

40

Recess Activity Cards

boks AT RECESS



KEEP KIDS MOVING AT RECESS
The games included in this document are meant to get kids moving at a moderate to vigorous level. All activities can be done at a distance and most are done with little to no equipment.

BOKS CANADA
www.bokskids.ca

BOKS GAME AT RECESS

BOKS Baseball



- 4 bases (cones or poly spots) around the field, divide the kids into 4 teams.
- Run around the bases with your team at a physical distance, doing designated movements.
- Stay at each base for 1 minute. Run the bases!
 - First base – air squats.
 - Second base – jogging in place.
 - Third base – crunches or sit-ups.
 - Home – jumping jacks.
- You can change the movements or mode of locomotion (skipping, galloping, crab walk, bear crawl, jumps) as desired and have kids go around the bases 1 or 2 times.

MATERIALS
Cones x4.

TIME
5-10 MIN

boks www.bokskids.ca **10**

BOKS GAME AT RECESS

Squat Wave



- Get the kids to make 2 circles with proper distancing in effect.
- One kid starts by performing 5 squats while all others hold a specific balance (ex. tree pose, airplane, etc.).
- Once the kid who starts has finished their 5th squat, the kid to their right starts their 5 squats.
- Try to see which circle can complete the squat wave fastest or most accurately.
- Variations: Vary number of squats per individual depending on the skill of the group or complete more than one revolution. Another variation is to use a different skill other than squats, such as burpees.

MATERIALS
None.

TIME
3-5 MIN

boks www.bokskids.ca **9**

BOKS GAME AT RECESS

Would You Rather – ANIMALS



- Kids will stand at least 2 meters (6 feet) apart.
- The Leader reads the two options in the “Would You Rather” game.
- Kids choose the item they would rather be or do.
- The number of the question determines the number of repetitions that kids will perform.
- Let kids know what the skill is for the first or second choice of activity.

<p>JUMPING JACKS</p> <ol style="list-style-type: none"> Be an Elephant Be a Mouse Be a Fox Be a Donkey Be a Panther Be a Cat Be a Bird Be a Snake Be an Owl Be a Penguin 	<p>SQUATS</p> <ol style="list-style-type: none"> Be a Lion Be a Chicken Be a Giraffe Be a Cow Be a Hippo Be a Dog Be a Fish Be a Duck Be an Eagle Be a Koala
---	---

MATERIALS
None.

TIME
5-10 MIN

boks www.bokskids.ca **23**

BOKS GAME AT RECESS

Go, Back, Hit it



- Ensure kids are 2 metres (6 feet) apart at the start line. You can send the kids out in small groups – 5 kids at a time.
- The Leader yells “GO!” The kids run as fast as they can towards the end of the gym.
- The Leader can either yell “BACK!” or “HIT IT!”
- If they yell “BACK”, the kids start running backwards as fast as they can. (Note: lean forward on their toes in order to counterbalance the backward motion of the body.)
- If they yell “HIT IT!” the kids drop to the floor (like a burpee), jump back up and start running again as fast as they can towards the end of the gym.
- The Leader can alternate calling Go, Back or Hit it as many times as they want until the kids reach the end of the gym.
- Note: When the kids are running, it is an all-out effort. They should not be slowly jogging to try and predict what the Leader will say next.
- Variation: You can modify the “Hit It” with a squat, jump or any other functional fitness movement for the kids.

MATERIALS
Cones x4.

TIME
3-5 MIN

boks www.bokskids.ca **12**

BOKS LESSON PLAN AT RECESS

Burpee Day

MATERIALS
Music and speaker (optional)

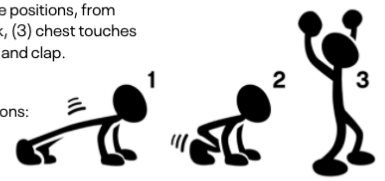
TIME
20-25 MIN

3- Skill of the Week: Burpee

Burpee: From a standing position, place hands on the ground slightly wider than shoulder width and perform a push-up. Push off hands and jump back up so that feet land inside of hands, stand up and clap with hands above head. Demonstrate proper form, listing the key points of performance and have kids practice each component of the burpee before putting it together. Try counting out the positions, from standing (1) hands touch ground, (2) push legs out into plank, (3) chest touches ground (4) bring feet up inside hands, (5) stand up, jump up and clap.

BURPEE-GO, BACK, HIT IT!
Teach kids the following commands and corresponding actions:

- GO= jumping jacks.
- BACK= cross country skiers
- Hit It= a burpee



boks www.bokskids.ca **27**