



Planks

Week 1, Day 1 Lesson Plan Overview

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 Details

Week 1, Day 1 Lesson Plan Details

Skill of the Week: Planks

Details: Get into a horizontal position, resting on your elbows/forearms and toes. Keep midsection tight and body in one straight line. Hold position without moving, pushing heels back.

Key Points of Performance:

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

Modifications:

- High plank – instead of resting on your elbows/forearms, try resting on your hands with arms straight in front, as if you are at the top of a push-up. Be sure to keep body tight in one straight line from shoulders to feet.
- Knee plank – instead of resting on toes, drop to your knees with shins and feet resting on the floor. Be sure to keep a straight line from your shoulders to your knees.

Why are planks important?

Planks are an important movement, as they help us strengthen our entire core – our abdominals (middle stomach), our obliques (sides), and our back. A strong core helps us to sit and stand up straight, and is super important for everyday activities, such as carrying a backpack.

Warm Up: Fruit Basket

Format: Divide class into 4 teams
Materials: Cones
Set Up: Assign each group to be a cone, and assign each cone to be a fruit - watermelon, strawberries, bananas, grapes
Object: Get moving!

Details:

1. Call out 2 fruits and the teams standing by those cones will run to switch places in the gym or the field.
2. Continue this for a few rounds.
3. Continue calling fruits, but now instead of running kids need to skip or hop or gallop or walk on tip toes etc.
4. Finish the game by calling fruit salad - all the kids come in the middle and do 3 burpees. (Look for downloadable cards that accompany this game.)

Running: Endurance

Object: To increase cardiovascular and muscular endurance in a progressive manner

Details: 3 minute walk, 1 minute jog, 1 minute walk

Skill of the Week: Easy Bear Crawl Relay

Set up: 2 cones per team, place cones at start and end of gym.

Details:

1. Kid does bear crawl to end of gym, then turns around and sprints back to start. Next kid begins.

Game: BOKS Bridge

- Format: Partner activity, have each kid pick their own
Materials: None
Set up: Partner A gets into a plank position. Partner B is standing up.
Object: To jump and crawl. Practice different levels of movement.

Details:

1. Partner A gets into a little ball on the ground and Partner B is standing up. Partner B hops over Partner A's backside, then Partner A makes a mountain and pushes up to his toes, making bottom go up in the air. Partner B then crawls under Partner A back to the starting place. Partner B does this 3 times.
2. Partner B goes on the ground and Partner A does the hopping and crawling 3 times.
3. They get 2 turns in each position.

Cool down:

Deep Breaths

Take a deep breath in and slowly blow it out to the count of 10. Repeat this a few times. You can do this at the end of the game and as the kids line up to transition from class.

BOKS Bits

Theme - Games

Topic: Alphabet Food Game

Objective

To introduce BOKS Bits through fun games.

Discussion Questions

1. Let's play a game ... Try to think of a healthy food that starts with the letter A.
2. We will go around the room so that everyone who wants a turn can take one.
3. Let's take turns by grades; kindergarten will start with A, first grade with B and so on.
4. If we can't think of a food that starts with A, another grade can help out too.
5. We will keep going until we get through the whole alphabet.
6. Next time you go to the market, you can look for some of the foods we talked about and try something new!

Suggestions

A – Apples, B – Blueberries, C – Carrots, D – Dill pickles, E – Eggplant, F – Fruit, G – Grapes, H – Hummus, I – Iceberg lettuce, J – Jalapeño, K - Kiwi, L – Lettuce, M – Macaroni, N – Noodles, O - Olives , P – Potatoes, Q – Quinoa (grain) or Quail, R – Radish, S – Spaghetti, T – Tomatoes, U – Ugli Fruit, V – Vegetables, W – Watermelon, X – Chex cereal, Y – Yogurt, Z - Zucchini

Note to Trainer: BOKS Bits should be delivered by the same trainer at either the beginning or the end of each class. The primary purpose of presenting the BOKS Bit is to increase the kids' knowledge and ideally increased knowledge will positively impact their behavior. The BOKS Bits will be reinforced in upcoming weeks. Delivering the BOKS Bits in an accurate and appropriate (consistent and confident) manner ensures consistent messaging throughout schools.