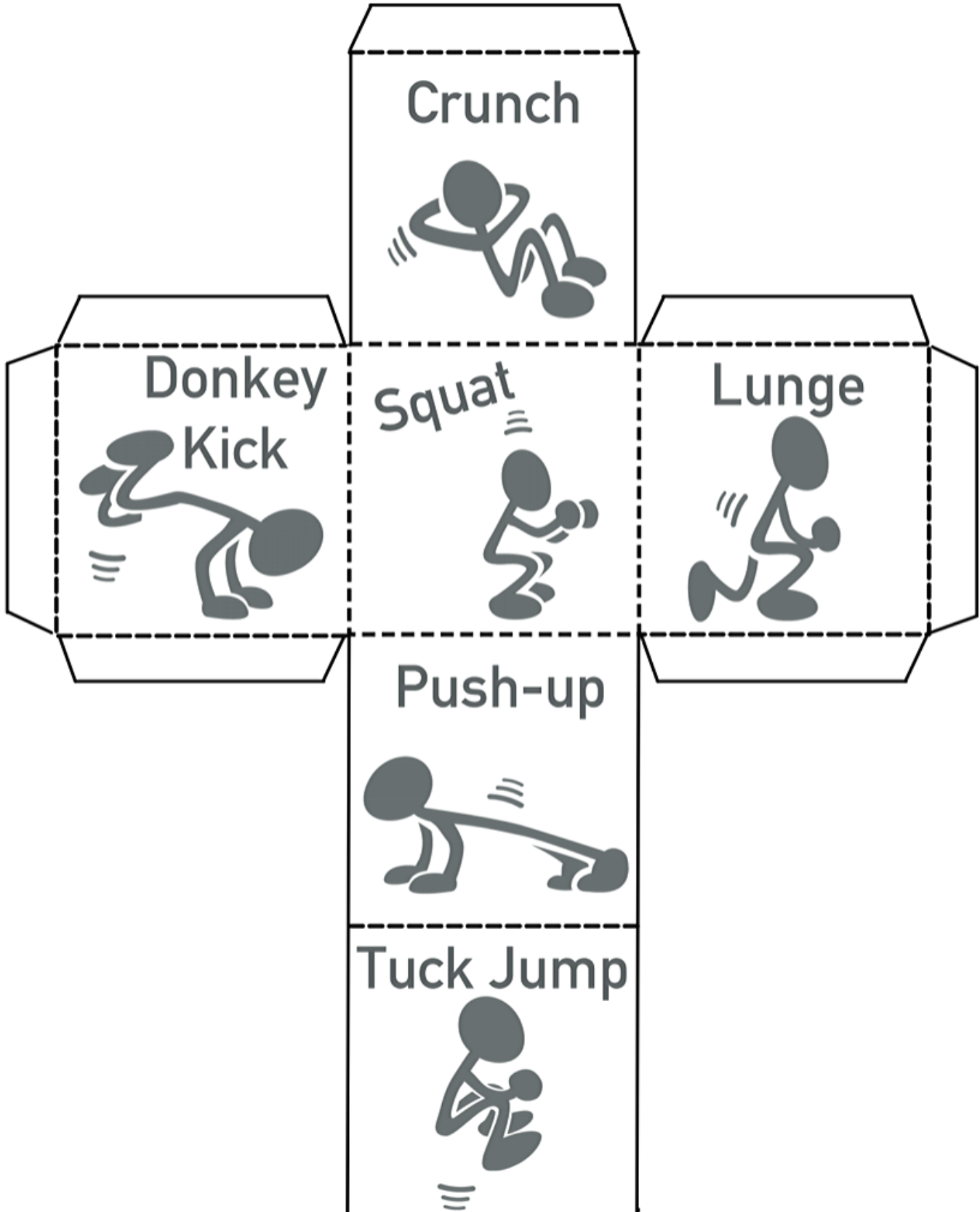
# APPENDIX

## BOKS Die



# APPENDIX

## BOKS Fitness Skills Die



# APPENDIX

## BOKS \$ for BOKSopoly

\$ <b>boks</b>	\$ <b>boks</b>	\$ <b>boks</b>
\$ <b>boks</b>	\$ <b>boks</b>	\$ <b>boks</b>
\$ <b>boks</b>	\$ <b>boks</b>	\$ <b>boks</b>
\$ <b>boks</b>	\$ <b>boks</b>	\$ <b>boks</b>
\$ <b>boks</b>	\$ <b>boks</b>	\$ <b>boks</b>
\$ <b>boks</b>	\$ <b>boks</b>	\$ <b>boks</b>
\$ <b>boks</b>	\$ <b>boks</b>	\$ <b>boks</b>
\$ <b>boks</b>	\$ <b>boks</b>	\$ <b>boks</b>



# **boks** **HAVE FUN!**

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