



Warm-ups:

Choose one of the following warm-ups to get the students active at the beginning of the virtual lesson. These physical activities are adapted from the BOKS program.

1.) 10 Up 10 Down:

Youth will do “fast feet” (run in place) for 10 seconds until you call out an exercise. Once you call out an exercise, they will do 10 repetitions of that exercise and return to “fast feet.” The exercises are listed below.

- Jumping jacks
- Lunges
- Push-ups
- Squats
- High knees

https://www.youtube.com/watch?v=O_njJPINcpg&feature=youtu.be

2.) Clap for 10!:

Do 10 repetitions of each exercise and emphasize clapping. The exercises are listed below.

- 10 jumping jacks (clap when your hands meet above your head)
- 10 lunges (clap when your hands meet above each knee)
- 10 burpees (clap hands above head when you jump)
- 10 crunches (clap when you rise to the sitting position)
- 10 squats (clap when you sit into the squat)

<https://www.youtube.com/watch?v=g2jcTs8lzVU&feature=youtu.be>

3.) Boks Sports Galore:

Have students do each exercise for 20 seconds. Once they complete the first round, have them do the exercises again but with the opposite hands and feet. The exercises are listed below.

- Pretend to swing a bat like a baseball player
- Pretend to shoot a ball in the basket like a basketball player
- Pretend to skate as fast as possible like a hockey player
- Jog in place (fast feet) like a football player
- Pretend to ski like a skier by moving sides to side and jumping over obstacles
- Pretend to serve a ball like a tennis player

<https://www.youtube.com/watch?v=-stLj7fUuPU&feature=youtu.be>

4.) Gone Camping:

Have students pretend they have gone camping. Instruct students to do each exercise for 20-30 seconds as you call them out. The exercises are listed below.

- Pretend that a big scary bear is chasing you by jogging in place
- Pretend to pick berries by reaching up to the sky and squatting down to the ground
- Pretend to hammer tent stakes by doing toe touches



- Pretend to be sitting around a campfire by doing wall sits
- Pretend to be swimming away from a big fish by moving your arms around
- Pretend you are a wet dog by shaking your body
- Pretend to paddle a kayak from side to side by doing torso twists
- Pretend to be excited that you just roasted the perfect marshmallow by jumping up and down

<https://www.youtube.com/watch?v=IC4e5P517Vg>

5.) Deck of Cards:

Assign an exercise to each suit of cards (excluding face cards). Pick a card from a deck of cards. Have students do the number and type of movement that correlates with that card. The exercises are listed below.

- Jumping jacks -- diamonds
- Squats -- hearts
- Lunges -- clubs
- High knees -- spades

Ex: If you draw a six of hearts, then the students would squat six times.

6.) BOKS Says in Your Chair:

Lead the students in a game of "BOKS Says" (which is played like "Simon Says"). You can also give students a chance to lead the game. The exercises are listed below.

BOKS Says:

- Stand up
- Sit down
- Fast feet while sitting
- Stand up and jump
- Run behind the chair to the left or right
- Turn body left
- Turn body right
- Bring knees to chest, one by one
- Lift legs straight out

7.) Push-up, Crunch, Squat Ladder:

Step by step directions are listed below.

- 1.) Perform 5 push-ups, 5 crunches, 5 squats.
- 2.) Perform 4 push-ups, 4 crunches, 4 squats.
- 3.) Perform 3 push-ups, 3 crunches, 3 squats.
- 4.) Perform 2 push-ups, 2 crunches, 2 squats.
- 5.) Perform 1 push-up, 1 crunch, 1 squat.
- 6.) Rest for 30 seconds.
- 7.) Repeat or repeat in reverse order.

8.) BOKS As If:



Lead the students in doing each activity for 20-30 seconds. You can repeat and give the students the chance to call out the activities. The activities are listed below.

- Take big steps as if you were wading through thick and creamy yogurt.
- Jog in place as if a scary bear is chasing you
- Jump up and down as if you were popcorn popping
- Reach up in the air as if you were grabbing balloons out of the air
- March in place and play the drums as if you were in a marching band
- Paint as if the paintbrush is attached to your head
- Jump up as if you were going to do a cannon ball splash into a pool
- Swim as if you were in a giant pool of applesauce
- Shake your body as if you were a wet dog

9.) **Fast & Low:**

This exercise consists of alternating every 30 seconds between fast and low exercises. Step by step directions are listed below.

- 1.) Jumping jacks (30 seconds)
- 2.) Plank hold (30 seconds)
- 3.) Fast jump rope (30 seconds)
- 4.) Low squat (30 seconds)
- 5.) High knees (30 seconds)
- 6.) Plank hold (30 seconds)
- 7.) Wide fast feet (30 seconds)
- 8.) Low squat (30 seconds)
- 9.) Repeat as many times as you have the time for

https://www.youtube.com/watch?v=ENL_iSiYwU0&feature=youtu.be

10.) **Cardio Tabata:**

This warm-up is called a tabata which is a form of exercise that consists of 20 seconds of intense activity followed by 10 seconds of resting. This is done a total of eight times. Step by step directions are listed below.

- 1.) 20 seconds of fast feet and 10 seconds of rest
- 2.) 20 seconds of hopping on your right foot and 10 seconds of rest
- 3.) 20 seconds of hopping on your left foot and 10 seconds of rest
- 4.) 20 seconds of pretending to jump rope and 10 seconds of rest
- 5.) Do steps 1-4 an additional 7 times

https://www.youtube.com/watch?v=i2_W7Bh1s4&feature=youtu.be

References:

Boks. (n.d.). *Boks downloads*. <http://www.bokskids.org/boks-at-home/>