

boks

BOKS PRESENTS:

PHE Canada

May 3rd, 2019

McGill university

**Lynn Rizzuto, Kim St-Pierre
And Vanessa Danon**

- ▶ **ON A MISSION TO PROMOTE THE
PROFOUND IMPACT OF PHYSICAL
ACTIVITY ON A CHILD'S MIND, BODY,
AND COMMUNITY.**



2018 Annual Report



2,660

VOLUNTEERS

23,102

KIDS ACTIVE THIS YEAR

1,163

SCHOOLS
ENROLLED

8,461

WEEKS OF
ACTIVITY

SPARK

DR. JOHN RATEY

- According to Dr. John Ratey, PhD, Harvard Medical School, *exercise is the single most powerful tool that we have to optimize the function of our brain.*





WHAT IS BOKS?

BOKS is a **free**, before school physical activity program that is volunteer run and designed to prepare children for a day of learning. We use moderate-to-vigorous physical activity (MVPA) to give children their best start, and to help them move closer to their 60 minutes per day of physical activity.

BOKS IN CANADA

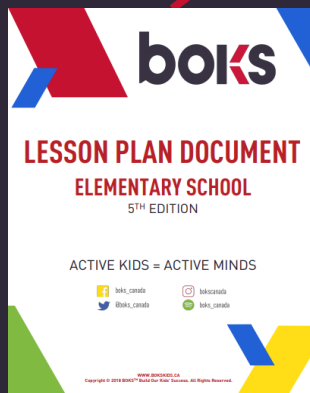
We are a multi-sectoral partnership between Reebok and the Public Health Agency of Canada.

Our partners have come together with one mission: to get our children active!

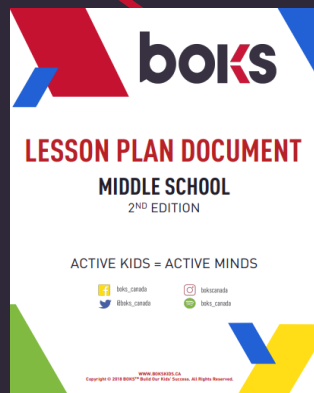


AVAILABLE RESOURCES

Before
school
programs



ELEMENTARY
SCHOOL (K-6)



MIDDLE
SCHOOL (7+)

In-class
program



BOKS BURSTS
(DPA ACTIVITIES)

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- BOKS runs 2- 3 times/week
- 40 – 50 minutes classes first thing in the morning, at lunch, recess or part of P.E class
- Each session is 12 – 24 weeks
- BOKS is volunteer run (parents, teachers, high school, etc.)
- We provide all of the resources you need to run the program
- There is little equipment needed to run
- Is generally aimed at grades K-9
- Is inclusive – children of all ages and abilities can participate



Lesson Plan – Elementary School:

- 24 weeks
- 3 lesson plan per week

Strength, Balance

Overview

Drop Off / Set Up (10 minutes)

- Arrive, check-in, receive name tag and color designations
- Put backpacks in designated grade area
- Free play (with trainers and volunteers)
- Trainers set up for class

Meeting (10 minutes – for the initial class only)

- Set the expectations for how BOKS will run for the session
- Review appropriate BOKS behavior and safety
- Remind kids about the BOKS Kid of the Week
- Briefly state what the Skill of the Week is
- Review Class Agenda
- BOKS Rocks! Cheer!

Warm Up (5 minutes) - RPE 1-2

- Fruit Basket

Running Related Activities - Endurance (5 minutes) – RPE 2-3

- 3 minute walk, 1 minute jog, 1 minute walk

Skill of the Week (5 minutes) – RPE 2-3

- Skill of the week: plank!
- Introduce plank, hold for 5 to 10 seconds
- Easy Bear Crawl Relay

Game (5 minutes) - RPE 2 – 3

- Boks Bridge

Cool Down / Nutrition Talk (5 minutes) – RPE 1

- Deep breaths
- BOKS Bits (nutrition discussion)
- Have the kids line up, take a deep breath and dismiss by groups to go to class or breakfast

Materials Needed

- Cones

Key Points of Performance

- Keep body in a straight line
- Keep knees off the ground
- Keep weight evenly distributed between elbows/forearms and feet



Rate of Perceived Exertion: How Should I Feel?

Be sure to check in with your students regularly to make sure they are working in the right RPE zone!

- 1 - This is easy!
- 2 - I'm feeling warmer
- 3 - My heart is pounding
- 4 - Can't chat right now!
- 5 - Gasping for air

Lesson Plan – Middle School:

- 24 weeks
- 3 lesson plan per week



Squats

Week 6, Day 1 Lesson Plan Overview

Balance, flexibility

Overview

Trainer-Led Warm Up (5 minutes) - RPE 1-2

- Locomotor lines
- Ladders – fast feet through, then hop out and in

Running Related Activities – Endurance (6 minutes) – RPE 2-3

- 6 minute jog, 1 minute walk, 30 second high speed run

Skill of the Week (5 minutes) – RPE 2-3

- Skill of the week: Squat!
- Squat Balance Relay

Game (5 minutes) - RPE 2 – 3

- Squat High-Ten Partner Lines

Yoga Cool Down – RPE 1

- Twisted Chair Pose
- Have the kids line up, take a deep breath and dismiss by groups to go to class

Materials Needed

- Cones







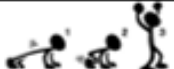





Key Points of Performance

- Keep heels super-glued to the ground
- Squat deep to get your knees at a 90 degree angle to the floor
- Keep your back arched like a superhero

Rate of Perceived Exertion: How Should I Feel?

Be sure to check in with your students regularly to make sure they are working in the right RPE zone!

- 1 - This is easy!
- 2 - I'm feeling warmer
- 3 - My heart is pounding
- 4 - Can't chat right now!
- 5 - Gasping for air

Week	Skill	Muscles	Fitness Principal	Image
1	Plank	Glutes, shoulders, core	Strength, balance	
2	Running	Hamstrings, quads, glutes, core	Cardio, stamina, speed	
3	Metrics	Baseline measures	Cardio, stamina, speed	
4	Crunches	Core, abdominals	Strength	
5	Push-ups	Pectorals, biceps	Strength	
6	Squats	Hamstrings, quads, glutes	Balance, Flexibility	
7	Burpees	Whole body	Power, endurance, coordination	
8	Jumps (tuck, squat, broad)	Hamstrings, quads, glutes, core	Agility, power	
9	Lunges	Quads, glutes, core	Accuracy	
10	Donkey Kicks	Shoulders, core	Balance, strength	
11	Metrics	End of class measurements	Cardio, stamina, speed	
12	End of Session Review	Fun!	Fun!	



PROGRESSIVE RUNNING

Week	Day 1 – Endurance	Day 2- Fun	Day 3 – HIIT
Week 1	3 min walk/1 min jog/1 min walk	Musical Run	30 sec mod run, 60 sec walk (x4)
Week 2	3 min walk/1 minute jog (x2)	Running Wild	30 sec mod run, 60 sec walk(x4)
Week 3	Metrics	Metrics	Metrics
Week 4	2 min walk/1 min jog/ 2 min walk/1 min jog	Go, Back, Hit It	30 sec high speed run, 60 sec walk (x4)
Week 5	2 min walk/1 min jog (x2)	Obstacle Course	30 sec high speed run, 60 sec jog (x4)
Week 6	2 min walk/2 min jog/1min walk/1min jog	Freeze Run	Tabata 20 sec run,10 sec rest (x10)
Week 7	2 min walk/2 min jog (x2)	Last Man Standing	30 sec high speed run, 60 sec jog (x5)
Week 8	3 min jog/1 min walk/1 min jog/ 1 min walk	Relay Race Run	Tabata 20 sec run,10 sec rest (x10)
Week 9	3 min jog/1 min walk (x2)	Obstacle Course	30 sec high speed run, 60 sec jog (x5)
Week 10	4 min jog/1 m walk/1 min jog	BOKS Chase	Tabata 20 sec run, 10 sec rest (x10)
Week 11	Metrics	Metrics	Metrics
Week 12	5 min jog	BOKS Chase	Olympics Day



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BOKS BURSTS

KEEP THE MOVEMENT GOING ALL DAY

BOKS Bursts are short activities, ranging from 2-10 minutes, and were designed to help kids stay active throughout the school day. Bursts are a great way to help kids:

- re-focus their attention after a long period of sitting
- increase children's alertness and attentiveness
- curb behavioural issues that may stem from difficulty concentrating
- transition into or out of activities





Plyometric Burst

INDIVIDUAL, IN PLACE

5 – 10 minutes, Grade: K – 8

Complete each activity for 15 seconds with 10 second break in between exercises:

1. Squat jumps
2. Slalom jumps (side to side)
3. Split jumps (lunges)
4. 1 foot fast feet skips
5. Tuck jumps
6. Jump for height



AS IF

INDIVIDUAL, IN PLACE

5 – 10 minutes

Do each activity for 60 seconds

- **JOG** in place as if a big scary bear is chasing you
- **TAKE BIG STEPS IN PLACE** as if you are wading through thick, creamy yogurt
- **JUMP UP AND DOWN** as if you were popcorn popping
- **REACH UP** as if you are grabbing balloons out of the air
- **MARCH IN PLACE** and play the drums as if you are in a marching band
- **PAINT** as if the paint brush is attached to your head
- **JUMP UP** as if you are going to do a big cannon ball splash in pool
- **SWIM** as if you are in a giant pool of applesauce
- **SHAKE YOUR BODY** as if you are a wet dog

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TRAINER HUB

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MY BOKS

MY SESSION

MY TEAM

CONTENT

CONTACT US

ENGLISH/ANGLAIS ▾

HELP



ALISON

WELCOME TO **BOKS** TRAINER HUB



PLAYGROUND LESSON PLAN

<https://boksca.secure.force.com/boksHome?id=YT8sNjEwMDAwMDNUb0Y3QUFL>



LESSON PLAN DOCUMENTS

The BOKS curriculum plus BOKS Bits, Bursts, and supplemental cards and materials.

Elementary Lesson Plans – 5th edition

Middle School Lesson Plans – 2nd Edition

Adaptive Mobility Lesson Plan Supplement

Yoga and Mindfulness Lesson Plan Supplement

Nutritional Bits Additional Handouts

Yoga and Mindfulness videos



BONUS LESSON PLANS

Looking to change things up a bit? Check out our bonus lesson plans!

80's Lesson Plan

Family Fitness Night Station Template

Playground Lesson Plan

Spring Celebration Lesson Plan

A-la-carte Lesson Plan

In the Hallway Lesson Plan



BOKS BURSTS & MANIPULATIVES

All your downloadables for the Bursts Daily Physical Activity program

BOKS Bursts DPA Activities

Large cube skills avatars

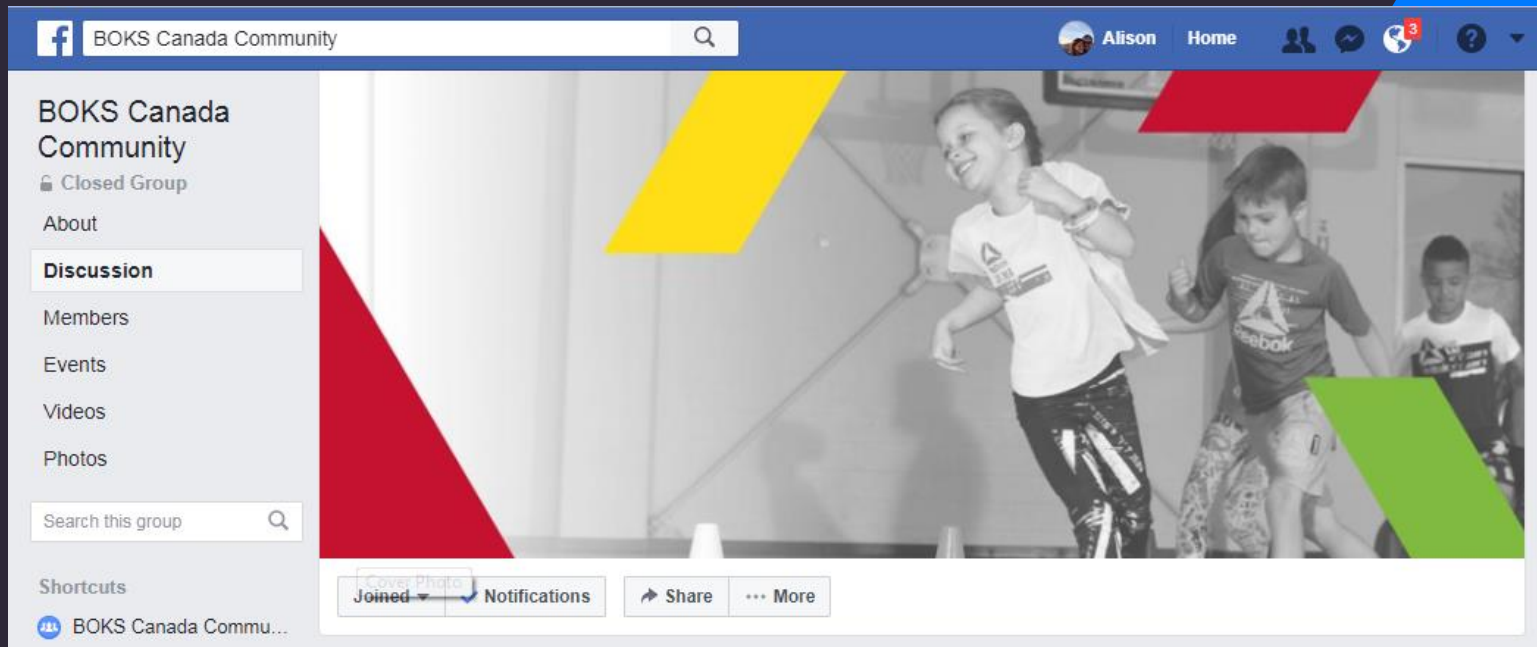
Large cube numbers

Small cube skills avatars



Small cube numbers

Skill Spinner

boks FACEBOOK TRAINER COMMUNITY



ENGAGING STUDENTS

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KID OF THE WEEK

This certificate is awarded to _____

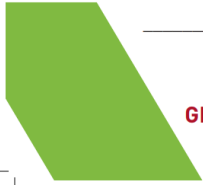

Because your “FEET performed a FEAT”

This week you were **FRIENDLY**, showed good **EFFORT**,
had a good **ATTITUDE** and were a **TEAM-PLAYER**!

Trainer _____

Date _____

GREAT WORK! CONGRATULATIONS! KEEP IT UP!




JUNIOR LEADER

CERTIFICATE

OF ACHIEVEMENT

THIS IS TO CERTIFY THAT

is a BOKS Champion of change and has volunteered
to improve the lives of children through physical activity.

Date _____

Supervisor _____




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CERTIFICATES

BECOME A CHAMPION OF CHANGE

How to get BOKS at your school;

- To enroll your school, simply visit our website
- Introduce the program to the Principal
- Once the Principal approves the program, you will be sent a unique link to the Trainer Hub – be sure to bookmark it! This is where you will be able to access:
 - Program material
 - Student registration forms
 - Training videos
 - Input session data



Regional Coordinators

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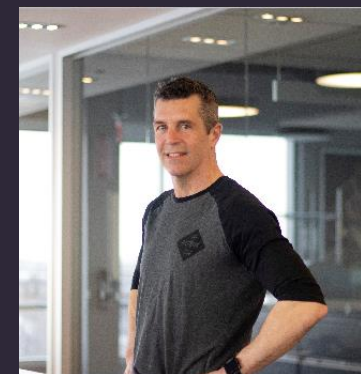
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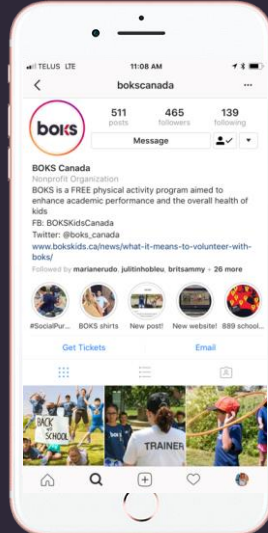


boks Social Media

Get great ideas and tools to entertain kids, learn tips and tricks about physical activity studies for kids, and more!



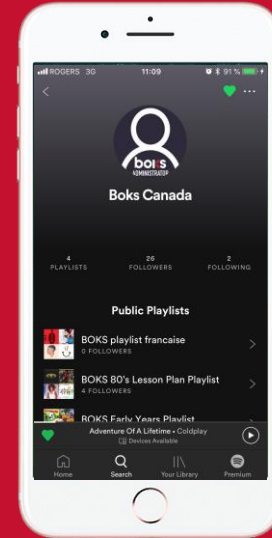
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