



Active Kids = Active Minds

BOKS Bursts were created to help kids stay active throughout the school day. BOKS Bursts are designed to be performed with minimal space. The programming taking into consideration the typical class room layout and resources. Try a different burst every period, day or week!

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Bursts in Place

The following bursts can be done at students' desks or tables.

Getting Started 1



Type

Individual, in place

Time

3 minutes

Grade

K-8

Burst

Do each of the following drills for 15 - 30 seconds each for 2 rounds:

1. Jog in place
2. Jumping Jacks
3. Squat Jumps
4. Repeat

Getting Started 2



Type

Individual, in place

Time

3 minutes

Grade

K-8

Burst

Do each of the following drills for 15 - 30 seconds each for 2 rounds:

1. Jumping Jacks
2. Lunges in place
3. Tuck Jumps
4. Repeat

Hurdle Hops, Squats, Fast Feet



boks

Type

Individual, in place

Time

2 minutes

Grade

K-8

Burst

Do each of the following drills for 15 - 30 seconds each for 2 rounds:

1. 15 seconds of hopping side to side over a pretend hurdle
2. 5 Squats
3. 15 seconds of hopping front to back over a pretend hurdle
4. 5 squats
5. 15 seconds of Fast feet (like a football player)
6. 5 squats
7. Repeat

BOKS Sports Galore



Type

Individual, in place

Time

3 minutes

Grade

K-5

Burst

Do each activity in place for 20 seconds:

1. Act like a Baseball player swinging the bat
2. Act like a Basketball player shooting the ball
3. Act like a Hockey player skating as fast as possible
4. Act like a Football player and practice fast feet
5. Act like a Professional Skier and practice going over jumps
6. Act like a Tennis Player and practice your serve
7. Repeat

BOKS Give Me 6!



Type

Individual, in place

Time

2-3 minutes

Grade

K-8

Burst

Do each activity 6X, repeat!

1. Alternating arch touches (touch inside foot with opposite hand)
2. Ladder Climbs (While standing, pretend to climb a ladder)
3. Squat jumps in place (Jump up and land in a squat like a frog)
4. Criss Cross feet (one foot in front of the other going back and forth- switching dominant foot)
5. Single leg hopping (hop on 1 foot then switch)
6. Repeat

BOKS Give Me 8!



Type

Individual, in place

Time

2-3 minutes

Grade

K-8

Burst

Do each activity 8X, Repeat. (Both sides = 1 repetition)

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

BOKS Give Me 10!



Type

Individual, in place

Time

3-4 minutes

Grade

K-8

Burst

Do each activity 10X

1. Jump Rope (pretending you have a jump rope in your hand)
2. Kempo elbow to knee (opposite elbow to opposite knee)
3. Mummy kicks (arms out straight crossing over each time, legs kick out straight)
4. Side lunges – touch your feet (5X each side)
5. Star Jacks (squat, jump up high and spread arms and legs out wide like a star)
6. Squat (hold squat while punching arms out in front)
7. Tire Jumps (jump like you are going through tires)

BOKS As If!



Type

Individual, in place

Time

2-3 minutes

Grade

K-5

Burst

Do each activity for 20-30 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

Tabata Jumping Jacks



Type

Individual, in place

Time

2-4 minutes

Grade

K-8

Burst

1. 20 seconds of fast Jumping jacks
2. 10 seconds of rest
3. Repeat this 4 to 8 times

A tabata is a form of exercise that alternates intense activity with resting. Tabata cycles range from 4 to 8 rounds or 2 to 4 minutes.

Deck of Cards



Type

Individual, in place

Time

3-4 minutes

Grade

K-8

Burst

Assign a movement to each of the 4 suits:

- Jumping jacks (Diamonds)
- Squats (Hearts)
- Lunges (Clubs)
- Butt kickers (Spades)

1. Pick a card from the deck and then have the kids perform the number and type of movements that corresponds with the chosen card. (hint – remove the face cards)
2. Let the kids take turns picking the cards



Wall and Chair Bursts

These bursts need a wall or a chair!

Wall Sits



Type

Individual, wall

Time

3 minutes

Grade

K-8

Burst

Do two rounds of the following:

1. Have everyone stand with their backs flat against a wall and slide into a seated position so their knees are at a 90 degree angle. Have palms face up resting on their knees.
2. Have everyone hold this for 1 minute, challenge kids with math facts or spelling for extra fun during the wall sit!
3. Stand up and complete 30 seconds of high knees in place
4. Repeat

BOKS Says – On the Wall



Type

Individual, wall

Time

3 minutes

Grade

K-5

Burst

The teacher or a student will lead the group through BOKS Says:

1. Have all of the kids put their backs and heads flat against the wall and slide down so that their thighs are parallel to the floor and their palms are facing up on their legs.
2. BOKS Says..... put your hands on your head, put your arms overhead, lift one foot slightly off the floor (then switch), stretch your arms straight ahead, make a funny face, roll your hands etc. Think of your own ideas to be creative! Make sure the kids stay in their Wall Sit while playing.
3. After about 30 - 45 seconds let the kids shake out their legs and do 10 jumping jacks, pick a new leader and play again.

Aerobics



Type

Individual, chair

Time

3 minutes

Grade

K-5

Burst

1. In your chair have the kids march their feet for 20 steps
2. In the chair have the kids put each foot out to the side one at a time for 20 times.
3. Get up and walk around your chair to the back of it, leaving your hands on the back of the chair jump and twist side to side 20 times.
4. Walk around your chair and repeat the chair aerobic routine.

BOKS Says – In your Chair



boks

Type

Individual, chair

Time

3 minutes

Grade

K-5

Burst

The teacher or 1 lucky student is will lead the group through BOKS Says:

1. Have all of the kids sitting down facing front in their chairs.
2. BOKS Says.....
 - Stand up
 - Sit Down
 - Fast feet while sitting
 - Stand up and squat
 - Stand up and jump
 - Run behind chair to the left or right
 - Turn body left
 - Turn body right
 - Bring knees to chest, one by one
 - Lift legs straight out
3. After a minute, let the kids shake out their legs, pick a new leader and play again.

BOKS Up Down



Type

Individual, chair

Time

2 minutes

Grade

K-8

Burst

1. In your chair have the kids follow the commands up (stand up), down (sit down), jump (jump up and down), squat
2. The leader can play along with the class (doing opposite movements) to try and confuse them.
3. Give the commands both quickly and slowly for variety.
4. Choose a new leader after a few minutes.

Tabata Stand Up, Sit Down



boks

Type

Individual, chair

Time

2-3 minutes

Grade

K-8

Burst

1. For 20 seconds have all of the kids stand up and sit down in their chair continuously. Have the kids count how many stand up/sit downs they get.
2. 10 seconds of rest
3. Repeat this 4-8 times. Have the kids try to complete the same number of stand up/sit downs in subsequent rounds as they did in round 1.

A tabata is a form of exercise that alternates intense activity with resting. Tabata cycles range from 4 to 8 rounds or 2 to 4 minutes.

Marching Mania



boks

Type

Individual, chair

Time

3-4 minutes

Grade

K-8

Burst

While staying seated in your chair. Repeat each activity 10X.

1. Marching (soft feet)
2. High Knees (lifting your knee one at a time as high)
3. Fast feet (As fast as you can running in place)
4. Inside-outside (Touching your arch with opposite hand alternating feet- as fast as you can)
5. Marching (Soft feet)
6. Straight legs (lifting both legs straight in front of you, bend and straighten - hold onto chair)
7. Running with hands (Speed running while seated using your hands and feet)
8. Seated ladder climb (Opposite leg steps up while arm reaches high)
9. Chair squats (Stand up then sit down-repeat)
10. Marching (Soft feet)



Partner Bursts

Done with partners or in small groups. Encourage the teams to cheer for one another and encourage teammates to do their best!

Push up Challenge



Type

Partner, in place

Time

2 minutes

Grade

K-8

Burst

Do each of the challenge for 2-3 minutes:

1. Partner A performs 1 push up first
2. Partner B performs 1 push up second
3. Partner A performs 2 push ups third
4. Partner B performs 2 push ups fourth
5. Continue this push up ladder for 2 minutes. See which pair completes the most push ups in 2 minutes.
6. Remind the kids to pace themselves!

BOKS Ladder Challenge



Type

Partner, in place

Time

2 minutes

Grade

K-8

Burst

1. Pick 2 movements (Tuck jump and squat)
2. Once child works at a time
3. Partner A does each movement once
4. Then, Partner B does each movement once
5. Partner A does each movement twice
6. Partner B does each movement twice
7. Keep increasing the reps by one each cycle.
8. Play for 2 minutes and see how many reps the partners can get to.

Push Up, Plank Challenge



boks

Type

Partner, in place

Time

2-3 minutes

Grade

K-8

Burst

1. Partner A starts by doing 5 push-ups, while Partner B holds a plank position.
2. Then Partner B does 5 push-ups while Partner A holds the plank.
3. Repeat with Partner A doing 4 push-ups, while Partner B holds a plank.
4. Continue each round decreasing the number of push-ups until you get to

Follow the Leader



Type

Partner, needs space

Time

2-4 minutes

Grade

K-8

Burst

Each child finds a partner. Partner A leads choosing 1 of 4 activities listed below. Partner B must follow. Teacher to cue kids to change movements. After 4 rounds or 1 – 2 minutes, switch so that Partner B becomes the leader.

1. Jumping jacks
2. Butt kickers
3. Bend down touch the ground
4. Pretend to jump over ski jumps and do side to side hops



Bursts that Need Space!

These bursts require a little more
space than others...

Plank, Sit Up



Type

Individual, needs space

Time

2 minutes

Grade

K-8

Burst

Alternate between plank and sit ups:

1. Hold plank for 15 seconds, 5 sit ups
2. Hold plank for 15 seconds, 4 sit ups
3. Hold plank for 15 seconds, 3 sit ups
4. Hold plank for 15 seconds, 2 sit ups
5. Hold plank for 15 seconds, 1 sit up

Push Up, Sit Up, Squat Ladder



Type

Individual, needs space

Time

3-4 minutes

Grade

K-8

Burst

1. Perform 5 push-ups, 5 sit-ups, 5 squats
2. Perform 4 push-ups, 4 sit-ups, 4 squats
3. Perform 3 push-ups, 3 sit-ups, 3 squats
4. Perform 2 push-ups, 2 sit-ups, 2 squats
5. Perform 1 push-up, 1 sit-up, 1 squat

Do the Zoo!



Type

Individual, needs space

Time

3-4 minutes

Grade

K-5

Burst

Push chairs to the side. Have the kids pretend they are at a zoo and take them on a journey where 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 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 (carefully)
8. Ask kids to suggest ideas too!

BOKS Bouncers



Type

Partner, needs space

Time

3 minutes

Grade

K-8

Burst

1. Partner A is sitting down with arms out and legs straight in front.
2. Partner B jumps over Partner B's left arm, legs and right arm. Then Partner B turns around and jumps over right arm, legs and left arm.
3. Repeat 2 or 3 times and then switch places so that Partner B is sitting and Partner A is jumping.

BOKS Bridge



Type

Partner, needs space

Time

3 minutes

Grade

K-8

Burst

1. Partner A gets into a plank position and Partner B is standing up.
2. Partner B jumps over Partner A's legs
3. Then Partner A lifts bottom by getting on toes to make a mountain position. Partner B then crawls underneath Partner A.
4. Repeat 2 or 3 times and then switch places so that Partner B is in the plank and Partner A is jumping.

BOKS Get Down/Up Challenge



Type

Partner, needs space

Time

3 minutes

Grade

K-8

Burst

1. Have kids partner up with someone next to them.
2. Standing back to back with partner, link arms
3. From a standing position, children slowly walk their legs out simultaneously while keeping their backs together
4. Once the group has walked their legs out as far as they can, they should be sitting on the floor.
5. The challenge is to then get back up in a standing position, while keeping their backs together
6. Children will need to get their feet back under themselves without separating or touching the group.
7. Let them try for a couple of times and/or switch partners.

Yoga Blast



Type

Individual, needs space

Time

3 minutes

Grade

K-8

Burst

Have the kids practice some basic yoga poses and hold them for 30 seconds each.

1. Downward facing dog
2. Upward facing dog
3. Cat and Cow Pose (alternating)
4. Tree Pose (alternating legs)
5. Airplane (stand on 1 foot, lift leg behind, put arms out for balance)
6. Add your own favorites or ask the kids for suggestions!

BOKS Kids Boot Camp



Type

Individual, needs space

Time

4 minutes

Grade

K-8

Burst

Set up 3 stations around the room:

Round 1:

- Tuck jumps
- Squats
- Wall sits

Round 2:

- Sit ups
- Lunges
- Plank

1. Split the kids up into 3 groups and have each group start at a different station.
2. After 30 - 60 seconds, switch stations clockwise.
3. After one round, switch the movements and repeat.

BOKS Traffic



Type

Individual, needs space

Time

3-4 minutes

Grade

K-5

Burst

Standing in place or around a table, cue the kids to do the following movements. Change movements every 15-30 seconds.

- Green Light – run
- Red Light – stop moving
- Yellow Light – side shuffle
- Speed Bump – bunny hops
- Carpool – get a partner and run together linking elbows
- Deer Crossing – gallop

Tip – use colored construction paper as cue cards for the commands



Team Bursts!

Break class into groups. These Bursts can be utilized during indoor recess or when you have a little more time.

These Bursts promote teamwork and cooperation.

Objects in a Jar



boks

Type

Team, needs space

Time

5 minutes

Grade

K-8

Burst

You will need a jar of pennies or other small objects

1. Pick any exercise or multiple exercises (i.e. jumping jacks, high knees, squats)
2. Make teams of 4-5 kids based on desk assignments
3. Kids do 10 jumping jacks, counting out loud & take a penny (object) out of the jar.
4. Have all the kids start jumping jacks together but when they complete the exercise they can take the penny or object
5. Repeat for designated time
6. At the end have the kids estimate and then count up how many pennies each team collected.

Paperclip Snake



Type

Team, needs space

Time

5 minutes

Grade

K-8

Burst

You will need lots of paperclips for building the snake

1. Pick any exercise or multiple exercises (i.e. jumping jacks, high knees, squats)
2. Make teams of 4-5 kids based on desk assignments
3. Children do 10 squats, counting out loud, and then take 5 paperclips.
4. Have all the kids start the squats together but when they complete the exercise have them take the paperclips.
5. Repeat for designated time.
6. At the end, have each team build their longest paperclip snake. Ask kids to estimate the number of clips and how many inches it is 😊

Tower of Fun



boks

Type

Team, needs space

Time

5 minutes

Grade

K-8

Burst

You will need Building Blocks/Math Base Ten Blocks

1. Pick any exercise or multiple exercises (i.e. jumping jacks, butt kickers, squats)
2. Make teams of 4-5 kids based on desk assignments
3. Children do 10 butt kickers and then take 1 building block
4. Have all the kids start the butt kickers together but when they complete the exercise have them take a building blocks
5. Repeat for a designated time
6. At the end have each team build their biggest tower and have them estimate the height.

BOKS Crawl



Type

Team, needs space

Time

4 minutes

Grade

K-5

Burst

1. Children form a straight line, with their legs open in a V position.
2. The last in line, crawls through team's legs and becomes the leader of the line.
3. Again, the last child in line, crawls through team's legs and becomes the leader of the line.
4. Continue the cycle until the team has made it to the other side of the class.
5. Consider timing the class to see if as a whole they can beat a certain time rather than choosing a winner.

Over/Under (with object)



boks

Type

Team, needs space

Time

4 minutes

Grade

K-8

Burst

1. Form 2 or 3 straight lines of 6-10 kids with them all looking at the person's back in front of them.
2. The first child in line passes a book overhead to the child behind them.
3. The next child then passes the book along underneath his/her legs to the next child.
4. Continue until the team everyone has passed the book and it reaches the last person in line. Then you can send the book back in the opposite direction.
5. The first team to finish wins. Play a couple of times.

BOKS Mini Marathon



Type

Team, needs space

Time

4 minutes

Grade

K-8

Burst

1. One half of the class should walk around the perimeter of the classroom for 2 minutes.
2. The other half of the class will be doing the following 4 movements. They will perform each activity for 30 seconds, in place.
 - Butt kickers
 - High knees
 - Jog in place
 - Skip in place
3. Then switch places so each turn has a chance to do both activities.

Fortune Teller Challenge



Type

Team, needs space

Time

10 minutes

Grade

K-8

Burst

Form teams of 3 kids. Each team makes paper fortune teller

1. This is a link that shows how to make them and includes a template:
<http://www.funorama.com/fortune.html>
2. While making the fortunes have each team write 4 exercises, one on each flap on the inside of the paper fortune.
3. Each team member gets a chance to be the fortune teller while the others participate and choose the exercises
4. Children perform 20 of each exercise chosen and then switch fortune tellers.